



# Starting Block

TAC TITANS Newsletter



November 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

WOW! What a great experience the Big Southern Classic was for our TITANS swimmers and families. I was proud to be a TITAN! The weekend saw Life Time Best swims across all groups and tracks. Numerous Team Records were broken which is very impressive considering it is only November. Our parent volunteers continue to impress me with their dedication and attention to details.

Before the meet took place, I indicated the coach's main goals for the Big Southern Classic were to:

- Swim fast!
- Have fun!
- Learn from each swim.
- Be closer as a team by the end of the meet.
- Represent TAC TITANS in a first-class manner.

It was obvious by all "on-lookers" that these goals were accomplished.

Of course, how do we get better and move forward as a team? This question was the main topic at our

last coach's meeting. Discussions on technique, under waters, starts and turns, establishing new training charts, dryland plans, weekly training cycles, recovery between sessions, warming down and nutrition were all examined and our coaches have plans to put into place.

A few interesting observations about the weekend:

- Our parents are awesome.
- The swimmers who have shown a consistent work ethic day in and day out in practice showed consistent results. **REMEMBER CONSISTENCY IS A MAJOR KEY TO SUCCESS.**
- The swimmers who warmed down properly after their events did very well throughout the meet. **WARM DOWN HELPS YOU NOT RUN OUT OF GAS BY SUNDAY.**
- The swimmers who absorbed the feedback given by their coaches became better swimmers. **EVERY RACE IS**

## AN OPPORTUNITY TO LEARN.

- The swimmers who were engaged in the meet and cheered on their teammates helped themselves swim faster. **HELP A TEAMMATE GET BETTER.**

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 or the Jingle Bell Classic.

Let's 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.

**AWESOME JOB EVERYONE!!!!**

Coach Bruce

## Upcoming Important Dates

WHEN	WHAT	MORE INFO
Nov 21	Deadline to Register for Blizzard Blitz meet	<a href="#">Meets Tab on TITANS Webpage</a>
Nov 24	Deadline to Register for Winter Jr. Nationals	<a href="#">Meets Tab on TITANS Webpage</a>
Nov 29	Deadline to Register for IOU Jingle Bell meet	<a href="#">Meets Tab on TITANS Webpage</a>
Dec 6	Deadline to bring ANGEL TREE donations	<a href="http://www.signupgenius.com/">http://www.signupgenius.com/</a>
Dec 6-9	Winter Jr. Nationals	<a href="#">Meets Tab on TITANS Webpage</a>
Dec 8-10	TITANS Blizzard Blitz meet	<a href="#">Meets Tab on TITANS Webpage</a>
Dec 16-17	TITANS IOU Jingle Bells meet	<a href="#">Meets Tab on TITANS Webpage</a>

## Scary Fast Halloween Bash Meet

On Oct 29<sup>th</sup>, many of our Junior and Teen TITANS attended the Halloween Bash Meet. Our young TITANS showed great team spirit and posted some fast times early in the season. The meet even had very special and scary Heat Sheet cover designed by our own Bronze group swimmer Maren Fleshman, who won the heat sheet cover contest. Congratulations Maren ! Let's see which TITANS artist will win the Jingle Bell meet heat sheet cover contest!



Congratulations to all swimmers on their performance and effort. Special congratulations to following swimmers

who won at least one individual event at this meet:  
 Kailyn Becker, Catherine Gilbert, Valentina Butler, Petra Quinn, Sophia King, Anna Bal, Shruti Joseph, Sloane Whelehan, Gray Arndts, Bree Lavander, Meghan Giuliano, Yana Zimnitskaya, Michael Morea, Connor Lauchengco, Kyle Pastor, Alen Cindric, Jake Dunaway, Nicholas John, Nolan Beebe, Brennan Rothchild, William Benzing, Matthew Cochis, Jason Cobb, Quinn Vaughan, and Goran Cindric.

## Enter Jingle Bell Meet Heat Sheet Cover Contest

Are you attending 10 & Under Jingle Bell Meet and you wish to showcase your artistic talents? Be sure to enter the **Jingle Bell Heat Sheet Cover contest**:

- **What:** Design and color the heat sheet cover in Holidays theme.
- **Deadline:** December 10th, 2017
- **Submit To:** TAC Front Desk addressed to "Meet Director"

*New 10&U Jingle Bells  
Swim Meet at TAC!*



**Saturday, December 16 and Sunday, December 17; 1-5 pm**

**Sign-up Deadline is Nov 29th**

**Eligible Groups: All 10 & Under TITANS Swimmers**

*Detailed information is available on the Titans website*

## Triton Club Kicks Off Year 2 !!!

The Triton Club is off to a great start in it's 2nd year of operation! Over 150 families signed up to join the Triton Club during the membership drive. This is a 50% increase over last year. Membership revenues climbed to more than \$23,000 and gear sales increased to more than \$12,000. Of course, none of this would be possible without the generous support of our TITANS families! The Triton Club also received a donation of \$6,494 from the Dues Reduction team. This is the 2nd year in a row that the Dues Reduction team has donated to the Triton Club and we

really appreciate their support! As many of you probably know, the Triton Club's objectives are to support TITANS Swimming and promote team spirit. Last year we were able to fund over \$25,000 of projects. We have already started meeting with Bruce and his coaching staff to identify key needs for the 2017/18 season. The Triton Club Board this year includes 4 parent volunteers – Tracy Zettel, Angie Willis, Shannon Russell and Jon Jackson. Please feel free to reach out to any of them with fundraising/funding questions, issues or ideas.

## TITAN Brooke Zettel @ National Select Camp

Our own Brooke Zettel was honored to attend prestigious National Select Camp that was held this October at the US Olympic Training center in Colorado Springs. National Select Camp is held yearly and is one of the USA Swimming programs that serves development of elite athletes. 48 female and 48 male athletes between age of 14 and 16 are invited to attend based on either their IMX score or national ranking in an individual event. You can find more information about [various elite USA swimming developmental camps and teams in the linked document](#). Brooke was accompanied by coach Claire Donahue and she had following to say about



her experience:  
 "My journey at National Select Camp in Colorado Springs at the Olympic training center taught me many things. Most importantly it taught me to always be listening to gain more knowledge. One of the phrases that was used a lot during camp was 'master your craft' meaning that you can always be learning new things and

getting better. Another thing I valued greatly at the camp were the friendships and memories I made. At the camp we had many different talks and all had something unique about them. My favorite talk was 'Journey to Everest'. This talk was very inspiring and motivational. Another one of my favorite parts from the camp was getting to hear from Regan Smith and Leah Smith. Both national team athletes told us a little bit about their journey to get to where they are today. National Select Camp was one of the most memorable and fun swimming experiences I have ever had! It was a great opportunity and I learned lots from it! "

## 18 TITANS Enjoying High School Senior Year

The TITANS have 18 high school seniors, enjoying their last year of high school before heading off to other adventures! The TITANS Senior Committee (part of the TLC Social Committee) focuses on recognizing these swimmers throughout the year. The committee, led by Jeannine Chignell, will coordinate various activities for this group, like senior picture day, signing parties for those planning to swim in college, and end of the year recognition at our TITANS



awards banquet. On Saturday, October 28th, we gathered our seniors for breakfast where we took individual and group pictures.

Our 2017-18 TITANS High School Seniors are: Mateo Cubillos, Emmarose DeCaro (not pictured), Zack Edwards, Alex Esteves, Jack Grotjohn (not pictured), Matthew Jaynes, Davis Payne, Nathan Pelt, Kevin Plewniak, Ana Pozder, Abby Rutledge, Henry Sowers, Aaron Sugarman, Aaron Thompson, Lindsey Van Tassel (not pictured), Joseph Watts, Jaxson Williams, Christian Ziller

## Top Five Why Yoga For Swimmers

By Heather Wheelhan—Certified Baptiste Power Yoga Teacher

### 1- Powerful, Safe Mobility

Swimmers who come to practice yoga tell me they want to become more flexible. Flexibility is one very important side of the mobility coin- and, yes, we all want to see that extra inch of reach into the wall, ability to create long streamlines and fluid underwater work. But this isn't "flexibility"; it is functional, powerful *mobility*. Working into deep, unsupported flexibility is a one way ticket to injury and it won't yield the power swimmers need to move through the water. Yoga asana (the poses and the transitions that link them together to create "flow") challenges swimmers to achieve increased range of motion and length while building stability and strength. Our TITANS yogis practice lots of asana that promote healthy shoulders, knees, back and core.

### 2- Body Awareness

Yoga helps foster a deeper understanding of anatomy and alignment. The practice also sharpens kinesthetic and proprioceptive awareness. Can I feel where the parts of my body are without having to see them? Can my brain signal to my body intentionally and quickly? Can my awareness translate to create controlled movement when my body is in operating in different planes and environments (horizontally, upside down, forwards, backwards- in water?) This advanced physical understanding helps

swimmers develop bilateral balance and move around their midlines more efficiently (and thereby, move through the water faster!) Strong body awareness also helps swimmers integrate cues from coaches and recruit underused muscles.



### 3- Breath Awareness and Capacity

Attention to breath is layered over everything we do in TITANS yoga. Most people's default breathing only uses 60% of lung capacity. Expanding and harnessing breath has major benefits for swimmers- in and out of the water. We foster an awareness of breath- quality, depth, rhythm- and explore how it changes the shape and direction of our torso (expansion/ contraction of the rib cage as well as extension/ flexion of the spine.) We also practice using breath as a tool shifting for energy in the body and mind. Even the most experienced swimmers can get behind-the-blocks- butterflies. A few deep breaths signals to the nervous system, "Calm down, you

got this!"

### 4- Injury Prevention

The increased stability and mobility coupled with the body awareness that yoga encourages helps prevent overuse injuries. Learning about the architecture of our body allows us create proper alignment and move in ways (in and out of the water) that minimizes joint load as well as tendon wear and tear (especially in that precious and vulnerable shoulder!)

### 5- Presence & Possibility Mindset

The mental benefits of yoga are just as- if not more-valuable to our TITANS swimmers as the physical ones. The challenge of asana and meditation encourage us to see new possibility in ourselves- on our mat, in the water and our in lives. Having this "growth mindset" is the starting place for goal setting and process buy-in. Yoga also gives us access to greater presence, self-control and mental focus. We learn to see beyond distraction, stay on our path (or in our lane/ race!) and be "un-messable with." When we are focused and present we are the most powerful and joyful version of ourselves. A focused, present swimmer is going to swim their best race and have fun doing it.

GO TITANS!



**We're on the Web!**  
[www.tactitans.org](http://www.tactitans.org)

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

- Head Coach—[Bruce Marchionda](mailto:Bruce.Marchionda@tactitans.org)
- [coachbruce@tactitans.org](mailto:coachbruce@tactitans.org)
- Associate & Masters Head Coach—[John Payne](mailto:John.Payne@tactitans.org)
- [jpayne@tactitans.org](mailto:jpayne@tactitans.org)
- Administration—[Lindsey Fano](mailto:Lindsey.Fano@tactitans.org)
- [lfano@tactitans.org](mailto:lfano@tactitans.org)
- Billing—[Susan Chamblee](mailto:Susan.Chamblee@tactitans.org)
- [finance@tactitans.org](mailto:finance@tactitans.org)
- Meet Director—[DeAnna Wahlers](mailto:DeAnna.Wahlers@tactitans.org)
- [meets@tactitans.org](mailto:meets@tactitans.org)
- Events/Marketing Director—[Mark Frank](mailto:Mark.Frank@triangleraquatics.org)
- [mfrank@triangleraquatics.org](mailto:mfrank@triangleraquatics.org)
- Service Credit Coordinators ([servicecredit@tactitans.org](mailto:servicecredit@tactitans.org))
- Dues Reduction Coordinator ([titansdrcoordinator@gmail.com](mailto:titansdrcoordinator@gmail.com))
- TITANS Leadership Council—TLC
- [tlc@tactitans.org](mailto:tlc@tactitans.org)
- TRITON Booster Club ([tritonclub@tactitans.org](mailto:tritonclub@tactitans.org))

**EMAIL: [info@tactitans.org](mailto:info@tactitans.org)  
OR CALL 919.459.4045**

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



## Getting to Know Coach Matt Mosher

**Home Town:** Durham, NC

**Family:** Parents Ann & Earl living in Durham , brother Brian and his family

**Education:** NC State, Major: History

**Free Time Favorites:** study history, read, be a big Star Wars nerd, spend time with friends and family, spend time at the beach or lake

**Funny Story:** “Growing up, my dog Gus was so smart that he taught himself how to open the back door and let himself out when he needed to go. Never bothered to learn how to close it behind him when he was finished though.”



**Swimming background:**

Swam from age 8 to 22, including in college at American University. Grew up swimming in Durham for DAC, New Wave, then Bull City Aquatics.

**Favorite stroke/event:** freestyle, fly, IM

**Least favorite stroke/event:** backstroke

**Greatest swimming accomplishments:**

“Like many swimmers, earned numerous accomplishments but the one I'm most proud of is earning the Team Award from American University. “

**What did you learn from swimming?:**

“Discipline, the value of hard work, the value of teamwork, and how to work with people from all backgrounds and walks of life to build something special. And that swimming is the greatest sport there is!”

**Favorite thing about coaching:** “I truly enjoy

the teaching aspect of swimming, both the physical skills and training, as well as the mental aspect. I also love helping swimmers learn to enjoy the process, but my greatest joy comes from seeing that look on a swimmer's face when they look up on the scoreboard and see the time they wanted. That moment of pure joy and satisfaction make all the hours and hard work worth it.”

**Coaching philosophy:** “I believe that my job is to help swimmers achieve their goals. I believe it takes continuing education, thoughtfulness, and passion and I try to bring that thoughtfulness and passion to the pool deck every day. “

**What do you like about being a TITAN?:** “I

love coaching for this team because I have always had a swimming family and the TITANS truly feel like a family. I love not only our recent successes as a team, but the direction we're headed and the potential we have. “

**Share the Joy this Holiday season by joining us in one of TITANS largest community service projects of the year, our ANGEL TREE GIVING.**

**Please sign up at the following page: <http://www.signupgenius.com/tabs/33772db03a2ceefc60-tacangel>**

## 27 TITANS Qualified for NCS IMX Camp

Congratulations to following TITANS who qualified for NC Swimming IMX Camp that will be held in Greensboro on Jan20-21:

- **11 year olds:** Molly Curran, Payton Barnes, Erin Riley, Lauren Nance, Katya Ivanov, Max Marrujo, Brian Farrell and Andrew Yang.
- **12 year olds:** Elena Dry, Keelan Cotter, Taylor Morris, Taylor Bloom, Kate Hegland, Claire Jackson, Andrew Li, Colin Whelehan, Willi Dunlap, Landon Lloyd and Andrew Greene.
- **13 year olds:** Charlotte Hook, Brooke Zettel, Jolene Zhang, Karsen Pena, Jacquelyn Pham, Thor Dyke, Kellen Russell and Nick Riley,

To qualify for IMX camp, these swimmers had to show their versatility by achieving one of top 20 IMX scores in NC for 2017 LCM season among either 11,12 or 13 year olds.

USA Swimming IMX Challenge, with its two components, IM Ready (IMR) and IM Xtreme (IMX), is a motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. You can find more information about IMX program at the [following USA Swimming page.](#)

You can also find your swimmer's IMX and IMR score, as well as their team, state, zone and national ranking on USA Swimming DeckPass app (under Dashboard) or USA Swimming web page. IMX score rankings are also used to select swimmers for other camps such as USA Swimming Zone Select camp and National Select camp.