



An opportunity to create a unique, nationally recognized swimming program in Santa Fe. SFAC will provide an environment where young children can learn to swim, develop their skills and progress to their fullest potential. All swimmers, including Elite and Olympic level, will have the opportunity to train in world class facilities at altitude under Olympic Coach Lois Daigneault.

SFAC Core Values

- Dedication and commitment to achieve optimal performance
- Shared positive learning and growth experience
- Respect for each other's abilities, challenges and desires

SFAC Three-Year Vision

Swimmers will participate in local, state, national and international competition allowing every child the opportunity to "be the best that they can be". SFAC has a goal of attracting over 100 swimmers in the next three years.

Santa Fe will become a destination for high altitude training camps. Inviting National and International teams to train in Santa Fe will impact the city of Santa Fe's economic growth and provide financial benefits to local business.

SFAC will be a nationally recognized and ranked swim program with a goal of sending at least 3 swimmers to the 2012 Olympic trials. SFAC will also prepare swimmers to swim at the NCAA collegiate level.

SFAC will positively impact the city of Santa Fe in terms of economic, health, and basic community-safety benefits that will accrue annually from SFAC's comprehensive program. SFAC looks forward to a mutually advantageous long-term relationship with the GCCC and the Santa Fe community.

SFAC Non-Profit

The board of SFAC has decided that in order to achieve our vision and to be able to provide the opportunity to as broad a base of youth as possible that it would require additional funding beyond what could be obtained through swimmer dues. Therefore, the Club has become a charitable organization having a 501 (c) (3) tax exempt status. As such SFAC can attract qualified charitable funding. The fund raising goal for the first 12 months of operations is \$50,000 – \$100,000.

SFAC Non-Profit Donor Levels

OLYMPIC \$10,000 and above

GOLD \$5,000–\$10,000

SILVER \$1,000–\$5,000

BRONZE up to \$1,000

Summary of Three-Year Goals

GOAL ONE: To create in Santa Fe, a high-quality progressive swim program for swimmers of all levels including developmental instruction, age-group swimming and national and Olympic/international-level competition.

GOAL TWO: To expose young children to the opportunity to learn how swim as well as the many benefits of swimming.

GOAL THREE: To create an upward opportunity for the youth of Santa Fe to interact with and learn from world-class athletes and become role-models themselves.

Detail of Three-Year Goals

GOAL ONE: To establish in Santa Fe, a high-quality progressive swim program for swimmers of all levels including; developmental, age-group, national, international and Olympic level athletes.

GOAL TWO: To expose young children to the opportunity to learn how to swim and the many benefits of swimming.

According to USA Swimming, the national governing body for competitive age-group and senior swimming in the country, swimming is an outstanding activity for children and youth for many reasons including:

- Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is a healthy ‘lifetime’ activity. Participants may be 1 or 101 years old.



- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates, and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming can prevent drowning. .

GOAL THREE: To create an upward opportunity for the youth of Santa Fe to interact with and learn from world-class athletes and become role-models themselves. Providing the youth of Santa Fe with a premier athletic experience that will include coaching, mentoring and interaction with elite level athletes will create life-long skills and develop new leaders in the community.

Coaches



LOIS DAIGNEAULT TEAM FOUNDER AND HEAD COACH

Lois Daigneault has dedicated her life to providing athletes with the opportunity to perform at the highest level of excellence. A two-time member of the Canadian National Swim Team and an Olympic Trial qualifier herself, she also excelled in swimming at the University of Miami, winning 13 NCAA titles. Her twenty-three year professional experience includes coaching at the 1996 Olympics in Atlanta, Georgia; head coach for Chateaugay Aquatic Club, Montreal, Quebec, Canada; head coach and owner of Peak Performance Swim Camp in Orlando, Florida; and currently owner of DNA Performance Group in Santa Fe, New Mexico.

Coach Daigneault also ran high-altitude training camps for 5 years at the 50-meter pool in Los Alamos during which time she fell in love with New Mexico. Since relocating to Santa Fe more than four years ago, she founded DNA Performance Group and has been working with a small group of young athletes to develop the foundation for a comprehensive, locally-based swim program.

Lois Daigneault uses her background as a sports medicine/psychology major to enhance her coaching skills. Daigneault, who coached Canadian and Macedonian swimmers at the 1996 Summer Olympics in Atlanta, is excited about the results she's seen in the swimmers she's trained. During training sessions, Daigneault films

swimmers both above and below water, paying close attention to the biomechanics of their strokes to help swimmers correct flawed techniques. She has also devised a weight training program that strengthens swimmers that helps keep them free of injury.

Lois lived most of her life in Montreal, Quebec, Canada and has an 18 year old daughter, Tanya.

ATIBA WADE ASSISTANT COACH

Atiba comes to us with a tremendous amount of experience as a both high level swimmer and an experienced coach. Born and raised in Philadelphia, Pa., Atiba began swimming for the Philadelphia Department of Recreation (PDR, Under Coach Jim Ellis) swim team. The story of his swim team was later made into the movie "PRIDE". Atiba's swimming career at PDR included 2 national age group records, several top 16 rankings, High School All-American recognitions, several Junior and Senior National qualifying times, and entering college as one of the nation's top High School recruits.

After graduating High School in Philadelphia, Atiba received a full scholarship to the NCAA Division I University of Georgia (under NCAA Championship and Olympic Coach, Jack Baurle). While at the University of Georgia, he was All-American, All-American Honorable Mention status, a member of the highest placing University of Georgia Men's swim team at the NCAA Championships (3rd), and also received the honor of Men's team Captain. Atiba graduated from the University of Georgia with a B.A. in Studio Art.

After competing in the 2000 Olympic Trials, Atiba left the University of Georgia and started a career as a High School art teacher, swimming and water polo coach in Orlando, Fl. While teaching in Orlando, a number of Atiba's students were recognized for their art work at national art shows hosted in Orlando. While teaching, Atiba decided to get back in the pool and continue swimming.

While in Orlando, Atiba began coaching at the Peak Performance Swim Camp. Along with coaching, he also continue swimming, hosting clinics, and speaking nationally and internationally as an athlete and ambassador for the sport of swimming to such places as South Africa, Canada, Bahamas and Bermuda.

Still wanting to compete, Atiba set his focus on the 2008 Olympic trials and moved

to Santa Fe, New Mexico. Atiba and his coach (Olympic Coach Lois Daigneault) started a high altitude (7,000 ft) training camp for swimmers nationally and internationally. Along with the training camp, Atiba was the Boys and Girls Head Coach for the Santa Fe Preparatory School, and Assistant coach and strength trainer for the DNA Performance Group. Atiba coached several top 8 High School finishers and several US Swimming State Champions. While in New Mexico Atiba won several individual USS State Championship titles, set several state records, and qualified for the 2008 Olympic Trials in 3 events. Atiba is ASCA certified and a certified personal trainer.

Current Realities

Other than Daigneault's DNA Performance Group (one of her swimmers, Atiba Wade, competed in three events at the Olympic Trials in July, 2008), there is not a local swim program that offers high level coaching as well as numerous swimming opportunities for Santa Fe's children and youth swimmers. Daigneault is one of less than a dozen Level Five-certified coaches in the U.S. (the highest certification level possible). Currently top-level swimmers leave Santa Fe because there is not a program to support them.

The Genoveva Chavez Community Center's (GCCC) 50-meter pool has the potential to become a successful training venue for local and visiting senior-level swimmers. It is the second-highest 50-meter pool in the country (only the Los Alamos pool is at a higher altitude). The well-documented benefits of high-altitude training have already resulted in the exploration and use of the GCCC pool by top international swimmers from Japan, Eastern Europe, and Australia.

Additional Programs

For those children who are in need of additional learn to swim instruction or cannot afford the fees for GCCC's Learn-to-Swim program, SFAC will offer the "Make a Splash" Program, a national campaign being developed by USA Swimming. Daigneault's assistant coach Atiba Wade has been approached by USA Swimming to work with this national campaign to reduce youth drownings, especially among minorities. USA Swimming was alarmed by the fact that in ethnically-diverse communities, the youth-drowning rate is more than double the national av-

erage; nearly six out of 10 African American and Hispanic/Latino children are unable to swim, almost twice as many as their Caucasian counterparts; and the key indicator in this is not ethnic background, but family. Children from non-swimming households are eight times more likely to be at-risk of drowning. SFAC would be one of the first program sites in the country, and “Make a Splash” will offer an opportunity for Santa Fe children of all economic and ethnic backgrounds to learn to swim by the third grade.

For those children and swimmers who successfully complete GCCC’s learn-to-swim program, SFAC will offer a progressive multi-level program that competitive swimmers of all ages in the Santa Fe area can be part of, grow, and excel within:

- a.* Under 10 years old
- b.* “Bronze” 11–15 years old. Intermediate
- c.* “Silver” 11–15 years old. Advanced
- d.* “Gold” 16 and older. regional, national, international/Olympic competition
- e.* “Masters” – over 25 years old. local competition

Santa Fe Aquatic Club

	Gold	Silver	Bronze	Master	Learn to Swim	Total
Base	3	3	4	2		12
October	3	5	6	2	0	16
November	3	5	6	2	4	20
December	3	5	8	4	4	24
January	6	6	8	4	4	28
February	6	6	8	4	4	28
March	6	6	8	4	8	32
April	6	6	10	4	10	36
May	6	6	10	4	12	38
June	6	6	12	6	16	46
July	6	6	12	6	20	50
August	6	6	12	6	20	50
September	6	6	12	6	20	50

Santa Fe Aquatic Club

Projected Swimmer Count 2010/2011

	Gold	Silver	Bronze	Master	Learn to Swim	Total
Base	6	6	12	6	20	50
October	8	8	14	6	24	60
November	8	8	14	6	24	60
December	8	8	14	6	24	60
January	10	9	14	6	24	63
February	10	9	14	6	24	63
March	10	10	14	6	26	66
April	10	10	16	6	28	70
May	10	10	16	6	30	72
June	10	10	16	6	32	74
July	10	10	16	6	32	74
August	10	10	16	6	32	74
September	10	10	16	6	32	74