



Starting Block

TAC TITANS Newsletter



October 2019

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

ARE YOU TRAINING THE WAY YOU WANT TO COMPETE?

There is frequently a disconnect between the way swimmers train and the way that they compete.

- The technique they use in practice may differ.
- The way they attack or don't attack the walls do not match up.
- The streamline or number of underwater kicks differ.
- The race pace is much different than what they accomplish in practice.
- Even the mindset may be different.

This disconnect is one reason that swimmers "fall short" of their expectations under the bright lights. The experience of competing is different from what they are doing in training.

Training the way you want to race is extremely important in a swimmer's development. The way you attack walls, the breathing pattern you use, the number of underwater kicks you take, and the times you achieve in the race pace training will help you go on an auto pilot in the meets.

When you step up on the blocks you shouldn't have to think about your stroke. You shouldn't have to imagine what your breakout should feel like. You don't need to wonder how many underwater kicks you will take.

These habits have long ago been ingrained and the tracks laid down. All you need to do at this point is clear your mind and race, your body training habits will take care of the rest.

PRACTICE IS NOT SEPARATE FROM COMPETITION. PRACTICE IS COMPETITION. NO SECRET HERE: IF YOU WANT TO SWIM FAST IN A MEET, SWIM FAST IN PRACTICE.

Start viewing each day's practice as an urgent opportunity to improve and start viewing competition simply as another practice on your journey.

GO TITANS,
Coach Bruce

Upcoming Important Dates

WHEN	WHAT	MORE INFO
Oct 18-20	VA Beach Travel Dual Meet	Meets Tab on TITANS Webpage
Oct 22	Deadline to Register for Big Southern Classic Meet	Meets Tab on TITANS Webpage
Oct 26-27	Halloween Bash Meet	Meets Tab on TITANS Webpage
Nov 8-10	Big Southern Classic Meet	Meets Tab on TITANS Webpage

39 TITANS Named NC Swimming All Stars



TITANS dominated the NC Swimming banquet this year by winning 4 NC Swimmer of the year awards, 30 NC All Stars, and number of NC Top5 awards.

Each year NC Swimming recognizes as NC All Stars those swimmers that have achieved either Top 5 times in NC in two strokes in a two year age group, or at least one Top 10 time in the nation in a single year age group. There are also All Stars recognized for open water achievements and Top 5 recognitions for achieving at least one Top 5 time in a single stroke. Complete criteria can be found on [this NCS page](#).

All Star swimmers were invited to the NCS Award Banquet and Clinic. This year's clinic was held by Olympic Gold Medalist Ricky Berens (4x200 Free Relay @ Beijing 2008 and London 2012 Olympics). Ricky talked about his experience as an age group swimmer in NC and how that shaped the rest of his swimming career.

A list of all NC All Stars and Top 5 swimmers can be found at: <http://www.swimnc.com/?s=all+stars>

2017-18 NC Swimmer of the Year:

- **11-12 Girls:** Lily Willis
- **13-14 Girls:** Claire Curzan
- **15-16 Girls:** Charlotte Hook
- **Open Water:** Ashley Twitchell

10U All Stars	11-12 All Stars	13-14 All Stars	15 & Over
Cole Harris	Allen Aidan	Taylor Bloom	Sophie Anderson
Jonny Palamar	Goran Cindric	Joe Bunger	Maria Baric
Sloane Whelehan	Taylor Cureton	Keelan Cotter	Michael Cotter
	Ethan Emerton	Claire Curzan	David Greeley
	Ellery Eward	Elena Dry	Braeden Haughey
	Katya Ivanov	Willi Dunlap	Charlotte Hook
	Darren Liu	Thor Dyke	Connor Hughes
	Mere Whelehan	Will Juricak	Sydney Morgan
	Lilly Willis	Henry Lee	Sarah Pilecki
	Nicole Zettel	Andrew Li	Will Soleo
		Landon Lloyd	Brooke Zettel
		Max Marrujo	
		Taylor Morris	
		Kellen Russell	
		Colin Whelehan	

TITANS Swimmers & Coaches Shine on the National & International Stage

The TITANS ended the 2019 LCM season with 3 TITANS being selected to represent the USA at the World Junior Championship in Budapest, Hungary. Claire Curzan represented the Team USA in 5 events and came home with one gold (4x100 Medley Relay), one silver (100 Back) and two bronze medals (50 & 100 Fly). Charlotte Hook represented the USA in 200 Fly and won the bronze medal, Coach Bruce was selected to be part of the USA Coaching staff helping team USA excel at this meet.

At the beginning of each swimming year, USA swimming selects [National Team](#) and 18 and Under [Junior National Team](#) based on

national and world rankings in an individual event. Needless to say, it is a great honor to be selected, and this year there are TITANS on each one of those teams:

National Team: Ashley Twitchell (Open Water, 1500, 800 & 400 Free), Charlotte Hook (200 Fly)

National Team Coach: John Payne & Bruce Marchionda
Junior National Team: Claire Curzan (100 Fly, 100 & 200 Back)

Junior National Team Coach: Bruce Marchionda

Service Credit Program—MUST KNOW!

One of the benefits of TAC TITANS is that we get to have most of our meets at the TAC which reduces travel and also allows our swimmers to compete often in a state of the art pool.

In order to be able to have such a privilege, we have to host lots of meets each season and thus require many timers, run-

ners, officials, etc. To facilitate this need in a fair way to all TITANS we established a Service Credit Program that governs service obligations and options families have. We encourage everyone to get familiar with this program NOW at the beginning of the season so you can decide the best fit for your family and plan for it.

IMPORTANT Service Credit Info can be found on team page under "All About TITANS": https://www.teamunify.com/SubTabGeneric.jsp?team=nctac&_stabilid_=167929

7 TITANS Named USA Swimming Scholastic All America

Each year USA Swimming recognizes swimmers who excel both in the pool and at the school by naming them to the USA Swimming All America team. Athletes have to achieve a Winter Junior Nationals time standard and have at least 3.5 GPA.

Congratulations to the following TITANS that achieved this honor for the 2018-19 year:

Claire Curzan, Braeden Haughey, Sydney Morgan, Mia Nordstrom, Will Soleo, Cameron Thomas and Davin Tjandra.

More information about the Scholastic All America can be found on the following page: <https://www.usaswimming.org/news-landing-page/2019/09/09/usa-swimming-names-scholastic-all-america-team>

Note that swimmers must apply in order to be recognized, so those that meet criteria for 2019-20 year, please be on the lookout for an application that's posted at the USA Swimming and the NC Swimming website in the summer.

Don't Just Set Goals: Set More Effective Goals!

By Nori Pennisi, Mental Skills Specialist

This is the time of year swimmers often think about what they want to accomplish by the end of the season. Qualify for Age Group Champs. Win a big meet. Move up to the National group. What swimmer doesn't want to get faster by dropping time? Most, if not all, swimmers set this goal as well as other goals. Yet, if almost every swimmer sets goals, why do so many fail to achieve them by the end of the year?

Simply thinking about what you want to accomplish and maybe even setting some goals is not enough. Sometimes setting goals is not as simple as it seems. Swimmers need to set the right kind of goals. Following some basic goal setting principles will improve a swimmer's chances of being successful and achieving his or her goals. Here are some secrets to goal setting success.

Set outcome goals, performance goals, and process goals. It is easy to fall in the trap of only setting outcome goals, such as beating a particular competitor, making a more competitive training group, or placing in a particular meet, or only performance goals, such as dropping time. **Outcome goals** are good to set, but achieving them depends to a large degree on how other swimmers perform. Better goals to set are **performance goals** since they are self-referenced and focus on self-improvement, such as getting a sectional cut or improving your time. These goals are more in a swimmer's control. Even better goals to set are **process goals**, which are completely within your control and focus on what you, and only you, need to do to swim faster. Working hard, committing to dryland, improving your underwaters, or focusing on not breathing into the wall are process goals that lead to achieving your performance goals. Consider setting several process goals for every one performance goal you make. And, of course, the outcomes you dream, such as swimming in college, help you know what performance and process goals to set.

Use SMART Goals. Research shows how setting SMART goals helps to increase your probability of accomplishing your goals. Characteristics of SMART goals are:

- S**pecific – goals should indicate exactly what is to be done with the more details, the better
- M**easurable – goals should be quantifiable so that you can track your progress and know when you have succeeded
- A**ction– goals should include the steps to be taken to succeed
- R**ealistic – goals should be challenging but attainable
- T**imely – goals should have a time frame or deadline which helps to keep you accountable

For example, a SMART goal would be to get a sectional cut in the 100 fly by dropping 2 seconds before the sectional meet in March. I will commit to doing ten pull ups a day to get my shoulders and arms stronger.

Have strategies to achieve your goal. You could follow these basic principles to set your goals, but that isn't the end of goal setting. You want to have strategies in place for accomplishing these goals. Goal achievement strategies can answer the "how" questions: How are you going to achieve your goal? How much? How many? How often? For example, if arm strength is an issue for your fly and you want to improve on your strength so that you can pull more water, your strategy may be to come to dryland three times a week or asking your dryland coach for more specific exercises for arm strength and how often to do them.

Setting effective goals will help you to swim faster and accomplish what you want. Thinking about where you want to end up at the end of the season, gives you a plan and goals. Having a plan and goals will help you have a purpose, be focused, and give you direction throughout the season. So, even though it is the beginning of the season, make a plan and set some effective goals for how you would like the end of the season to look for you and get busy working hard on achieving them today!



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

Need Help? Have Questions? Ask Us!

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

2019-20 TITANS Coaching Staff

OLYMPIC ELITE - COACH BRUCE MARCHIONDA/COACH JOHN PAYNE
NATIONAL - COACH CLAIRE DONAHUE/COACH MATT MOSHER/COACH BLAKE ADDISON
TAG 1 - COACH ROB NORMAN/COACH LINDSEY PARR
SENIOR CHAMPS - COACH KEVIN MAKINCHUK
GOLD - COACH KILE AUKERMAN/COACH AARON THOMPSON
SECTIONAL - COACH MATT MOSHER/COACH CLAIRE DONAHUE
TAG 2 - COACH ROB NORMAN/COACH RONNA REEDSTROM
TAG 3 - COACH BLAKE ADDISON/COACH KELSEY SYMM
TAG 1.5 - COACH KILE AUKERMAN/COACH ROBB DOWNS
TAG 2.5 - COACH KEVIN MAKINCHUK/COACH TARIQ GETROUW
BRONZE - COACH LINDSEY PARR/COACH CASSIE MORA/COACH CADY MARTIN
COPPER - COACH SANDY CANFIELD/COACH AARON THOMPSON
SILVER 1 - COACH BLAKE ADDISON/COACH KEVIN MAKINCHUK/COACH SANDY CANFIELD
SILVER 2 - COACH AARON THOMPSON/COACH CASSIE MORA
SENIOR CHALLENGE - COACH TARIQ GETROUW
JR TITANS 11&0 - COACH AHMED BAALI/COACH CADY MARTIN/COACH BRANDY PLEWNIAK
JR TITANS 10&U - COACH KELSEY SYMM/COACH AQUILA PINNIX/COACH BRAYDEN DEVINE
TEEN TITANS - COACH TARIQ GETROUW/COACH ROBB DOWNS/ COACH DANIEL GRABER
DRYLAND - COACH ERIN SAYRE/COACH ALEX TOMLINSON/COACH DANIEL GRABER



34 TITANS Qualify for NC IMX Camp—Register by Oct 10th!

Congratulations to 29 TITANS who qualified for the 2019 NC Swimming IMX Camp that will be held in Greensboro on the Dec 28-29. Registration info and a complete list of qualifiers is posted on the following NCS page: <https://www.swimnc.com/2020-imx-camp-selection-roster-application-form/>.

TITANS Qualifiers:

- **11 year olds:** Kyley Lloyd, Tara Talwar, Harper Wiggins, Jackson March, Wyatt Perkins, Austin Poole.
- **12 year olds:** Nicole Zettel, Lily Willis, Mere Whelehan, Ellery Eward, Sydney Holfelder, Shakira Qian, Elise Risner, Riley Foreman, Darren Liu, Aidan Allen, Michael Morea, Abhay Tharakan, Ethan Emerton, Christian Marrujo, Cole Tangeman.
- **13 year olds:** Keelan Cotter, Lilly Welsh, Katya Ivanov, Molly Curran, Catherine Baric, Andie Quisumbing, Erin Riley, Sydney Martin, Andrew Li, Max Marrujo, Gus Wiggins, Garlan

Mei, Grayson Nye.

To qualify for IMX camp, these swimmers had to show their versatility by achieving one of the top 20 IMX scores in NC for the 2019 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 the IMX program at the [following USA Swimming page](#). You can also find your swimmer's scores, 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 Zone & National camps.