

Coaches Corner

4/18/10

Reminder this week at practice we will be starting with agility and speed training ideas as well as continuing the abs program, and we will be working with Freestyle specifically a majority of the week. Remember you should come prepared to swim as well as have sneakers, shorts and a t-shirt to do dry-land as well. Monday, Wednesday and Friday practice is from 5:30-7:30pm and Tuesday and Thursday is from 6:30-8pm. Developmental program begins this week as well and will run for 6 week.

4/16/10

Thanks for all those that attended the Peter Vanderkaay talk at RPI yesterday. I have added a [photo](#) to the website that I was sent from one of the parents if someone else has others or a better one please feel free to email it to me. I feel the talk was a great representation of both him as an athlete as well as something he is passionate about safe water systems and making smart environmental decisions.

4/15/10

Reminder no practice tonight. We will be going to see Peter Vanderkaay at RPI.

4/12/10

Week 1 of USAM Spring 2010 starts today. Practice will be Monday, Wednesday and Friday from 5:30-7:30 pm, and Tuesday and Thursday from 6:30-8 pm. Our Developmental Team will begin April 20-May27 and meets two times a week on Tuesday and Thursday from 5:30-6:30. Punch Cards are available for the USAM Spring Group please email headcoach@unclesamswimteam.com for more information.

4/4/10

Happy Easter everyone. Congrats to Niko Brosnihan and Zoe Vadney for representing USAM and Adirondack Swimming INC, at Eastern Zones this weekend in Rochester.

FALL 2009-2010

11/22/09

This upcoming week will be a short one with Thanksgiving on Thursday. Practice will be held as normal on Monday-Wednesday, NO PRACTICE on Thursday.

Please check your emails. Attached are pdf files of the two recent emails. [EMAIL # 1](#) AND [EMAIL # 2](#).

EMAIL 1 is important meet information - NEEDS RESPONSE BY MONDAY NIGHT!

EMAIL 2 is for candy sales as part of our first official fundraiser. (Pick up candy Monday and Tuesday this week)

I would like to continue to encourage all swimmers to take part in the Turkey Trot this coming year in downtown Troy. I will be down for the event and hope to see you there as well. Last year we had a great turnout of the team and I look forward to seeing more team members there this year. I hope everyone has a safe and Happy Thanksgiving.

11/21/09

Great job this weekend swimmers with 11 swimmers, dropping about about 25 + seconds.

Welcome To Uncle Sam Swim Team

Congrats to NIKO Brosnihan for breaking the USAM SWIM Team 13-14 100 back record with a time of 1:03.49. Swimmer of the meet will be announced at Monday Practice. Having a good rest of your weekend.

11/15/09

Something New we will be doing from this point on at swim meets the coaching staff will pick a swimmer of the meet, who we feel does a great job at the meet in many areas, including cheering for other teammates, swimming technically well, improvement in times, good overall attitude. The reward for this swimmer will be recognition at practice and they will write the warm-up that will be used for the week following that meet.

It is with great pleasure that our first recipient of this award goes to Taylor. Coach Meg Hanna felt that she not only dropped 20+ seconds in her combined 3 events, along with this she was cheering on her fellow teammates and was well deserving of this newly established award. Congrats.

In addition we had 17 swimmers drop close to 60+ seconds in there events, with a couple of new swimmers having there first USA Swimming competition.

10/26/09

WOW - 7 swimmers and 40+ second dropped in time for new best times from the season. Continue working hard and making such great strides.

10/18/09

Our first swim meet was last weekend with 9 swimmers taking part. We are proud of our swimmers dropping a combined 30+ seconds from previous season best times. GREAT JOB.

9/26/09

We will be having suit try-ons this coming week. Please stop by and try on a suit, payment is due with order. Try on will go from Tuesday, September 29 to Monday, October 5 during regular practice time. Blue and Senior swimmers should stop by and try on suits, even if they are currently swimming varsity or playing other sports. See Coach Rob or Despina Brosnihan if you have any questions.

9/23/09

Practice will be held at Doyle pool because of a Varsity Girl Swim Meet.

9/17/09

First week is now over. Everyone has done great this week, practice will be at Troy High School next week and the remainder of the season, unless noted otherwise. We will continue to offer tryouts throughout the season, contact headcoach@unclesamswimteam.

9/14/09

Welcome to USAM SWIM TEAM. TRYOUTS today at Doyle Middle School. Park in auditorium lot and use side entrance. Follow signs to the pool. All ages are welcome to tryout.

8/26/09

Come Swim with US.

Tryouts and registration Monday, September 14th from 5:30-7:30 pm, and we hope for a big turnout. ALL swimmers, returning and new, are required strongly encouraged to attend. All new and return swimmers swimmers will be given a swim test to determine group placement.

New parents please bring a copy of your child's birth certificate. All returning parents please make it a point to stop by and fill out registration forms and sign.

For the fall season flyer [click here](#)

Please click here to get to the registration web page.

GOOD LUCK this season and we will see you at the pool!!!

8/10/09

USAM Week 6 Summer practice special. All varsity women's swim team \$25 special for practice. Email for more information.

7/14/09

We have changed to the South Troy Pool for the summer. Pool is located on Hudson, off of Tyler St. Nearest cross street 4th and Tyler.

7/13/09

USAM Summer Practice begin today at the Knick Pool Troy Facility. See you there.

6/27/09

2009 Summer Registration

Registration for summer is open.

For the summer season flyer [click here](#)

For the spring developmental flyer [click here](#)

Please click here to get to the registration web page.

6/5/09

Practice for next two weeks June 8-18th

Practice will be held at Doyle Middle School

Doyle is directly next door to Troy High at 1976 Burdett Ave.

This website has photo of DoyleMmiddle school main entrance <http://www.troy.k12.ny.us/Schools/Schools.htm>

THANK YOU. Any question please feel free to email me or call coach Rob at 518-495-3470

3/30/09

2009 Spring Punch Cards

Spring is a busy time of year so during this session we will be trying a 'punch card'

Please click here to see more information

3/29/09

Troy Grade School Meet

Thank you to everyone who helped make this years meet a success and congratulations to all the swimmers

Click here to see the results

3/27/09

2009 Spring Registration

Registration for spring session is open.

For the spring season flyer [click here](#)

For the spring developmental flyer [click here](#)

Please click here to get to the registration web page.

3/26/09

Thank You

Thank you to all swimmers and families for making this a GREAT SEASON!

3/25/09

Thank you to all the swimmers who brought a friend last night to Bring a Friend Night

3/23/09

Congratulations to all the USAM swimmers for GREAT swims at the Adirondack Gold Championship Meet

Click here for Results

3/16/09

AD Gold Championships

Click here for female meet warm-up and start times

Click here for male meet warm-up and start times

[Click here for info on Parking](#)

Psyche

Timing

Recon Page

3/2/09

Practice is ON for tonight

Troy City School are open as of 4:03pm

3/2/09

AD Silver SC Champs

Congratulations to everyone who competed this past weekend!

Silver Championship Results

2/23/09

Fri February 27-Sun March 1, 2009 AD Silver SC Championships @ RPI

RECON PAGE

PSYCHE

2/22/09

Cabin Fever

Cabin Fever Results

2/15/09

Practice this week Feb 16-20th

Practice will be held at RPI

Red Group will swim ~ 6:30-7:15 Mon, Tue, and Thur.

White Group will swim ~ 6:30-7:30 Mon-Thur.

Blue Group will swim ~6:30-8:00 Mon-Thur.

Stars and Stripes~ Monday 6:30-8:30 Tuesday 6:30-8:00 Wednesday 6:30-8:30 Thursday 6:30-8:00 *No Practice Friday*

2/11/09

Cabin Fever

Cabin Fever Psyche

[Click here to see changes](#)

2/9/09

February Freeze

February Freeze **Results**

2/3/09

February Freeze

February Freeze Psyche

All relays have been removed and the boys and girls 200 IM has been moved to the Mid-day session.

Mid-day session is **POSTIVE CHECK IN** [Click here to see changes](#)

2/2/09

Foothills Invitational

Foothills Invitational **Results**

1/24/09

Foothills Invitational

Foothills Invitational Meet entries may be viewed **here**

Due to number of entries in the am & mid Sessions there have been changes made: Warm ups for the am session have been moved ½ hour earlier to start at 7:00 am with a meet start time of 8:00

am. and the mid session (500 yard freestyle) will have warm-ups immediately following the am session with a start time of 12:30 PM & positive check in by 11:30am. [Click here to see Change](#)

Notice

1/23/09

Practice Location Change

Next week ~ *Monday, Jan 26th - Fri, Jan 30th* ~ USAM will be practicing at Doyle Middle School (*Troy High School has New York State Regents Exams*)

1/22/09

Silver Championships Feb. 27- March 1

Silver Championships - all that qualify should attend

Meet entires are due on Feb 11th for this meet. This meet is only open to Adirondack swimmers. Swimmers must have competed in 1 Sanctioned Adirondack Short Course Meet in 2008-09 meet season. All times must be slower than cutoff times.

1/21/09

Opportunity to see an Olympian

Kristy Kowal at Skidmore Feb 6 - flyer

Kristy Kowal will speak on Friday Feb. 6 at 7 p.m. in Gannett Auditorium at Skidmore College. Kristy will talk about sport, what it takes to be a great athlete and how it shaped her development as a person and student. Should be good time. This event is free and open to the public as it is in celebration of National Girls and Women in Sports Day.

1/19/09

Canajoharie Developmental Results

Canajoharie Developmental **Results**

1/13/09

Apologies

We would like to apologize for the last minute change in practice location. Due to all of the snow days and after school activity cancellations the Troy High School Boys Varsity Basketball schedule has changed. Our coaching staff was just notified of the home game today. We will continue to try and work with the school so that we can communicate this information to families sooner. However the Varsity Basketball team has a priority as they are a district team and we are grateful that we are still able to hold practice in a close location at Doyle Middle School. Again sorry for any inconvenience this may have caused.

1/7/09

Practice Cancelled due to Weather

We will not be able to have practice tonight Wednesday, January 7th as the Troy City School District is closed and has cancelled all after-school programs/activities due to the weather.

1/5/09

Chris Goody Meet Results

Chris Goody Mini-Meet **Results**

Chris Goody IMX Challenge **Scores and Results**

1/2/09

Swim-a-thon

Swim-a-thon is scheduled for Thursday January 15th. Pledge sheets may be downloaded here

1/1/09

Starfish Trophy

Starfish Invitational Meet entries may be viewed here

12/31/08

Chris Goody Meet

Chris Goody Mini Meet entries may be viewed here

IMX Challenge entries may be viewed here

12/26/08

Thank you!

Thank you for all making this a great start of the swim season your on going communication and support has really made a difference. I hope you all enjoyed the Holiday Party as much as I did and thank you for the wonderful gifts they are much appreciated.

12/14/08

Holiday Party

There is a sign-up sheet for the **Swimmer's Holiday Party** (6:00pm, Dec 23rd at Troy High) on the bulletin boards. We hope all swimmers can attend. Although there is no charge, we need numbers so we can plan the food.

12/13/08

Sea Rams Meet

Sea Rams Meet will go on

Warm-ups at 7:30am, 9am start time

12/12/08

Ice Storm

Welcome To Uncle Sam Swim Team

Due to the ice storm practice tonight Friday, December 12th is cancelled
As of now Sea Rams Meet is still on for Saturday Dec. 13th

12/11/08

Weather

~ We will not be able to have practice tonight Thursday, December 11th as Troy City School District has cancelled all after-school programs/activities due to the weather.
~ Please e-mail Chris Goody Meet Entries (*as they were due today*) if you are going to be participating in this meet at RPI on January 3&4
~ Team Photo will be rescheduled again on Thursday December 18th @ 6:15 Please wear swim suit for photo (team suit if possible)

12/9/08

Team Photo Rescheduled

We will be taking another team photo on Thursday December 11th @ 6:15
Please wear swim suit for photo (team suit if possible)

12/7/08

Practice Location Change

The following nights USAM will be practicing at Doyle Middle School: (*Troy High has home varsity basketball games where admission is charged for entrance to the building*).

- ~ Tuesday, Dec. 9th
- ~ Tuesday, Dec. 16th
- ~ Tuesday, Jan. 6th

11/30/08

Michael Phelps On 60 Minutes

[Click here](#)

11/23/08

Uncle Sam Holiday Merchandise

A perfect gift for your swimmer - USAM gear to show their team pride.

11/21/08

Good Luck to Uncle Sam Swimmer Sam at the New York State Public High School Athletic Association Girls Swimming Championship Meet this weekend!

[Click here if you would like to watch the High School States on your computer](#)

11/19/08

Due to low interest we will not be participating in the December Super Splash meet in its place we will be going to the Amsterdam Sea Ram Invitational on December 13, 2008.

11/18/08

There will be NO practice for the Red Group on Thursday Nov. 20

11/11/08

Harvest Invite Meet Entries:

Harvest Invite Meet Entries may be viewed [here](#)

11/7/08

Pilgrim Pride Change:

[Click here](#) to see changes in the Pilgrim's Pride schedule

11/6/08

11/3/08

Pilgrim Pride Meet Entries:

Pilgrim Pride Meet Entries may be viewed [here](#)

11/5/08

How do I see if my swimmer is entered in a meet?

There are two ways to see if your swimmer has been entered in a meet. (You should check this before the day of the swim meet).

* One way is to check the USAM website (www.unclesamswimteam.com) click on coaches corner and then click on meet entries for the meet you are searching. The file will open and you can check for your swimmers name.

* Second way go to USAM home page, go to the links on our home page, click on the Adirondack site, click on meets, click on ADIRONDACK SWIMMING 2008-2009 MEET SCHEDULE then scroll down to the Meet you are looking for. Click on PSYCHE when that opens you will find the list of entered swimmers and you can search for your child's name. If your child's name is not in the list, then they are NOT entered in the meet.

11/3/08

Ocean Blue Meet:

Congrats to the Ocean Blue swimmers and parents for a good meet! Great job to all our new swimmers! It was pretty crazy on deck but meets only become easier and more fun after this point. We want interest in meets to continue with our new members so the entries for the Pilgrim's Pride meet has been extended...new entries for this meet must be dropped off by this Tuesday to enter them in time.

10/24/08

Bring a friend night success:

I would like to thank all family and friends who were able to come and join us last night for Bring a Friend Night. It was great to see so many swimmers in the pool. We hope that everyone had a fun time, enjoyed designing caps, and will consider becoming part of the USAM family. Click [here](#) to take a look at some photos.

10/21/08

Meet Entry Duedates:

Pilgrim's Pride -Wednesday October 29th

Harvest Invitational - Tuesday November 4th

December Super Splash -Thursday November 13th

Chris Goody IMX Challenge - Thursday December 11th

Starfish Invitational - Thursday December 18th

10/20/08

Please check your suits ahead of meets. If there is a problem please contact Rob headcoach@unclesamswimteam.com or Karen kcahill2@nycap.rr.com. If you need a new suit please don't wait until the last minute.

10/15/08

Early is On Time...On Time is Late...Late?...Never be late

Trick or Treat Meet Sunday, October 26 at RPI's Robison Pool is a *Positive Check in meet.*

Check in deadline for morning session is 7:00am and afternoon session is 1:45pm

Any swimmer not checked-in by check in time will not be able to swim.

Please give yourself time to park, bring your belongings downstairs and get on deck by 7:00am

* Meeting on Sunday, October 26, 2008 at 10:00am at Robison Pool, RPI, Troy, NY

Welcome To Uncle Sam Swim Team

~ Morning Session~ swimmers aged 9-12 should be on deck ready to go with suits, caps, and goggles by 7:00 am. All swim bags should be placed downstairs before warm-up begins.

* Afternoon session~ 8 and under and 13 and over swimmers should be on deck ready to go with suits, caps and goggles by 1:45.

10/11/08

Tick-or-Treat Meet Entries may be viewed [here](#)

10/7/08

USAM coaches feel that the Ocean Blue Meet (Saturday 11/1 at RPI) would be a good first meet for new swimmers as an introduction to competition for our new members. We strongly suggest your swimmer get involved with meets as soon as possible.

Entries are due on Monday 10/20. Entering a meet for the first time may seem complicated, but it is the same procedure each time. You can go to "unclesamswimteam.com", click on the "Forms" button on the left, then click on the link for "**Meet Entry Form**" on that page or there are **Meet Entry Forms** at the pool in the Blue Folder box. Please fill out the top part with meet name, etc. (coaches can assist your swimmer in choosing the events they feel would be able to swim at their first meet) and put it in an envelope along with a check and print the name of your swimmer and the meet on the outside of the envelope.

We also advise that read through the announcement from the Adirondack Swimming as it contains a lot of helpful information.

Ocean Blue Announcement Sheet

10/4/08

Meet sheets are due Tuesday 10/14 for the Trick-or-Treat Meet on Sunday, October 26 at RPI pool.

for more information about this meet click [here](#)

Wednesday, October 15th Parent Meeting

Meet sheets are due Monday 10/20 for the Ocean Blue for more information about this meet click [here](#)

Swim suits have been ordered and should be passed out soon.

Bring-a-friend night will be held on Thursday, October 23rd click [here](#) for flyer

10/1/08

USAM swimmers will not be attending the Kingston Hurricane Invitational meet on October 18th

9/10/08

Thank you to all the swimmer who came to tryouts. It has been an exciting first week! Please know that there may be some movement over the next few weeks as the groups settle out after tryouts. Please be patient. Your swimmer will be practicing in the best group for them.

9/1/08

Welcome back, USAM Swimmers! I hope everyone had a well earned break and are ready to begin a new season!

Tryouts and registration Monday, September 8th and we hope for a big turnout ALL swimmers, old and new, are strongly encouraged to attend.

Our Parent Informational Meeting Night will be held Wednesday September 17th at 5:30 @ Troy High School (location TBA)

Parents are a key to swimmers success THANK YOU! Take a look at this article: [Swimmers Parents](#)

GOOD LUCK this season and we will see you at the pool!!!

8/25/08

In reviewing the results of other events at the Olympics I would like to congratulate an Alumni of Uncle Sam Swim Team, Kim Probst for her participation in her team Synchro finishing 5th overall in competition. After finishing high school she moved to California to train and go after her dream of Olympics and was successful this year as a team co-captain.

8/24/08

At the closing of the Olympic games, I looked back and was proud of our nations Olympic athletes and even more proud to say that swimming brought in a large number of metals to continue to have the most medals won by one nation. In swimming alone winning 31 total metals, and Michael Phelps impressive run of 8 gold medals, to become one of the most decorated Olympians of All Time.

8/15/08

At the conclusion of the 7 weeks of clinic held at RPI we would like to thank RPI for the facility time and all the swimmers and parents that brought their young swimmers to the pool early in the morning. This was a great summer program with participation from swimmers as young as 7 to college level senior. The age group swimmers and college swimmers created a bond that was positive and showed that with hard work you can become successful. The program also showed to be unique in that we were able to swim and actively take part in dryland as a group, to strengthen our core and bodies. We look forward to seeing the returning Uncle Sam swimmers and those that were from other programs in future meets and events.

8/9/08

This years summer zones were swam in Baltimore, Maryland. Niko was able to better his 50 meter freestyle by more than .50 second from his previous best at Summer LC just 2 weeks earlier. The team continues to be proud of him and his continued success.

7/27/08

Great job to the Olivia, Deidre, Niko, Kaitlin, Carly, Zoe, David for participating in this Summer Adirondack Long Course Championships. Even with a small group more than 70% of the team returned to participate in finals, finishing in the top 12. Niko again with some fast swims was able to solidify a position on the Adirondack Swimming team to participate in Summer Zones in Maryland.

7/26/08

Congratulations to Carly and Niko for there participation at this years Empire State Games in Scholastic Group. They each had some best times swum at the Cortland Meet held over July 23-26

4/2/08

Congratulations & Good Luck!

Uncle Sam Swim Team would like to wish Niko luck this weekend at the Eastern Zone Swimming Competition in Buffalo.

For more meet information click [here](#)

3/29/08

A special thanks to those who volunteered at the Troy District Elementary School Meet.

I would like to thank all the Uncle Sam swimmers, coaches, and parent volunteers who put in outstanding efforts to make this past weekend's Troy District Elementary School Meet a great success.

Thanks to all again,
Coach Rob

3/27/08

Spring

Registration for spring session is open. Please [click here](#) to get to the registration web page.

3/18/08

Gold Championship Meet

We would like to congratulate all of the Uncle Sam swimmers for great performances at this past weekend's Adirondack Gold Championship Meet.

3/4/08

Silver Championship Meet

Congratulations to all the competitors for a great performance at the Adirondack Silver Championship Meet.