



The Starting Block

January 2015

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Happy New Year

John Payne

Happy New Year on behalf of the TAC TITANS staff!

We trust each of you had a great holiday and are looking forward to the new year. From a swimming perspective, we had a productive couple of training weeks while the athletes were out of school and are looking toward the upcoming championship season.

We have swimmers in three different competitive venues on one weekend in January. At the national level, there are two TITANS swimming in the Arena Pro Series event in Austin, Texas. We have thirty-seven athletes headed to Richmond, VA for a strong regional meet, and we are hosting 428 swimmers at TAC as well. There is a lot going on!



Once we get to February, championship season will be upon us. NC Age Group and Senior Championships come first leading into Sectional and Tarheel States in March. As we go forward and time feels like it is accelerating in a dash to the short course season's end, I have two reminders for myself that I'd like to share.

First, have fun. This is a competitive sport, we work very hard, and our goals and dreams are important. That said, regardless of the ultimate outcome, we all learn and grow each year and each season. Moreover, tense, tight, anxious athletes are much less likely to be as strong, fluid, and powerful than the relaxed athlete that is enthusiastic and excited. The fun is in finding out, learning.

The second is about decisions. All performance is decision-based. It is an accumulation of every choice made along the path. Some decisions may have great consequences, others will feel like they have a minimal effect. But they all

contribute to your individual and our collective performance. We are at the point in the short course season where the choices made can have an immediate impact. We can improve upon the things we have done well and still have time to make changes, adjustments, and find the last bit of mental and physical fitness required. But that is all about choices and making the right decisions.



I look forward to this time in the swim calendar. It is fun, exciting and gives our athletes a chance to perform at their best. Be smart. Choose to excel. Choose to have fun. Learn from each experience and look forward to the next opportunity.

TLC Tidings

Happy New Year TITANS families! The TITANS Leadership Council (TLC) hopes that you all had a wonderful holiday season and wishes you a healthy and happy 2015!

As we head into championship season, the swimmers are working extra hard in the pool to prepare to go lightning fast in our many upcoming meets. We are hosting several of these meets and we need the support of all our families to jump in and volunteer so our meets run smoothly. The TITANS have been especially honored to host the Senior State Championship meet in February and we will need lots of volunteers for this spotlight meet. Please be on the lookout for signups to volunteer! We will have a few surprises for our volunteers. Starting in long course season, we will start a new system of required volunteer service hours. More details to come but this should cut down on our need to beg for volunteers!

We have several fun events coming up in the weeks and months ahead as well. We are working on a February movie screening for Touch the Wall, the new swim movie coming out soon. We also have our annual Awards Banquet in April which will be a great afternoon for our Challenge and Elite Tracks where we will also honor our Senior swimmers. We will be hosting a special party for our Prep Track this summer too!

With the many areas that the TLC handles, we are looking for new members. Several of our members are at the end of their tenure and elections for the TLC will be held at the Awards Banquet in April. It is an honor to serve on this committee and it is wonderful to help shape the current and future direction of the TITANS. If you are interested in finding out more about serving on the TLC, [email tlc@tactitans.org](mailto:tlc@tactitans.org).

Here are just some of the things the TLC has been working on the past couple of months..

- Organizing/Distributing Swim-a-Thon prizes (working with All-American)
- Working on awards banquet - venue, organization, Senior recognition, awards, speakers, etc
- Attending meetings with TAC staff
- Acting as liaison between TITANS and coaches
- Coordinating practice group liaisons
- Assisting in coordinating activities for Senior group
- Assisting with the Senior 1, 2 fundraiser
- Writing and producing newsletters
- Writing and producing News Updates
- Organizing movie day
- Maintaining parts of website
- Researching and organizing Service Hour Program
- Ordering and distributing team and championship t-shirts and caps
- Planning the Pasta Pump Up parties held before the Age Group Championship Meet and Senior Championship Meet
- Organizing and distributing ribbons and awards from meets
- Maintaining the bulletin board in the lobby
- Working with teen volunteers on the Spirit Committee to create cheers and provides spirit items to be used at meets
- Working with teen volunteers on the Apparel Committee to obtain ideas for winter and summer TITANS items to be sold in the store
- Managing volunteers and teen volunteers for meets
- Managing PNC volunteers and preparing for Walnut Creek this summer.



TLC Tidings *continued*

- Ran sneaker and coat drive as well as gift program for needy children
- Finalizing TLC Charter

As you can see, the TLC is very busy! We are a fun group and each one of us handles a specific area so no one person has too much on their plate. If you have any questions or want to serve on one of our committees or simply want to know more about the TLC, just email us: tlc@tactitans.org.

See you on deck...

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

5 Bad Eating Habits Swimmers Must Break

By Jill **Castle**, MS, RDN

A habit is a regular tendency that is hard to give up. When it comes to food and eating, there are good habits and there are bad ones. Good eating habits promote health, overall wellness, and may even optimize swimming performance. Bad habits, on the other hand, may get in the way of athletic performance and future potential. Here are some of the bad eating habits I see among young swimmers:

Skipping Breakfast

It's estimated that about 20% of kids (9-13 years) and 36% of teens (14-18 years) skip breakfast. The reasons vary, but in the case of the swimmer, they include running short on time in the morning, not feeling hungry, or eating too much the night before, which can suppress hunger in the morning. Swimmers need breakfast, not only for revving up their engine (metabolism), but also for paying attention in school, meeting important nutrient requirements, and feeling energized throughout the day. Breakfast kicks everything in motion—the swimmers “engine,” and his brain—so skipping it is a habit that needs to be broken. Don't be picky about a full course meal! Almost anything for breakfast is better than nothing. Try a smoothie, instant oatmeal, a handful of nuts and cereal, a bar, or even a box of flavored milk.



Light-loading Lunch

Some swimmers are “watching their weight,” and in doing so may think it's healthy to opt for a salad or a cup of soup for lunch, or maybe a sandwich and nothing else. This uber-healthy approach, which sounds like a good (and healthy) idea, really doesn't work, especially if after-school training is on the horizon. Lunch is the meal that loads the swimmer's body with essential carbs and protein (as well as other nutrients) for training. So a salad or broth-based soup won't cut it, but a sandwich or wrap on whole grain bread served with a cup of soup and fresh fruit would be ideal.



5 Bad Eating Habits Swimmers Must Break *continued*

Overeating Later (after school, practice, and late at night)

When the swimmer skips or light-loads on eating earlier in the day, he is bound to experience significant hunger, eventually. After school or practice, or even after a full dinner, hunger may rear its ugly head, and the swimmer may overeat, and perhaps even binge (eat a large amount of food in a short period of time). Overeating can cause unwanted weight gain, and if done at night, may interfere with the morning appetite, and disturb a healthy rhythm of eating during the day. Back-loading calories at the end of the day robs the swimmer's body of needed nutrients for training and learning at school when he needs it most — during the day!



Eating the Wrong Food

Candy, sweet muffins, chocolate-coated granola bars, chips, and cookies are the wrong foods for swimmers to be snacking on, or eating routinely. Once in a while, on a non-training day, or in the context of other healthy foods is acceptable, but relying on unhealthy foods to sustain a training program or competition is silly. While these foods can fit in to the swimmer's diet, their role should be minimal. For example, one or two regular portions of sweets can fit into the swimmer's diet without crashing it, however, eating a chocolate chip muffin for breakfast, a big cookie and chips at lunch, popping Skittles throughout practice or competition, and finishing the day with ice cream or fried food is a bad idea, and a blossoming bad habit. Eating the right foods, and downsizing the wrong foods, is an area where many young swimmers can do better.



Forgetting Fluids

A headache, feeling tired, and a sense of hunger may be signs of poor drinking habits. True, dehydration is common among young athletes and stems from getting behind in fluid consumption. Prepping for practice takes place all day, from eating nutritious, juicy food to drinking enough water or other beverages. Some swimmers forget to drink, and play catch-up at practice, which is hard to do. Ideally, swimmers should drink fluids all day (preferably water, milk or small amounts of 100% juice), come to practice with water or a sports drink, drink throughout training, and replenish with more fluids during their recovery and the rest of the day.



Don't let these bad eating habits curbside the swimmer's hard work in and out of the pool!

*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](http://www.fearlessfeeding.com) (www.fearlessfeeding.com). She is the creator of [Just The Right Byte](http://www.justtherightbyte.com) (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.*



Short Topics

ATHLETIC LAB

Athletic Lab

Athletic Lab continues to work with 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.

Update on Dues Reduction at Walnut Creek

Walnut Creek has selected a new food and beverage company (Legends) to take the place of Aramark. We would like to continue to offer Dues Reduction opportunities at Walnut Creek this summer but will first need to establish connections with Legends to see how they plan to run the operations there. If you have any contacts at Legends, please let us know!

Also, in order to offer an option at Walnut Creek, we will need additional Stand Leader help. If you may be interested in helping out there, please contact DuesReduction@tactitans.org.

State Championship Qualifiers

Mark your calendars: Pasta Pump Up Dinners are scheduled for February 18th for Senior Champs Swimmers and February 25th for Age Group Champs Swimmers.



Attention Parents of 10th and 11th grade swimmers: Mark your calendars!

Coach John Payne will conduct a talk on the swimmer college recruiting process for High School Sophomores and Juniors and their parents on Tuesday, January 27th. Please make a point of attending this important evening.

Save the Date!

All Challenge and Elite Track swimmers and their families are invited to attend the TITANS Awards Banquet on Saturday, April 11th from 3-5pm. Awards, Senior Recognition, Celebration and more! Make sure to be there... more details to come.

TITANS Leadership Council (TLC) is Looking for New Members

The TITANS Leadership Council (TLC) currently consists of 7 council members who are TITANS parents committed to enriching the swim team experience for all participants by working closely with the TAC and TITANS staff. Primary roles of the TLC include representing the TITANS in a positive manner, acting as liaisons between swimmer's parents and TITANS staff. We communicate timely information to the team, set up volunteers for meets and events, provide input on team apparel, handle dues reduction activities and social activities as well as administer surveys and facilitate ways to give back to the community.

Each TLC member heads up a committee such as Dues Reduction, Volunteers, Team Spirit, Communication/Marketing/PR, Community Service/Outreach and Social.

The terms are up for some of our members in April and we will be electing new members at the Awards Ceremony in April. If you are interested in a position or would simply like more information, please email us at tlc@tactitans.org.



All Senior 1,2 and 3 Swimmers:

Leadership at every level (home, school, community, TITANS) is an important component of the TITANS mission and culture.

TITANS Mission

To prepare every swimmer for optimal performance and leadership; both in and out of the water

To support this leadership mission, the Curran Family Foundation sponsors two (2) - \$1,000 college scholarships each year to Senior swimmers who demonstrate leadership at every level. One scholarship is awarded to a Senior swimmer in the Elite group and one scholarship is awarded to a Senior in the Challenge group. The first two scholarships were awarded last year to Jacob Cole and Ryan Day at the annual banquet and their names are prominently displayed on the Leadership Plaque in the TAC lobby and recognized in the News and Observer and Cary News.



We will be kicking off the 2015 leadership scholarship application process with a Leadership breakfast January 24th after practice. The Curran Family Foundation will be sponsoring the breakfast prepared by volunteers from the TLC and an outside speaker, Jeff Janssen (see brief biography below). Jeff is the Founder and President of the Janssen Sports Leadership Center, <http://www.janssensportsleadership.com/> and will be providing a one hour and fifteen minute leadership workshop after the breakfast. No other swim team in the Triangle places such emphasis and financial resources behind this leadership mission and we encourage every swimmer to attend and apply for the leadership scholarship. Additional information on the scholarship application process will be provided at the breakfast on the 24th.



JEFF JANSSEN, M.S.

Janssen Sports Leadership Center Founder and President,

North Carolina, Michigan, Illinois, Razorback, LSU, Colorado, and Wolfpack Leadership Academy Director

Widely considered one of the world's top experts on Sports Leadership, Jeff Janssen is the founder and president of the Janssen Sports Leadership Center.

Jeff's pioneering work on sports leadership development with student-athletes and coaches has led to the creation of cutting edge Leadership Academies at North Carolina, Michigan, Illinois, Arkansas, LSU, Pitt, NC State, Colorado, Yale, Georgetown, Stanford, Wake Forest, Baylor, Houston, Colgate, Lafayette, Holy Cross, Boston University, Loyola, Fordham, George Washington, Colby, St. Francis Xavier, Winston-Salem State, and Lehigh.

A prolific author, he has authored numerous books including The Team Captain's Leadership Manual, Championship Team Building, Jeff Janssen's Peak Performance Playbook, How to Develop Relentless Competitors, The Commitment Continuum™ System, and The Seven Secrets of Successful Coaches.

Jeff also is the co-founder of Student-Athletes Leading Social Change (SALSC). SALSC's mission is to catalyze and connect current and former college student-athletes who want to use the leadership skills to change the world. The organization raised over \$185,000 and built or refurbished schools for impoverished communities in Kenya, Ecuador, Chicago, and New Orleans.

Jeff is passionate about his purpose of helping coaches and athletic administrators develop the world's next generation of leaders on and off the playing fields!

We look forward to seeing you there.

Mike Curran

John Payne

An IMPORTANT announcement regarding Volunteers

Once again, we thank all our amazing volunteers! We understand that there are many of you who volunteer quite often and some have expressed frustration that others do not. We want to make things more reasonable for everyone so beginning with Long Course Season, we will be instituting a required Service Hours program. We will send out more details later but it is a program where there is a required number of volunteer hours which are tracked and there is a financial penalty if the obligation is not met. This will be much better for all our families in the long run and ensure our meets continue to be well-run in the future. We have had awesome feedback from teams attending our meets and thus, our meets will be growing and more volunteers will be needed. This program should help us staff these effectively and take the burden off some of our most frequent volunteers.

Additional volunteer info:

- Other information: We are still recruiting any parents interested in training for the Computer Operator role. If anyone is interested, please contact volunteers@tactitans.org
- Volunteering at meets is a great way for teens to get service hours credit!! Older swimmers or teen siblings of swimmers can volunteer at meets and get credit for NHS, Beta and Key Clubs or whatever they need. We will be especially relying on this group of volunteers for Senior Champs in February.
- It is an honor that the TITANS are hosting the Senior Championships from 2/19-22— This will be a huge meet for us! We will need the whole team to participate/volunteer to help to make this meet a success. It is very important that this meet run smoothly and our volunteers are key!



- Tarheel States 3/13-15— This meet will be held the same weekend as sectionals so we'll need lots of volunteer help at this meet too.

Finally...we want to show our parent volunteers how much we appreciate them giving their time to fill various positions and support our team at our swim meets. For every volunteer slot filled between the Polar Plunge meet next weekend and the Tarheel States meet in March, families will receive one entry to a raffle for a Day Pass (with free gear rental) to the Triangle Rock Club. Additionally, for any families volunteering at Senior Champs (2/19-22), you will receive one entry per volunteer slot filled and be entered to win a \$75 gift card to Lugano's Ristorante in Cary (formerly Biaggi's Ristorante Italiano). It's just a small way to thank you for all you do for the team.

Roll TITANS!



Coaches' Corner



Full name: Gerard Woody

Where you were born, grew up, went to High School, college, etc.: *I was born in Brooklyn, NY and grew up in York, Pennsylvania. I went to Dallastown Area High School and attend North Carolina State University.*

When you started swimming and where you swam throughout your career: *I started competitive swimming when I was 10 years old. I attended the Michigan Swim Camp for 2 years in 2008 and 2009 under Bob Bowman and Mike Bottom. I swam for the York YMCA from 2008-2010. I swam for Dallastown Area High School in 2007-2008 and from 2009-2011. I eventually swam for NC State University from 2011-2013.*

Highlights of your swimming career: *In High School I went to the PIAA State Championship in 2010 and 2011. I swam the 100 Backstroke and 100 Butterfly my junior year. My senior year I competed in the 50 and the 100 freestyle as well as the 200 and 400 free relays. My senior year I was the captain of the team and became a 4x All-American and All State. I medaled individually in the 50 free.*

Personal info: *I enjoy laughter and dancing. Positive attitudes and good vibes are what I like to surround myself around. My favorite foods are Chinese Food and Sausage. I enjoy watching documentaries and stand up comedies. My favorite color is blue. Monsters Inc is my favorite Disney Movie. I also work at Donatos Pizza and am a brand ambassador for Roadie. I DJ at clubs and parties and built an in-house music studio in my room.*

Where were you before you came to the TITANS? *I coached for the League Champion Garner Dolphins in the Summer of 2014.*

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 TAC TITANS startup, fitness, and primarily Teen TITANS. I came to TAC so I could further my career as a swim coach. I enjoy bouncing ideas and learning from Coach Ryan, Coach Stephanie, and Coach Mary. The kids make my job enjoyable every single day!*

Quote that inspires you or rules you live by: *The bible verse I said before every meet and race throughout high school and college is "I can do all things through Christ who strengthens me." Quote: "Teamwork makes the dream work, think about it!"*

From your Community Service Coordinator:

Do you need more service hours for high school, clubs, etc.? Please check out our meet dates below for Prep and Competitive meets and sign up on our website to help out at any of the sessions.

- **Polar Plunge** – January 16th, 17th and 18th (Prelims and Finals)
- **Titans Qualifier** – February 15th
- **NC Senior Champs** – February 19th, 20th, 21st and 22nd (Prelims and Finals)

Lots of opportunities for 13-U swimmers!! Remember, you're not just a swimmer but a future community leader!

Please see Kathy Leibold or our volunteer coordinator at check in to sign off on your hours.

We are hoping to have more hands-on community service opportunities for the swimmers this spring. Please look for spring cleaning and Miracle League (baseball for special needs children) dates for group volunteering.

December was a month of giving for our team. We collected hundreds of winter coats/fleeces and lots of sneakers for the needy in our area. Thank you to the Zordich family for making those deliveries.

Our team made the holiday season extra special for 13 children. Each swim group supplied them with some much needed clothing items and some extra special items on their wish lists.



Upcoming Meets

January 15-17, 2015:

Arena Grand Prix (Austin, TX – Qualifiers)

January 16-18, 2015:

Polar Plunge (TAC – Challenge and Elite Tracks)

January 17-18:

Poseidon Jumpin' January Invite
(13 and up swimmers with A+ times)

February 15, 2015:

TITANS Qualifier Meet (TAC)



February 19-22, 2015:

NC Senior State Championships (TAC - Qualifiers)

February 26 - March 1, 2015:

NC Age Group State Championships
(Greensboro, NC - Qualifiers)

March 5-8, 2015:

Senior Sectionals (Greensboro, NC - Qualifiers)

March 12-15, 2015:

Age Group Sectionals (Atlanta, GA - Qualifiers)

March 13-15, 2015:

Tarheel States Meet (TAC - Prep/Challenge/Elite Tracks)

We are proud of these TITANS Athletes!

Julia Poole: TITANS Julia Poole had a strong showing in her debut at USA Swimming's Winter National Championships in Greensboro, NC. The 15-year-old competed in the 100 and 200 breaststroke and 200 and 400 IM events over the course of the four-day event.

Poole posted lifetime best times in the 200 breast (2:17.09, 37th overall) and 200 IM (2:02.15, 35th overall). She posted a season best in the 400 IM and tied her lifetime best in the 100 breast.

This was an outstanding performance from the young TITANS Senior swimmer.

Congratulations Julia!

Cami Andreini and Juliana Denmark: TITANS Seniors Cami Andreini and Juliana Denmark signed their national letters of intent to compete collegiately next year in the gallery of the Triangle Aquatic Center.

Cami will be attending Towson State University in Maryland. Cami is an up-and-coming distance freestyler and will be looking to add quality depth to Towson's distance corps.

Juliana is headed to Gardner-Webb College in western North Carolina to compete for Head Coach Mike Simpson. Juliana is primarily a backstroke specialist but does have the ability to swim solid mid-distance freestyle events for the Bulldogs next season.

Each student-athlete received a combined 50% athletic and academic scholarship offer from their schools based on their outstanding performances in the classroom and in the pool. We are very proud of their effort and commitment to excellence.

Congratulations Cami and Juliana!
