



The Starting Block

November 2014

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Happy Fall TITANS Families!

John Payne

From our early season outings, we are set up well for an outstanding season. At the recent Big Southern Classic, we had a total of fourteen teams with over 500 swimmers entered. That is up from 225 for the first installment of the Big Southern Classic! We had a fun BBQ for folks on Saturday night following finals and we really showed everyone some TAC hospitality.

The high school swim season is under way. With that you will see increased numbers of swimmers and families in and around the facility. Additionally, there will be some disruption to our normal practice schedules on meet days. We appreciate your patience and flexibility as we work through those days. Please be alert in the parking lot as both a driver and pedestrian. We want everyone to have a safe, fun experience.

On to the fun stuff...

One of the most satisfying parts of my study of the journey to athletic excellence has been to meet folks who have made their dreams come true in multiple disciplines. One of those is Ruben Gonzalez. At 21, living in Texas, Ruben decided he was going to become an Olympian, in the luge event! He did just that, and not just once. Ruben has competed in four Olympics from 1984—2010. I asked Ruben the following question regarding his Olympic quest: For me, belief in your dreams requires faith, but faith not in what you know about yourself, instead faith in what you hope to become along the way. Does that thought match your experience during your journey?

Here's what he said

"Sure. In order to motivate you to do the work, your dream has to be huge. It has to take your breath away. It has to be bigger than you. Therefore, the dream must require that you grow as a person to reach it. It has to be out of reach but not impossible to reach. You have to believe that you have what it takes to grow into the type of person who can achieve the dream."



The TITANS program is young, but we have a dream of where we want to be as a program. We believe with your help we can make that dream come true. Here we grow!



TLC Tidings

Family is the theme at this time of year and as we quickly approach Thanksgiving, the TITANS LEADERSHIP COUNCIL (TLC) would like to give a big THANK YOU to all our supportive families who help out from the smallest task to the largest. This TITANS team has truly become a FAMILY and each of us feels very lucky to be a member of it!

In October, the TITANS traveled to two different meets in Virginia. Our 12 and under athletes went to the mountains of Roanoke (some experienced their first travel meet!) and they not only swam fast, but also bonded over meals and hotel fun. Our older swimmers went to the beach area of Virginia in Newport News and faced some fast competition in the pool! Parents and swimmers both commented what a great time they had together over that weekend. In fact, we keep hearing that the families on this team are what make the TITANS extra special—we are not just an awesome swim team but are an exceptional SWIM FAMILY.

We held our Prep Meet last weekend and boy did these swimmers impress their coaches! It is amazing the progress our prep swimmers are making and their hard work is paying off. Our team also came together last Saturday for team pictures and Brown Bag Ministry. The athletes made sandwiches and packed lunches together and then some of our older swimmers went to downtown Raleigh to deliver the meals to the homeless. This service really made an impression on our senior swimmers—several commented that they realized how blessed we all are and how important it is to give.

From meets to community service, we have been busy this fall so far! The TLC meets monthly to work on specific areas for our team such as Marketing/Communications, Dues Reduction, Volunteers, Community Service, Team Spirit, Social, etc. We work hard behind the scenes to make your TITANS experience the best it can be.

Here are just a few of the things the volunteers on the TLC have been working on:

- Setting up Volunteers for all meets—Prep, Big Southern Classic, Blue Green Meet, etc
- Sending out bi-weekly News Update to team and working on The Starting Block (newsletter)
- Setting up team pictures
- Planning awards banquet for end of season
- Planning Senior Travel Trip
- Producing and selling Breast Cancer Shirts
- Ordering and delivering shirts and caps to swimmers
- Determining winter TITANS apparel
- TITANS Budget
- Responding to and sending emails
- Attending multiple meetings with Coaches to discuss everything from practice schedules to parent feedback
- Meetings with TAC Staff to coordinate with TITANS activities
- Setting up team liaisons and getting them set up with team lists
- Setting up and promoting Officials Training Clinics
- Facilitating/organizing team spirit committee and cheers for meets
- Setting up and running Brown Bag Ministry day, organizing Sneaker/Coat Drive and beginning work on Guardian Angel Project
- Representing TITANS at TAC Advisory Board meetings
- Meeting with the our Walnut Creek leaders to close out the 2014 season and plan for how might operate in 2015



TLC Tidings *continued*

- Working with TITANS administration to get an updated Certificate of Insurance for PNC Arena
- Managing the cash flow for the Dues Reduction Program

As we look ahead, we ask our TITANS family to continue to support us throughout the busy Holiday season, by volunteering at our December meet, giving generously to our Guardian Angel program and Coat/sneaker drive, and by thinking about areas where you may be interested in donating your time such as being an Official or in Hospitality or on one of the committees headed up by the TLC. As you can see, we are a very busy group of volunteers and can use YOUR help.

Thanks to all of you and have a wonderful and safe Thanksgiving and Christmas!

Your TITANS Leadership Council,

- Ellen Dalbo
- Michelle Lombana
- Dieter Boessmann
- Keeley Pollard
- Kelly Jaynes
- Kathy Leibold
- Jeannine Chignell



3 Nutrients Young Swimmers Shouldn't Miss

By Jill **Castle**, MS, RDN

Nutrition plays a key role in performance and recovery. But for the young swimmer, it also supports growth and development. While there are important nutrients for swimming, such as carbohydrates and protein, there are also micronutrients that may be at risk for deficiency, like iron, calcium, and vitamin D.

Of course, any nutrient can fall short of needs if the diet is inadequate compared to the requirements. Deficiencies should always be addressed in the growing athlete.

Three nutrients—iron, calcium and vitamin D—stand out as high-risk nutrients for the young swimmer. One, because they are already known to be deficient in children and teens, in general, and two, because they may be harder for the growing athlete to get enough. Here's the lowdown on each nutrient, including recommended levels of intake, and food sources:

Iron

Iron carries and stores oxygen, which occurs at a higher level during periods of growth (read: childhood and adolescence). Female athletes, in particular, are at greater risk for this deficiency due to menses and exercise.

According to the 2010 Dietary Guidelines for Americans (DGA), 9% of 12-49 year-old women are iron-deficient. Swimmers who cut back on their eating or consume a vegetarian diet are at increased risk for iron deficiency.

Requirements:

- 4-8 year olds: 10 mg/day
- 9-13 year olds: 8 mg/day
- 14-18 year olds: 15 mg/day (females); 11 mg/day (males)

Iron comes from animal and plant sources, with animal sources being more efficiently absorbed in the body. The less efficient absorption of plant iron can be enhanced by vitamin C-containing foods like citrus fruit and juices.



3 Nutrients Young Swimmers Shouldn't Miss *continued*

Food Sources: beef, ground beef, dark meat turkey and chicken, canned light tuna in water, iron-fortified cereals, instant oatmeal, enriched bagels and breads, black beans, white beans, spinach and raisins

Calcium

Calcium is needed for normal bone development and strength, and is required for muscle contraction. All children and teens are at risk for calcium deficiency, but especially teens because they tend to eat and drink less dairy products as they age. Ironically, this is the time when they need calcium the most! Peak bone formation occurs in the teenage years and is completed in the early 20's.

Requirements:

4-8 year olds: 1000 mg/day
9-13 year olds: 1300 mg/day
14-18 year olds: 1300 mg/day

Food sources: ready-to-eat cereals, calcium-fortified orange juice, cow's milk, soymilk, yogurt, cheese, salmon, tofu, frozen yogurt, vanilla ice cream, cottage cheese, turnip greens, kale, Bok choy, broccoli, and white bread (calcium-fortified).

Vitamin D

Vitamin D partners with calcium to build bones. It has also been identified in the prevention of cancer, heart disease, autoimmune disease and infectious disease. Sunlight activates vitamin D in the skin, but sunscreen, cloud cover, dark-colored skin, and other factors may limit its effectiveness as a source of vitamin D.

Requirements:

All kids and teens need 600 IU/day.

It's not easy to meet vitamin D requirements because there are few foods that are rich sources of this nutrient, and the obvious foods like dairy products aren't always consumed in the needed amounts (6 cups of milk equals 600 IU vitamin D). The combination of vitamin D-rich foods and sunshine are key to making sure the swimmer gets enough. For swimmers who practice indoors, getting adequate vitamin D from food (or a supplement) is critical.



Food sources: sockeye salmon, smoked salmon, canned tuna, vitamin D-fortified orange juice, milk, soymilk, rice drink, cooked pork, fortified ready-to-eat cereals, mushrooms, Canadian bacon, and eggs.

Iron, calcium and vitamin D are essential to the growing swimmer's health and wellness, not to mention his athletic performance. Keep these three nutrients top of mind and you may avoid some significant roadblocks to training along the way.

Jill Castle, MS, RDN is a childhood nutrition expert and co-author of Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School (www.fearlessfeeding.com). She is the creator of Just The Right Byte (www.justtherightbyte.com), and is working on her next book, entitled Eat Like a Champion: Performance Nutrition for Your Young Athlete. She lives with her husband and four children in New Canaan, CT.

Community Service News

This holiday season the TAC TITANS will be partnering up again with Project Guardian Angel. These are children in Wake County that are in dire straits and without our help would not receive any gifts this holiday season.

Each group will sponsor 1 child for a total of 12 children.

Please be on the lookout for an email from your coach.

Please know what a tremendous difference your generosity will make to a child whose life is often overshadowed by the sadness of poverty.

COAT AND SNEAKER DRIVE—Please check your closets for any gently used winter coats and fleeces for people of all ages. TEENS, see if you have any gently used sneakers/shoes (especially sneakers) you are ready to get rid of and look for the drop box in the TAC lobby for drop off. We will be holding this drive from the Big Southern Classic on 11/7 to the Titans Winter Championship 12/14.

Brown Bag Ministry—Thank you! Thank you! Thank you! With your generosity, and the swimmers' eagerness to help, we were able to put together 250 brown bags that were delivered to the homeless in our community by some of our older swimmers and head coach.

A huge thank you to the parent volunteers who helped that Saturday morning to help make this a success and keep things under control.

Short Topics

Athletic Lab

Athletic Lab is currently working dryland with some of our swim groups such as Senior 1, 2 and 3, TAG 1, 2 and Gold. The athletes are getting a lot out of this program! Athletic Lab is the premier sport science research and athletic development facility located in North Carolina. They provide sport specific training for athletes as well as CrossFit training for adults looking to get in the best shape of their life. Athletic Lab works with athletes from middle school to the elite professional using science-based, field-proven sport performance training methods. Their services have been used by the U.S., Chinese and South African Olympic teams as well as professional athletes from the MLS, NFL, MLB and PGA.

The goal of Athletic Lab is to help individuals and teams maximize their performance through sound, logical, and evidence-based training. We strive to offer the highest possible quality in a wide-range of services to meet every performance enhancement need.

Become a USA Certified Official—Stroke and Turn Clinic

Here is your best opportunity to get on deck to watch your kids swim. Becoming a USA official is easy, lots of fun and you get to work with some great people. In this 3-hour clinic you will learn the basics of how to judge each stroke and find out the steps to become a USA Certified Official.

The clinic will be held from 7-10 PM in the downstairs classroom at Triangle Aquatics Center on December 4th.

To register for this clinic, please contact Mark Frank at the contact information below or click on this link when signed in to the website: https://www.teamunify.com/EvJobSignup.jsp?event_id=465680&team=nctac

YOU MUST REGISTER TO ATTEND THIS CLINIC.

Please contact Mark Frank at mfrank2417@gmail.com or call (919) 796-9908 to register or for more information.

John Payne receives 2 Honors from USA Swimming

Congratulations to our own Coach John Payne for receiving the honor of being named as a USA Swimming “National Coach” as well as being invited to serve as a member of the USA Swimming Open Water Development Committee.

National Coach: In addition to the overall U.S. National Team—which honors the top 6 athletes in the nation in each Olympic event—USA Swimming also honors coaches for helping place those athletes on the national team. The National Team coaching program named 67 different coaches to its roster for the 2014-2015 season.

The full list of National Team coaches for the upcoming season is below. It’s a veritable “who’s who” of big names in the nation, and certainly a big honor for the coaches who qualified.

<http://swimswam.com/67-coaches-named-u-s-national-team-coaches-2014-2015/>

OWDC: Coach JP has also recently been invited by USA Swimming to serve as a member of the Open Water Development Committee through September 2016.

He will join more than 200 individuals who will utilize their volunteer experience, educational background, and professional expertise to help swimming continue to grow and flourish.

Those who are invited to this committee, work to make USA Swimming even better than it is today.

We are very proud of Coach JP and it is an honor to have a National Coach who is so highly thought of by USA Swimming serve on our TITANS staff.

Team photos on website

You can find a link to the TITANS photos taken in 2014 on the website under the “About” tab. You will have to set up a Snapfish account in order to view the photos.

From your Chairperson of Volunteers

We have successfully filled all volunteer slots to run some great meets so far this short course season—two Prep meets (one in September and one last weekend) as well as the Blue Green Meet in October. We have also filled almost all of our slots for the upcoming Big Southern Classic this weekend!

We also have several parents who have finished their training for various official roles (Administrative Official and Stroke and Turn Officials). We continue to recruit parents interested in training to become a USA Swimming official. There is an upcoming Stroke and Turn clinic on 12/4 from 7-10 pm at TAC. If you are interested in becoming a Stroke and Turn Official, please go to Team Unify to register for the clinic or contact the Volunteer Coordinator with any questions you may have. Volunteers@tactitans.org

In addition, if parents are interested in training for some other non-official roles (i.e. computer operator or clerk of course), please contact the Volunteer Coordinator for more information and to set up an apprentice session at a future meet.

We appreciate all of our parent volunteers—your support of the TITANS helps us to provide fantastic meet experiences to all participating swimmers!



Youth Strength Training

By Dominique Stasulli

Should your child be weight training to supplement their traditional sporting practices? There has been much controversy in recent years on whether or not strength training (also known as resistance training) in the youth population is safe or effective. Many parents voice their concerns for their child's health, based on the belief that resistance training may damage growth plates, stunt growth, lead to injury, build muscle prematurely, and hinder pubertal progression. These concerns are reasonable but not valid or supported by the research. This article serves to be an informative piece to clear up the parental concerns regarding any negative effects of strength training in youth populations.

Does strength training damage my child's bone growth or tendons?

In a growing child, growth cartilage can be found at the following three locations: the ends of long bones, the lining of joint surfaces, and where tendons attach to the bones (1). The potential for injury to this type of vulnerable tissue is actually less in preadolescent (prepubescent) children because cartilage is actually more pliable and resistant to sheering forces at this age (1). The evidence suggests that strength training in youth, actually increases the strength of ligaments, tendons, and bone (2), much like other weight bearing exercise. Childhood and adolescence is an opportune time for the process of bone remodeling, in which the body recycles structural bone cells in order to then build stronger bones (by increasing the bone mineral density); the body does this in response to tensile or compressive forces, such as those experienced with resistance training or any other weight bearing activity. In the most recent statement from the National Strength and Conditioning Association (NSCA), it is stated that there is, 'no evidence to suggest that resistance training will negatively impact growth and maturation during childhood and adolescence' (1), since the supposed training-induced damage is in fact, non-existent.

Is my child more likely to be injured from strength training?

There have been a growing number of sport-related injuries and hospitalizations in recent years, specifically involving youth populations. Certain youth injuries may even increase the risk of osteoarthritis (the wear-and-tear type) in the joints (1). In most of these injuries, the child was found to be unprepared for the demands of the sport due to improper training, lack of conditioning, muscle imbalances, or previous unhealed injury; when addressed appropriately, the risk of acute and chronic overuse injuries decreases dramatically by 15 to 50% (1). Due to the positive effects that resistance training has on strengthening the musculoskeletal system, the likelihood of injury is actually reduced (2), indicating a need for its incorporation into both a preseason conditioning and a competition-season maintenance program.

Will my child build bulky muscle from strength training?

During adolescence (post-puberty), muscle strength gains can be correlated with increasing muscle size as a result of increasing hormonal circulation. This is unable to occur in prepubescent children because they lack the proper hormones to induce muscle growth (1, 2). With that being said, strength gains are still seen in these youth, due to neural adaptations to weight training. Typically 1-3 sets of 6-15 repetitions are recommended, with a combination of both upper-and lower-body strength exercises (1). The resistance/weight can be increased gradually, 5 to 10%, as strength improves (1).



Youth Strength Training *continued*

Will strength training improve my child's sport performance?

The American College of Sports Medicine states that 'properly designed and competently supervised youth strength training programs may not only increase the muscular strength of children and adolescents, but may also enhance motor fitness skills and sports performance' (2). Strength gains up to 74% have been observed after an 8-week progressive strength program, with the average falling around 30% over 8-20 weeks (1). The steepest gains are seen especially in preadolescence, due to the rapid instatement of neuromuscular adaptations in which the brain circuitry is wiring the coordination of various musculoskeletal movements for speed, power, agility, and so on. Some parents may worry that their child will become too fatigued from strength training to perform in his or her sporting competition, but studies have shown that children are able to recover from this type of exercise quicker than adults (1).

My child is a swimmer, is strength training necessary?

Let's take a look at swimmers in particular. A young, developing swimmer uses primarily shoulder internal rotation and adduction to complete the various swim strokes for propulsion through the water. This makes the shoulder internal rotators and adductor muscles particularly susceptible to overuse injuries and imbalances, since they become overdeveloped in comparison to the antagonistic, or opposing, muscles (3, 4). The most effective early intervention to balance and strengthen the entire shoulder girdle is to implement regular dry land strength training into a swimmers routine (3, 4). A 2014 study by Batalha et al., confirmed this by testing both the success of strength training supplementation and the effect of its removal after 16 weeks (detraining effect) on each swimmer's performance (3). Despite the continuation of the regular sport practice, detraining from the dry land program resulted in a decrease in muscular strength and balance (3).

Ultimately why should my child strength train?

The NSCA Statement supports youth strength training based on the following principles (1):

A properly designed and supervised resistance training program:

1. Is relatively safe for youth
2. Can enhance the muscular strength and power of youth
3. Can improve the cardiovascular risk profile of youth
4. Can improve motor skill performance and may contribute to enhanced sports performance of youth
5. Can increase a young athlete's resistance to sports-related injuries
6. Can improve the psychosocial well-being of youth
7. Can promote and develop exercise habits during childhood and adolescence

In the end, not only does a child reap performance-based benefits of strength training from a young age, but also those benefits involving important health-related measures, providing a long-term, stable wellness profile that can be carried into adolescence and adulthood. The verdict is: Yes to strength training and all it has to offer for a young athlete.

REFERENCES

1. Faigenbaum, AD, Kraemer, WJ, Blimkie, CJR, Jeffreys, I, Micheli, LJ, Nitka, M, and Rowland, TW. Youth resistance training: Updated position statement paper from the National Strength and Conditioning Association. *J Strength Cond Res* 23(5): S60-S79, 2009
2. Faigenbaum, AD & Micheli, LJ. "Youth strength training." *American College of Sports Medicine Bulletin* 32:2. Pg 28.
3. Batalha, NM, Raimundo, AM, Tomas-Carus, P, Marques, MAC, and Silva, AJ. Does an in-season detraining period affect the shoulder rotator cuff strength and balance of young swimmers? *J Strength Cond Res* 28: 7 (2014). Pgs. 2054-62.
4. Batalha, NM, Raimundo, AM, Tomas-Carus, P, Barbosa, TM, and Silva, AJ. Shoulder rotator cuff balance, strength, and endurance in young swimmers during a competitive season. *J Strength Cond Res* 27:9 (2013). Pgs. 2562-68.



Coaches' Corner



Full name: John Jackson Payne

Where you were born, grew up, went to High School, college, etc.: *Born in Washington, DC. Grew up in Concord, NC and went to school there through 9th grade. Left home in 10th grade and went to the Baylor School in Chattanooga, TN for academic and swimming reasons. Completed my undergraduate and graduate degrees at NC State. Spent a few years living in New Jersey in my teens and twenties along the way, but have lived mostly in North Carolina my whole life.*

When you started swimming and where you swam throughout your career. *Swam summer league in Concord, NC for the Cabarrus Country Club starting when I was 7-years-old. In 7th grade, I started swimming for the Charlotte Central YMCA. After a year, I moved to another YMCA team, Johnston Memorial YMCA in Charlotte which was a bit closer to home and had a very good reputation and coach in Frankie Bell. You can still find her on a pool deck occasionally. The commute, 45 minutes one way, got to be a drag on everyone, so we started looking at boarding schools with a good combination of academics and swimming. The Baylor School was the best option. After graduating from Baylor and I went on to swim at NC State.*

Highlights of your swimming career. *I still remember the first time I swam in an AAU meet (that was before there was a USA Swimming) at 9-years-old and learning I could compete outside of my little town. That began the dreaming. Individually, winning the 800/1500 at NC State Champs at 14 and 15, and being named a prep All-American my junior and senior year of high school stick out. From a team perspective, I have been fortunate. I competed on a NC Age Group Championship team. At Baylor we won a national prep school championship as well as a Tennessee high school title. Finally, my sophomore year at NC State, we won an ACC Championship. Lots of good memories from those journeys.*

Personal info—passions, favorite foods, color, outside sports you play, other job, charities you are involved in, etc. *I've played drums since 6th grade and have had the opportunity to study and play with some outstanding musicians. I studied for three years with funk drumming guru, Jim Payne (no relation), in NYC, during which I played in and around the city and did some small tours in the north east. I still enjoy making noise as often as possible. If you look hard enough, some of the stuff I played on is online, but I'm not pointing the way.*

My family is active in supporting several cancer related organizations. Our oldest son, Jackson, spent a good deal of time being treated at Duke Children's Hospital when he was young. We were fortunate to have access to world-class care right in our backyard. As a result, we give as much of our time and resources as we can to Duke Children's. We have spoken at the Elon College Dance-a-thon, accepted a check along with the head of the hospital which was presented by the national Hyundai Hope On Wheels dealers, and thanked donors at a private Duke basketball practice with Coach K. Additionally, as a result of my friendship with Olympic medalist, Kaitlin Sandeno, I have had the opportunity to visit patients Duke Children's Hospital with other Olympians on behalf of the Jessie Rees Foundation. Our boys participate in St. Baldrick's each spring. This past summer my wife and I, along with Coach Raz, played in the Growler beach volleyball tournament which benefited St. Baldrick's as well.

Currently, at the urging of TAG1 swimmer, John Healy, I am participating in "No Shave November" for cancer awareness. So far so good!

Where were you before you came to the TITANS? *I was a site coordinator and head age group coach for WAVE at Optimist Pool in Raleigh.*

What groups do you coach and why are you excited to be part of the TITANS or why did you decide to become part of the TITANS organization? *I coach the SR I & II groups with the TITANS along with Coach Raz and Coach Dennis and am responsible for the mission and vision of the TITANS program along with the rest of the staff. We have an extraordinary opportunity. There is a place for everyone to swim, compete, and grow within our program from first learning to swim to competing on the USA Swimming National Team. There is a TITAN at every competitive level. Not very many teams truly have the opportunity offer that. I'm excited by the passion and commitment of our staff and we have a great deal of swimmers with ability in the water. It is a fantastic position in which to be.*

Quote that inspires you or rules you live by. *That's a tough one as I put a quote on just about every workout. But for the past 10 years this one from an anonymous source has become a foundational statement in my personal manifesto: "I take my dreams for reality because I believe in the reality of my dreams." That's a powerful one if you have the courage to live it.*

Thanksgiving Practice Schedule

Wednesday 11/26:

8:00 – 10:30AM (Sr 1, 2, TAG 1)

8:00 – 10:00AM (Sr 3, Gold)

4:15 – 6:00PM (TAG 2, Silver)

4:30 – 6:00PM (TAG 3, Bronze A & B)

5:00 – 6:00PM (Copper)

Thursday 11/27:

8:00 – 10:00AM (Sr 1, 2, TAG 1)

Friday 11/28:

7:30 – 10:00AM (Sr 1, 2, TAG 1)

Everyone else on Regular Saturday Schedule

Saturday 11/29:

Regular Schedule

Upcoming Meets

December 3-6, 2014:

Winter Junior Nationals (Greensboro- qualifying times)

December 12-14, 2014:

TITANS Winter Championships (open to all Challenge and Elite Track swimmers)

January 4, 2015:

Distance Day Meet (all tracks, selected swimmers)

January 9, 2015:

Prep Meet #3 (Prep Track Only)

January 15-17, 2015:

Arena Grand Prix (Austin, TX – Qualifiers)

January 16-18, 2015:

AG/SR Meet (TAC – Challenge and Elite Tracks)

