

# THE Starting Block

JULY 2014



## Star Time

Pastor, author Rob Bell tells this story in one of his Nooma videos titled "Shells." He is walking with his family on the beach. The kids are picking up shells. Most are fragments, almost perfect, glorious in and of themselves, but ultimately broken pieces of perfection. As they are walking, one of his sons sees a starfish a reachable distance out in the water. It is beautiful, whole.

His son is excited about the starfish. "Go get it," Rob says. His son runs into the water, hands still full of shells. After a good attempt, his son runs out of the water, clearly frustrated. "Come on," Rob says, "You can do it. Go get it." Again, his son runs into the water. He gets further this time, closer to the starfish, but still turns back to shore even more frustrated.

Rob sees the frustration in the eyes of his son, and again, thinking he's going to spur him on to finally get the starfish says, "You can make it out there. Just go and get it." His son tries for the third time. He gets even farther, but stops short yet again and returns to the shore, this time in tears.

"What's wrong?" he asks. "Why can't you reach that starfish?"

His son, crying, replies, "Because my hands are full of shells."

What fragments of the good are you holding onto to so tightly that you are unable to reach the great?

I can't answer that question for you, but this I do know - the longer you walk, holding onto what you know and have grown comfortable with, the more difficult it will be to let go of the good and seek the greatness within and in front of you.

At some point you may need, even be required, to risk losing everything you have to reach for everything you've ever wanted.

That is Star Time.

*"Man cannot discover new oceans until he has the courage to lose the sight of land."* -Anonymous

## COACHING STAFF

John Payne

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[www.tactitans.org](http://www.tactitans.org)

# TLC Tidings

It's July and we are heading quickly into Championship meet season once again - TITANS are on a roll! We have hosted several successful meets already this long course season thanks to our wonderful volunteers. However, as we write this, there are almost as many families signed up to volunteer at AG Champs who do NOT have swimmers in the meet as DO! (Thanks to all those who have signed up already). But this is not the way it should be. As a reminder, if you have a swimmer in a meet, you are asked to volunteer. At championship meets, we would like you to volunteer for each session your swimmer is participating in. Currently, we have a minority of TITANS families stepping up to do a majority of the work and as a true TEAM, we need everyone's participation at meets to help make them successful. Many other teams fine families for not volunteering, or institute a credit system, and we do not want to do the same but may be forced to unless more families volunteer. Keep in mind that volunteering at meets is awesome - you get to be ON DECK with your swimmer and see the action up close, plus there are great snacks too :). And if you work hospitality you can even snag a free meal. So come join the fun volunteers at our upcoming AG Champs meet and TSA Championship meet!

And speaking of meets, we have several meets coming up so check out all the information in this newsletter and make note of upcoming dates, including the dates for the August break, first meet, and short course Kickoff.

Finally, registration is underway for the 2014-2015 swim season. TITANS families get first priority to sign up and reserve our spots before registration opens to the public so make sure to sign up as soon as possible. After that, tell your friends what an amazing team we have! As TLC members, we mingle with TITANS families day in and day out and we are reminded how lucky we are to be part of this team. We often hear comments about how we have the best parents, coaches and facility anywhere. We truly do! The TITANS Leadership Council wants to thank you all for helping make this team so special.

Sincerely, Your TITANS Leadership Council:

*Michelle Lombana*

*Ellen Dalbo*

*Dieter Boessmann*

*Jeannine Chignell*

*Kelly Jaynes*

*Kathy Leibold*

*Keeley Pollard*

## SCRIP for Summer!!

Planning a vacation? Home improvement project? SCRIP can help you save money on your swim bill while shopping for the things you need and want. To find out more about how to get started, contact Rebecca Carter, TAC Titans SCRIP Coordinator at [rebecca@3carters.com](mailto:rebecca@3carters.com) or sign in on [www.swimtitans.org](http://www.swimtitans.org) and click on the Dues Reduction tab, SCRIP program option for more information. Start earning rebates towards your monthly bill just by shopping!

We will place two more orders this summer (July and August) for those gift cards that need to be shipped. The deadline for those orders to be placed and paid for is the 16th of each month. Of course, if you have PrestoPay, you can order ScripNow! e-cards as well as reload your current cards any time you like. You don't have to wait for our ordering cycle. Summer is a great time to sign up for PrestoPay and get your e-cards right away!

And don't forget, you can also purchase a Kroger card from Rebecca to start earning rebates on your grocery and fuel purchases there. Contact Rebecca at [rebecca@3carters.com](mailto:rebecca@3carters.com) for more details.

## SCRIP Coordinator Needed

We are looking for a volunteer to run the Scrip Program starting in the Fall. Rebecca Carter has done a fabulous job setting up and running this awesome program which benefits our families. If you are interested, please contact Rebecca: [rebecca@3carters.com](mailto:rebecca@3carters.com).

shopwithscrip  .com

# NC Open Water Championship

TITANS made a big splash at the NC Open Water Championships at Seven Lakes in early June! It was a hot sunny day and as parents mingled under the TITANS tents, our swimmers conquered the various events in the lake. We had several event winners and tons of top 10 and top 20 swims.

We especially want to congratulate **Aaron Thompson** who won the ultimate award of the day -first place in the Poseidon event (an endurance event - Aaron swam a 5K, then a 3K, then a 2K!). We are so proud that Aaron represented our team so well - Congratulations to Aaron and all our TITANS athletes who competed!

## Top 20 finishers:

### 10 and Under 800 Meter Race

Male: 1st place: Jacob Pishko 2nd place: Michael Cotter  
Alexi Lambridis, Neelan Patel

Female: Jennifer Strout, Grayson Waters, Kiara Lucas, Katie Chignell, Hopey Jaynes

### 11-12 2k race

Male: 1st Place: Mikey Moore  
Brian Thompson, Colin Cotter, Mitchell Payne, Josh Navarro  
Female: Ema Pozder, Grace Farrell

### 13-14 3K race

Male: Davis Payne, John Healy, Connor Dalbo, Preston Planells  
Female: 1st Place: Ana Pozder  
Olivia Carter, Abby Rutledge, Sarah Pilecki

### 15 and older 5K race

Male: Aaron Thompson, Greg Hall, Ryan Day, Greg Lombana  
Female: 1st Place: Cami Andreini  
Taylor Dapkevich, Alexis Vetrano



HERE IS A LINK TO THE RACE RESULTS FOR ANYONE WHO WOULD LIKE TO CHECK IT OUT:

<http://www.racetecresults.com/startpage.aspx?CId=16247>

## MARK YOUR CALENDAR FOR THESE UPCOMING TITANS SWIM TEAM EVENTS

July 12-13: TITANS LC Qualifier Meet (TAC)

July 16: AG Champs/Sr Champs Pasta Pump Up

July 17-20: Age Group Championship Meet (TAC)

July 17-20: Senior Sectional Meet (Greensboro)

July 24-27: Senior Championship Meet  
(Greensboro)

July 30- August 3: Summer Junior Nationals  
(Irvine, CA)

August 1-3: Tar Heel States (Chapel Hill, NC)

August 23: Sr Challenge/Sr Elite Trip  
to Lake Gaston

September 6: Open Water Meet  
in Seven Lakes

September 13: TITANS Fall Kickoff

September 20: Railhawks game

**Dates for August Break announced:** For Challenge and Elite Track swimmers, there will be optional practices the week of August 4th-9th. The following two weeks of August, there will be a summer break from practices. The Short Course season begins when practices resume on August 25th. Prep track programs run on a continuous basis.

## COMMUNITY SERVICE NEWS

Thanks to all the swimmers who came out to Beautification Day, Senior Day and the Ice Cream Social on May 10th. Swimmers picked up trash around the outside of TAC, cleaned lockers inside and out and spruced up the lobby and hospitality areas. A special thank you to Jordan Kirk, our facility director, for supporting this project and the kids. Some words were spoken by our great seniors leaving the program and ice cream was had by all.

Thank you to our parent volunteers who donated items and helped out that day to make it a success.

Thank you for donating 322 lbs to the food drive in May. The Food Bank of North Carolina was very appreciative and due to your generosity, 271 meals will be given to those in need right here in our community.



## COACHES' CORNER

**Full name:** Ronna Leigh Reedstrom

**Born and grew up in:** Keene, NH; Graduated Keene High School-Keene, NH and Saint Michael's College -Winooski, VT



**My Family:** Married to my wonderful husband, Bradley; Have 5 beautiful children: Torin and his wife Emily, Kelsey, MajBrit and Leif.

**When swam throughout your career:** Started swimming at a very young age and swam with the Keene YMCA swim program into high school. At 16 I transitioned into teaching & coaching for the Y.

**Highlights of your swimming career:** Too numerous to count...Every time a Bronze swimmer achieves a personal best time and climbs out of the water with a great big smile knowing it.

**Personal info:** Basically what all girls like... shopping, traveling, country music, having fun with family and friends. Oh yah, and DIET COKE!

My favorite color has changed over the years. When I was young I loved **bright orange** and **bubble gum pink**. Now I lean towards the **blues** and **greens** but, of course there's always safety in black.

**Where were you before you came to the TITANS:** New Wave Swim Team

**What groups do you coach and why are you excited to be part of the TITANS:** Lead coach for the Bronze Challenge group; I love working with swimmers that are developing their own swimming strengths and enjoy being part of a team where the key component of their mission is to prepare every swimmer for Optimal Performance and Leadership - Both in and out of the Water.

**Quote that inspires you or rules you live by:** "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference"

**The quote I like to use with the Bronze group:** "You're braver than you believe, and stronger than you seem and smarter than you think."

**CONNECT**  
[www.swimtitans.org](http://www.swimtitans.org)



## PLACEMENT AND MOVE-UPS

As we approach the close of the 2013-2014 competitive season, it is natural to look back and evaluate the season and its ups and downs. It is also the appropriate time to look forward and plan for the season ahead. Two topics of interest are typically group placement and move-ups. Below is a brief explanation of the TITANS philosophy regarding both of these topics.

### GROUP PLACEMENT

The “TITANS Tracks” program is geared toward progressive long-term development of each individual athlete. A well-defined, long-term approach of gradually increasing degrees of commitment is essential for attaining peak performance. In our younger age-groups, emphasis will be placed on developing a swimmer’s technical skills and their love for the sport. As each swimmer grows through the sport, the physical and psychological demands of swimming will grow with them. If the physical and psychological demands outpace their development, any short-term gains will soon be negated and often result in athletes not reaching their maximum potential as senior swimmers.

To effect long-term results, proper training groups are essential. Swimmers within each group need to be compatible in the following areas:

1. Age
2. Training Ability
3. Competitive Performance
4. Commitment Level

*Please note that proper group placement is essential to each individual’s development. Placement in a training group that is more advanced than a swimmer’s current level of development will result in a slower rate of progression over the long-term. That said, just because a swimmer is physically capable of handling a higher level of training does not in and of itself justify participation at that level.*

Additionally, registration does not guarantee a placement in the group for which you registered. Each of the above criteria will be taken into account when doing any group placement, and evaluations or tryout periods (if required) may be recommended for individual athletes.

### MOVE-UPS

There are natural times in the competitive swim season during which group changes are typically made. The two most obvious ones are the interval between short-course and long-course season and then during the registration period when transitioning from long-course to short-course. A swimmer may also move following December meets just prior to going into the championship season, if that athlete’s mid-season performance and training ability indicate that would be the best thing for their individual development. Additionally, a coach may determine that an athlete is demonstrating through her efforts on a daily basis and competition performances that she is ready to take the next step in her development and offer that swimmer a “battlefield promotion.” In any of the situations described above the same guidelines for group placement are in place.

We are striving to keep an effective coach to swimmer ratio when we consider group placement and move-ups. That ratio is different at every age and ability level. This can affect the timing of some individual group placements and move-ups. If a group is determined to be full based on the effective coaching ratio, the best thing for not only the individual swimmer, but for the group as a whole, may be to delay moving till the coach-to-swimmer ratio can be maintained.

Finally, any change in a group has an effect on the group dynamic. Changes are not made just to make them or just because any or all of the “criteria” have been met. Creating the best experience for each swimmer which will allow them the opportunity to develop and grow as people and athletes is what we are striving to establish.

## 2014-15 Registration

The 2013-2014 competitive season is coming to a close and we are beginning to look forward to the upcoming 2014-2015 season. We hope that each of you will rejoin us as we continue to build on the incredible start we have made with the TITANS program.

### GENERAL REGISTRATION INFORMATION:

- Returning Members: Registration for the 2014-2015 season opened for returning TITAN swimmers and families on Friday, June 27th;
- New Members: Open registration for both returning and new members will begin on Monday, July 14th;
- Group Placement: If you have immediate questions regarding group placement please contact your swimmer's current group coach; Current members in Elite and Challenge Track groups will receive group placement notification by July 21st.
- Registration Fee: The registration fee for the 2014-2015 season is \$165.
- Financial Information: The TAC TITANS Financial Policies and Group Pricing can be found on the website.

### HOW TO REGISTER:

- Go to the TAC TITANS website;
- Click "Register Now";
- Mark the radio button beside "I am not logged in but have an existing account";
- Enter your account Email and Password;
- Click "Continue";
- Verify and/or enter the information requested on each screen;
- Following a successful submission your swimmer's spot in their program group will be saved;
- 2014-2015 Registrations will be approved and activated in August after the Registration Fee has been paid and following the completion of the 2013-2014 season.

### NEW SWIMMER EVALUATIONS:

- New swimmer evaluations will occur on July 28th - 31st from 5:00-6:00;

Thank you and we look forward to seeing each of you next season!

## Project Phoenix/ Make a Splash Swim Lessons

Several of our TITANS Teenagers are volunteering to teach swim lessons to children under 13 years old for the Project PHOENIX Program at area apartment complexes in the Town of Cary this summer.

### What is Project PHOENIX?

This is an acronym for Promoting Healthy Occupancy through Education, Networking, and Information Exchange. This initiative brings Cary police and apartment managers together to develop strategies for solving problems and reducing crime in and near multifamily housing developments.

The apartment management and Cary Police Department worked with the Triangle Aquatic Center to set up swim lessons for children at five apartment complexes over a period of a month.

TITANS that are teaching lessons are: Will Atkinson, Greg Lombana, Greg Hall, Ari Kaufman, Sarah Leibold, Connor Dalbo, Mikaela Dalbo, Ashlyn Butkowski, Alexa Britt, Christian Ziller, Lindsay Butler, Rosie Williams, Matthew Jaynes, Kevin Plewniak, Noah Sayre, Jessica Boessmann, Leif Reedstrom, David Faltz, Juliana Denmark, David Zordich, and Kevin Liu.

The teens are all enjoying teaching the young swimmers. They typically have 3-5 swimmers per lesson so they are able to give them a lot of individual attention. They comment that it is a lot of fun and very rewarding.

The kids are usually very cooperative and listen so they can learn. The teens say the kids are as excited as they are when they progress. One boy was afraid of the water in the first lesson and was comfortably going underwater repeatedly by the last lesson.

The parents are very appreciative that the teens are volunteering their time and hope that the program is offered next summer. Several of the teens said they hope to teach again next summer as well.

**PROJECT**  
**Phoenix**

# WE NEED YOU!

AG Champs and TSA Meet Volunteers Requested: We have two high visibility meets remaining this season which our team is hosting - North Carolina Age Group Championships and the Tarheel Swimming Association Championships. To ensure we run high quality meets and provide an outstanding experience to everyone who attends these events, we need all TITANS families to support this effort.

To date this year, 20% of our parents are doing 80% of the volunteer work. In order to thrive as a non-profit TEAM, it is critical that these percentages change. If not, we will be re-evaluating our volunteer system, including instituting fees for those not upholding the volunteer commitment each family agreed to when registering for the program.

*Here is how you can help now:*

## 1) 14 and under Age Group Championship Meet (July 17-20)

Sign up to volunteer at the meet itself. Click on the following link to access each meet session signup form after signing into the website.

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dnctac&id=423960&team=nctac>

Sign up to help in the hospitality room. Click on the following link to sign up or contact Dorena at [dorenadell@hotmail.com](mailto:dorenadell@hotmail.com).

<http://www.signupgenius.com/go/60b0d4aaaad229-hospitality6>

*\*Please note for AG Champs, you are required to volunteer at every session in which your child is competing.*

## 2) TSA Championship Meet (July 26-27)

Sign up to volunteer to fill key positions for this meet at the link below after signing into the website:

[https://www.teamunify.com/Login5.jsp?team=nctac&\\_tu\\_Login\\_Redirect\\_=%2FEventJobSignup.jsp%3Fteam%3Dnctac%26event\\_id%3D421231](https://www.teamunify.com/Login5.jsp?team=nctac&_tu_Login_Redirect_=%2FEventJobSignup.jsp%3Fteam%3Dnctac%26event_id%3D421231)

If you have any questions about volunteer positions, please contact the Volunteer Coordinator at [volunteers@tactitans.org](mailto:volunteers@tactitans.org). Thank you for your time and support for the program in which your children participate. They will see that and appreciate it very much, as do we.

# VOLUNTEER

## It's Social Time!!

In June, the TITANS swimmers had a chance to relax and enjoy some fun and games in the pool!! Our parent volunteers planned two evenings of fun for the swimmers, one evening for our younger swimmers and another for our older swimmers. Both nights started with a pizza dinner in the gallery followed by POOL time!!

The more than 50 younger swimmers had a blast playing and swimming in the pool. They played ball and floated on rafts. There were diving contests, lots of cannonballs, races and flips. The swimmers had a great time showing off for Coach Ronna and Coach Sandy!!

The older swimmers (over 40 of them!) started their evening off watching part of the NBA draft. After eating lots of pizza, they headed down to the pool for a game of water polo. They had a great time hanging out with Coach Jeff, Coach Raz and Coach Ryan. The swimmers finished off their evening with ice cream sandwiches!!

# Senior Elite Training Trip

*A Parent Chaperone's Perspective* By Russ Vetrano

On Monday, June 16, 20 Senior Elite swimmers (12 girls and 8 boys) departed to Florida Gulf Coast University (FGCU) for a week long trip. Coach Jeff drove the van with 12 girls and almost cried when he forgot his earplugs, so instead had to endure 13 hours of 12 teenage girls talking about every subject imaginable. The boys, well they were just calm and cool.

We hit Jacksonville, Florida for a pit-stop and everyone cheered "we are almost there".....and yes, 6 hours later we finally made it to FGCU, with Jeff's van registering "0 miles to empty". The kids were tired but excited, some didn't know how to put sheets on their bed, Madison picked up a snake and threw it out of her room, and they finally settled into bed by midnight, or at least that's what we thought!



Morning practice wasn't too early - 9am, so the kids rolled out of bed at 8am, ate breakfast, and were off to the pool. Practice in the morning was in the 25-yard pool, and the sun was bright and hot and there were many pink bodies at lunch, despite lectures on "sun-screen". The afternoon at the beach was quiet and calm with overcast skies. The boys did a terrible job at frisbee and the girls did what they do best - pose for pictures and post them all over the internet. It looked like a possible rain-out for evening practice, but Greg Lombana had the quote of the week "trust me, it will be perfect weather by evening swim practice" - and it was every night.

Evening practice was in the 50-meter pool. The pool complex was very nice, having just received some upgrades. Practice was followed by nightly snack and "the evening lecture" by Coach Jeff. Day 1 was over, all the kids were alive and no one lost their key.

Day 2 followed the same swim pattern with lake activities for the afternoon that were rained out, but it all cleared up for evening practice. Day 3 was movie and mall day for the afternoon activities. It was nice to see the boys actually put on shirts finally, even though Noah was scolded for not wearing what Brooke had packed for him. The girls got all dolled up. Even the afternoon weather impacted their movie watching as storms interrupted the movie play and they had to move theaters.

Another beautiful night for evening practice, although this time the bugs decided to show up. The girls were counting how many had gotten in their swim suits. The kids were eating well, staying hydrated, and putting on their sunscreen. They all started to look tan.

Friday, Day 4 at FGCU was almost a carbon copy as the kids decided just to go to the mall and not tempt getting rained out at the beach. The final evening practice was held and the kids happily packed their swim gear up for good. Ashlyn tried to lose her key on the last night, but went treasure hunting with Susan Sperbeck and they found it in the volleyball sand pit - whew! Saturday morning everyone was up and out early. It seemed like it would be a quick trip home, until Jeff and the chaperones stopped for Starbucks just 2 miles after leaving. Both vans emptied out as everyone wanted their cup of coffee....30 minutes later we were back on the road, so much for progress! We strolled into TAC by 11pm - we were home! It was a great trip and we encourage more to join in on the fun next year!

*Did you know?? Due to fundraising activities such as a poinsettia sale, geranium sale, etc, several swimmers were able to raise more than half of the money for their trip!!*

