



Starting Block

TAC TITANS Newsletter



December 2017

TITANS Mission:

To Prepare every Swimmer for Optimal Performance and Leadership - Both in and out of the Water.

TITANS Code:

- ▶ Show up
- ▶ Pay attention to details.
- ▶ Be honest
- ▶ Honor your teammates by your effort

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Coaches Corner

In my last coach's corner, I ended my letter with:

"I am extremely excited about the future of our program and look forward to seeing how our swimmers compete at the Blizzard Blitz, Junior Nationals and the Jingle Bells meets".

THE THREE MEETS DID NOT DISAPPOINT!

It was so much fun being part of all three meets. I had the opportunity to take ten of our swimmers to the 2017 Winter Junior National Championships, where the TITANS were well represented in the finals each evening setting numerous personal best times and seven team records.

I got back to Cary just in time to watch the last session of the Blizzard Blitz where the TITANS put up close to six hundred Life Time Best times and broke twelve team records.

This past weekend I watched our 10&U swimmers race and was very pleased with not just the times they put up on the score board, but also their improvement

in the stroke technique. Four team records were broken.

If you couple all the team records with the twenty-five team records that were set at the Big Southern Classic that would be forty-eight new team records. Each season the coach's sit down and come up with the goals for each group and the goals for the overall program. One of our program goals was to break more team records then last short course season (55). I would say that we are well on our way to accomplish this one goal.

Four new North Carolina State Records were also established by TITANS:

- Braeden Haughey :
13-14 Boys 200 Free 1:41.58
- Elena Dry :
11-12 Girls 200 Breast 2:20.14
11-12 Girls 200 IM 2:05:51
- Charlotte Hook:
13-14 Girls 200 IM 1:59.77

Of course, our main goal is to develop each athlete to their full potential. Each swimmer must compare and monitor their own improvement. They must compare themselves against themselves, not against other swimmers. If you do a self to self

comparison I am very proud of all our swimmers. GREAT JOB TITANS!

None of the progress we have seen across all tracks and all groups would be possible without the support we receive outside the pool. Coach Erin continues to do a great job with our swimmers in dryland, Heather continues doing a great job in monitoring and teaching our yoga sessions, our parent volunteers are just amazing, the Triton Club and the TLC provide leadership beyond compare, and our meet staff is first class. THANK YOU TO ALL WHO ARE INVOLVED. It takes an army to create a great program.

Let all take the time to uphold the TITAN CODE:

- Show up
- Pay attention to details
- Be honest
- Honor your teammates by your efforts

Just think of the amazing things we can accomplish if everyone lives up to the code.

Coach Bruce

Upcoming Important Dates

WHEN	WHAT	MORE INFO
Dec 26	Deadline to Register for Polar Plunge meet	Meets Tab on TITANS Webpage
Jan 12-15	TITANS Polar Plunge Meet	Meets Tab on TITANS Webpage
Jan 25	Deadline to Register for TITANS Qualifier meet	Meets Tab on TITANS Webpage

Four TITANS signed to swim in college !



On Thursday, November 16th, the TITANS celebrated four of our high school seniors who have signed letters of intent to swim in college next year. All of our 15 & older swimmers, as well as families of those signing, were invited to attend the party after practice. Coach Bruce took some time to recognize each swimmer and the hard work they've put in to get to this next step. We also enjoyed hearing each swimmer speak and share some advice with their peers.

Please congratulate the following TITANS and wish them the best of luck as they continue their swimming in college next year:

- **Emmarose DeCaro - Kutztown University**
- **Davis Payne - Louisiana State University**
- **Kevin Plewniak - Gardner-Webb University**
- **Ana Pozder - University of Missouri**



TAC Celebrates 10th Year Anniversary & Announces Expansion Plans !

TAC recently held it's 10-year anniversary event at TAC on October 28th. Over 250 people attended the event that celebrated TAC's first ten years and introduced the expansion of the aquatic campus that will double the size of the current facility. Long-time TAC supporter Steve Daniels, Co-Ancor of ABC 11 Eyewitness News was the Master of Ceremonies and Cary Mayor Harold Weinbrecht, Wake County Commissioner Erv Portman and Cary Chamber President Howard Johnson all spoke on the value that TAC adds to the Triangle community.

The winner of the reverse-raffle for the 2017 Jeep Patriot was Danyle Davis and family (see picture below). Congratulations to the Davis family and thank you to everyone who purchased raffle tickets to support the event!

We now need your help and support to continue TAC's growth to meet the growing aquatic needs of the Triangle community. Please email Co-Chairs of the I

Swim For... Capital Campaign Michael Curran, mike.curran@curranfoundation.org or Manal El-Ramly, manal@ze.com to schedule a time to talk about the many



ways you can help TAC continue to grow.

Manal El-Ramly, TITANS swim mom and co-chair of the Capital Campaign, recently shared her excitement with us: "I am honored and excited to be a part of the I Swim For Campaign, we have the opportunity as a community to rally with Mike Curran and The Curran Foundation to

develop Triangle Aquatic Center as a nationally leading facility to serve the aquatic needs of the Triangle and beyond. Through 2018 we will engage the community to determine how to best serve our collective needs. It is exciting to watch swimmers at all levels: learn to swim, recreational, competitive, elite, masters, seniors, synchronized swimmers, water polo athletes and scuba divers use the facilities at TAC to meet their recreational and athletic needs. I'm inspired to support TAC in dreaming, planning and building for the next decade so we can continue to expand the use of TAC by our growing community. I hope that you will be inspired to join us in this journey. " Please help TAC continue to drown-proof the Triangle, improve the health and vitality of our community and support the 7th largest swimming community in the country – give us a call today!

TITANS Record Breaking Streak

One of the indicators of the great team and its constant progress is frequent transition in team records. TITANS had an amazing first half of SCY season when it comes to new team records. Just in November and December meet there was total of 48 new team records swims, and in some cases same

record even transitioned between multiple swimmers just in two months.

TITANS also set four new North Carolina State records. Congratulations to following swimmers for their record setting swims:

New North Carolina State Records:

- Braeden Haughey 13-14 Boys 200 Free 1:41.58
- Elena Dry 11-12 Girls 200 Breast 2:20.14
- Elena Dry 11-12 Girls 200 IM 2:05.51
- Charlotte Hook 13-14 Girls 200 IM 1:59.77

10 & Under Team Records:

- **Mere Whelehan:** 500 Free

11-12 Team Records:

- **Elena Dry:**
100 Free, 200 Free, 500 Free,
50 Breast, 100 Breast, 200 Breast,
100 IM, 200 IM
- **Landon Lloyd:**
50 Free, 50 Back
- **Willi Dunlup:**
50 Breast, 100 Breast
- **Katya Ivanov:** 1650 Free
- **Girls 400 Free Relay:**
Elena Dry, Keelan Cotter, Samantha
Armand, Claire Jackson

13-14 Team Records:

- **Braeden Haughey**
200 Free, 500 Free, 1650 Free
200 IM, 400 IM
- **Charlotte Hook:**
200 IM, 400 IM, 200 Fly
- **Claire Curzan:**
50 Free, 100 Fly, 200 Fly
- **Brooke Zettel:**
200 Free, 1000 Free
200 Back, 400 IM
- **Girls 200 Medley Relay:**
Charlotte Hook, Jolene Zhang, Brook
Zettel, Taylor Morris

15& Over Team Records:

- **Kevin Plewniak:**
50 Free, 100 Free
- **Melody Wen:** 50 Free
- **Girls 200 Medley Relay:**
Nisma Said, Sophie Anderson, Katie
Mitchell, Ana Pozder
- **Girls 200 Free Relay:**
Melody Wen, Sarah Pilecki, Nisma Said,
Katie Mitchell
- **Boys 200 Free Relay:**
Kevin Plewniak, Davis Payne, David
Wahlen, Ryan Wahlers



The youngest TITANS make a noise at the Jingle Bells Meet !

At the Jingle Bells Meet, our 10 and under swimmers proved that future of the TITANS is very bright!

This was the first ever TITANS Jingle Bells Meet that was contested in 8 and Under and 9-10 age group divisions. The swim officials 'choir' led the swimmers and patrons in rousing rendition of Jingle Bells. Even heat sheet cover was cheerful and festive, courtesy of artwork provided by Will and Kate Harrill, who won heat sheet cover contest. Congratulations Will and Kate!

While the holiday spirit was in the air, there were some super fast swims making the waves in the water. Some notable performances included our 8 year old

2017 IAC TITANS 10 & UNDER JINGLE BELLS MEET



Artwork by Will Harrill (age 8) and Kate Harrill

DECEMBER 16 -17, 2017

TRIANGLE AQUATIC CENTER, CARY, NC

SANCTION #NC17138

swimmers Sloane Whelehan and Nolan Beebe who achieved NC age group championship cuts in 10 and under age group.

Congratulations to all our swimmers for achieving tons of personal bests and making noticeable improvements in the stroke technique.

Special congratulations to following swimmers who won one or more individual events: Sloane Whelehan, Nolan Beebe, Carson Broadbent, Lucas Kim, Gabrielle Whitley, Kevin Liu, Ignacio Perea, Mere Whelehan, Leo Kenney, Cole Tangeman, Kyley Lloyd, Christian Marrujo, Sydney Holfelder, Riley Foreman and Jackson March.



We're on the Web!
www.tactitans.org

**Need Help?
Have Questions?
Ask Us!**

Head Coach—[Bruce Marchionda](mailto:Bruce_Marchionda@tactitans.org)
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**EMAIL: info@tactitans.org
OR CALL 919.459.4045**

**TITANS WEB PAGE:
<http://www.tactitans.org>**



TITANS Families Helping Local Children for the Holidays

Once again this year, the TAC TITANS supported the Friends of Wake Guardian Ad Litem agency by providing holiday gifts for 10 children whose families have been referred by local school agencies. All of these children have been impacted by circumstances beyond their control, but they are cared for by loving family members who provide for them as best they can. We were fortunate to be able to ease the financial burden for these families so that their children can enjoy many of the same "wishes" that our own children have. Thanks to the tremendous outpouring of generosity by many families, we were once again able to



provide 100% of the wish items that we received, including five bicycles, new bed, play kitchen, tablet, basketball hoop and so much more. In addition, each child was provided with at least two new outfits of warm clothing. What a tribute to the generosity of our TITANS families! It took three pickup trucks and SUVs to carry the gifts away. The directors of the program were overcome with gratitude for the TITANS, commenting repeatedly about the TITANS support of our surrounding community. A tremendous thank you to each family who donated this year.

**TITANS Families,
Thank You for all of your generosity with your gifts,
your time and support during swim meets,
holidays and on every day basis.
Happy Holidays TITAN Family!!!**

TITANS Excel @ Blizzard Blitz and Winter Juniors

While 10 & Under swimmers were making noise at the Jingle Bells meet, our 11 & Over swimmers made their mark at the TITANS Blizzard Blitz meet in Cary and the Winter Junior Nationals in Knoxville, TN.

At the Blizzard Blitz, TITANS won the meet in both Women and Men divisions, despite strong competition put up by teams from NC, New Jersey, New York, Virginia and South Carolina. Elena Dry & Braeden Haughey won the High Point award in 11/12 Girls and 13/14 Boys age group divisions. TITANS set 12 new team records and 2 new North Carolina state records at this meet. There were hundreds of personal bests, all indicators of great position the team is heading into winter training and championships season. For many 11 & 12 year olds this was the first opportunity to swim at prelim—finals meet and they were very excited

making their first finals ever.

Following ten TITANS swimmers participated in 2017 Winter Junior National Championship in Knoxville, TN: Claire Curzan, Charlotte Hook, Katie Mitchell, Mia Nordstrom, Davis Payne, Kevin Plewniak, Ana Pozder, Alex Tomlinson, David Wahlen and Brooke Zettel.

They put up many outstanding performances among some of the fastest 18 & Under swimmers in the Nation. TITANS qualified for finals each day, broke 7 new team records and set one new North Carolina State record at this meet.



GO TITANS !!!

