



# The Starting Block

March 2015

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## COACHING STAFF

- Raz Cuparencu
- Dennis Davis
- Rob Norman
- Ryan Cox
- Blake Addison
- Ronna Reedstrom
- Sandy Canfield
- Mary Ewanich
- Mikaela Edge
- Julia Herman
- Ryan Warren
- Gerard Woody
- Stephanie Calleja
- Chris Almen-Sorjen

## CONTACT

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## TITANS Program

Scott Dameron, Senior Director

TITANS swimmers and families,  
The TAC TITANS program will soon mark its second full year of service to the Triangle community. The TITANS were formed with a vision to fully align a state-of-the-art aquatic facility with a professionally run USA swim team. This vision included building an organization to support all levels of swimming, as well as becoming a perennial Top-10 ranked USA swim team whose mission is, "To prepare every swimmer for optimal performance and leadership—both in and out of the water."

I would like to take this opportunity to update our families on the recent organizational changes within the TITANS. Coach John Payne (JP) has stepped down as TITANS head coach to move on to other career opportunities aside from coaching swimming. JP's influence and leadership on the TITANS early success has been instrumental to this alignment moving forward. Although JP's departure will be a loss to the TITANS program and to the swimmers, we are so appreciative of his guidance and leadership during the development of the first two years of the program.

The next steps in our journey from Good to Great are:

1. The promotion of Scott Dameron, MBA to Senior Director of the TITANS program and all TAC aquatic events with responsibilities including:
  - Managing the financial sustainability of the club.
  - Managing all home meets.
  - Providing support to our coaches to allow them to coach to the best of their ability.
  - Managing the Prep Track.
2. The promotion of current Director of Challenge Track and Senior Elite/TAG 1 Coach Raz Cuparencu to TITANS Head Coach with responsibilities including:
  - Coaching the Senior Elite Group.
  - Overseeing the training for all three TITANS tracks.
  - Hiring, training and mentoring the coaching staff in order to provide consistent excellence across the TITANS program.

Both myself and Coach Raz are extremely excited for this new era of TITANS swimming. We both have lofty goals that will translate to successful swimming as well as excellent overall club management. We are both here to support our swimmers and parents so please do not hesitate to contact us at any time with questions, thoughts or concerns.



## TLC Tidings

As we come the close of another short course season, the TITANS Leadership Council would like to thank our families for your dedication during all the meets and events we hosted as well as for your support of our swimmers, our coaches and our team. We could not have achieved the success we have without each one of you who spent countless hours doing everything from timing to running to operating our computer system. For all of this and so much more— THANK YOU!

While our volunteers hosted awesome meets, including the Senior Championship State meet, our swimmers have accomplished so much in the pool this season. We have seen lots of time drops and event winners as well as watched meet records and state records broken. We have also proudly witnessed our team continue to bond together through social events, meets, group outings, travel trips, etc. One of the things that makes the TITANS unique is our families—we have the best around!

After Spring Break week, we look forward to Long Course season when we have lots of exciting events coming up such as our Annual Awards ceremony where we will celebrate our successes and honor our senior swimmers. The next day we will attend the private screening of the movie “Touch the Wall” about Olympian Missy Franklin. In May, we kick off the Long Course season with our Cinco de Mayo meet followed by community service opportunities at Miracle League for our older swimmers. The Ninja Challenge will also provide a different kind of athletic competition for our families!

The TLC will continue to work hard in our job of supporting our coaches and our families with the tasks we perform. Some of the things we have been working on the past couple of months are:

- Coordinated spring community service dates with Miracle League of the Triangle.
- Coordinated a spring community service beautification day at TAC.
- Coordinated volunteers for Senior Champs, Tar Heel States, etc.
- Met with Scott Dameron and TAC staff to discuss dry side topics.
- Assisted Nominating Committee in getting organized to find volunteers to fill openings.
- Represented TITANS on TAC Advisory Board.
- Ordered and distributed championship shirts and caps and planned pasta pump up parties.
- Analyzed data to set up our long course trial for our volunteer service credit system with full roll out to be ready by fall.
- Wrote and put together The Starting Block, our newsletter, as well as sent out regular news updates to the team.
- Took photos and compiled pictures for awards ceremony
- Attended monthly meetings with other members.
- Set up Dues Reduction program with new Walnut Creek management while continuing to manage the program at PNC.
- Purchased new training equipment with Dues Reduction profit.
- Planned and worked on the Awards Ceremony and all that entails—food, trophies, slideshow, etc.
- Solidified plans for team screening of movie.



## TLC Tidings *continued*

These are just some of the many things we do (each with our own area of focus). Since several of our terms are coming to an end, if you are interested in working on the TLC or a subcommittee, please email [tlc@tactitans.org](mailto:tlc@tactitans.org) and let us know. We are happy to answer any questions about what we do.

Congrats to all on a successful short course season!

Sincerely,

Your TITANS Leadership Council (TLC):

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



## The Best Carbs to Include in the Training Diet

By Jill **Castle**, MS, RDN

Carbohydrate-based foods are a swimmer's best buddy when it comes to fueling for competition. Carbohydrate-containing foods can offer a quick burst of energy, or they can load up the muscle with a lasting source of fuel. A swimmer's training diet should contain two types of carbs: simple carbs to provide a fast source of carbohydrate (think sports drink or dried fruit) and complex carbohydrate foods to offer sustained fuel (pretzels, bread, potato).

Carb loading is the idea that eating a high carbohydrate diet prior to competition prepares the muscles with a ready source of glycogen (carbohydrate that is stored in the muscle) so the swimmer will avoid early muscle fatigue, low energy, and experience superb performance in the water. Although a popular concept, carbohydrate loading is not proven to be effective in young swimmers.

For one, carbohydrate loading is an approach based on what we know about the adult metabolism of carbohydrate. The reality is there is little scientific evidence supporting the benefit of this practice in the younger athlete (pre-pubertal or pubertal children and teens). Additionally, young swimmers don't store carbohydrate in their muscles as well as adults. Females, because they have less muscle mass than males, store less. It's not until teens reach adulthood that they may see the benefits of carb loading.

Instead, researchers advise a daily high carbohydrate diet for young athletes so they have a readily available fuel source for their working muscles.

The healthiest and best way to get optimal amounts of carbohydrate is to eat a diet that is loaded with fruits, vegetables, whole grains and low fat dairy products. Some of the best carbohydrate-based foods the swimmer can incorporate into daily meals and snacks are starchy carbs.

Despite the media spin that carbs are "bad," starchy carbs are a good fuel source for the swimmer. Here are some starchy carbs to incorporate in meals and snacks, along with some of their nutritional benefits:



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## The Best Carbs to Include in the Training Diet *continued*

**Sweet potato:** A baked sweet potato is full of fiber and vitamin A. Nix the brown sugar to keep it a healthy option.

**Potatoes:** Potatoes are high in fiber, potassium and vitamin C. Eat them baked, not fried, most of the time.

**Rice:** Rice is low in fat, and if you chose brown or wild rice, you'll get a kick of fiber as well.

**Quinoa:** Quinoa offers a good source of fiber, potassium, healthy fats, protein and magnesium. Cook it like you would cook rice.

**Pasta:** A classic pre-competition meal inclusion, pasta is a favorite among youth athletes. Bump up the fiber by opting for whole wheat versions.

**Corn:** It may surprise you to know that corn contains protein and iron. It's also a good source of vitamin B6 and magnesium.

**Peas:** Peas enhance the diet with potassium, fiber, protein and vitamin C.

**Beans and lentils:** Beans and lentils are a nutritional powerhouse. They are low in fat, high in protein, fiber, potassium and iron.

There are many more carbohydrate-rich foods swimmer's can include in their training diet. Try whole grain breads, cornbread (made with cornmeal), shredded wheat cereal, cornflakes, pretzels, bagels, English muffins, and oatmeal.

Which carbs will you add to your diet?

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



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## 4th Annual Ninja Challenge

**When:** Saturday May 9th, 2015

**Time:** 9 AM to 12:45 PM. Waves every 15 minutes.

**Where:** 496 Lafayette Rd Fuquay-Varina, NC 27526

**Charities:** Triangle Area Red Cross and Triangle Aquatic Center

**Cost:** \$50 special price for Titans and TAC registrants. *Must use special code: [ninjaTAC](#) to receive this promo.*

### What is the Ninja Challenge?

The Ninja Challenge is a family-friendly, annual 5K obstacle race. Runners are faced with 15 obstacle challenges that "ninjas" would face, such as monkey bars, ramps, 8-foot-high walls and throwing stars. It takes the average participant 35 to 40 minutes to complete the course.

The vendor area features local food trucks, beer, martial arts demos, costume contests, fun obstacles, a little ninjas kids course, and music. Spectators are welcome to explore and view the entire course.



### The Ninja Challenge Story

In memory of Karl Andrea Besas, the Ninja Challenge was created to remind us to never stop seeking new adventures and to help bring awareness to the importance of water safety. Karl was lost in a tragic drowning accident at Lake Gaston in August 2010 and to help prevent future tragedies like this; the proceeds from the Ninja Challenge benefit the Triangle Red Cross, Triangle Aquatic Center (TAC) and their Make A Splash program, which helps teach underprivileged children how to swim.

Register today at <http://theninjachallenge.itsyourrace.com>

Ticket includes ninja t-shirt, ninja star medal, 1 beer or drink, ninja bib, and access to the vendor area.

## 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.

#### Community Service opportunity with Miracle League of the Triangle

TITANS older swimmers are invited to help in our community by working with special needs athletes through the MIRACLE LEAGUE OF THE TRIANGLE

WHEN: SATURDAY MAY 9TH from 10:45am - 1:45pm

WHERE: 805 CARY TOWNE BLVD (ADAMS ELEMENTARY-2 MINUTES FROM TAC)

WHO: 12-18 YEAR OLDS WITH COMPASSION AND ENTHUSIASM



Just a few hours of your time can enrich the baseball game day experience for a player with special needs.



#### TITANS Awards Ceremony

We hope to see all Challenge and Elite Track swimmers and their families at the TITANS Awards Ceremony at Cary High School on Saturday, April 11th from 3-5pm. Awards, Senior Recognition, Celebration and more! Make sure to be there...

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.

#### Check your swimmer's t-shirt size online!

Parents, please remember to update your swimmer's shirt size in Team Unify as they grow throughout the year. The size you enter during registration is the size we use to order shirts

throughout the season (for special meets, etc). You can do this by logging into Team Unify and clicking on "my account"



on the left side. Click on "my account" again and then on your swimmer's name and change the shirt size. Be sure to click on "save changes" toward the bottom when you are done!

#### Senior Champs Volunteers—we have a WINNER!

The TITANS want to thank all families who volunteered at our Senior Champs meet in February. This was a huge undertaking for our team and we needed help even from those whose children were not swimming. We specifically want to thank all TITANS swimmers who volunteered and timed at various sessions of the meet. It was great to see so many TITANS shirts down on deck

supporting our swimmers!

As a special thank you for volunteering at this high profile meet, we entered all those who volunteered (each volunteer slot filled earned you an entry!) in a raffle for a \$75 Lugano's gift certificate. Congratulations to our winner, Karin Grotjohn, and thanks once again for your time and support!

We will have another raffle at the end of short course season for all those who volunteered at Blizzard Blitz, Polar Plunge, and Tar Heel States. Volunteers will be entered to win a 4 pack of tickets to Triangle Rock Club. Stay tuned - the winner will be announced soon!

We truly appreciate all of our parent volunteers. If you haven't volunteered this season and have questions about position requirements, please e-mail volunteers@tactitans.org. We are happy to answer your questions, train those interested in positions requiring some pre-training and ensure everyone can find a volunteer role that works for them at meets.



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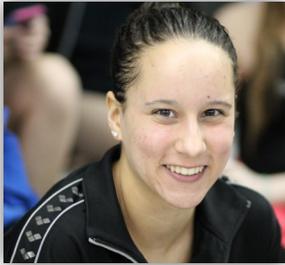
## Championship season meets:

Congrats to all TITANS swimmers who competed in end of short course season championship meets!



TITANS finished 3rd overall at the 2015 Southeast Zone Senior Sectionals meet. Congrats to Julia Poole for finishing 2nd and Ana Pozder for finishing 3rd in total point standings.

TITANS finished 2nd overall in team points and 1st in the Triangle in Age Group Championships in Greensboro! Congrats to John Healy for winning high point for 13-14 boys and to the 13-14 boys 800 Free Relay of Drew Hollett, Samuel Zhu, Kevin Plewniak and John Healy for breaking the NCS State Record. Also, congrats to Olivia Carter for being high point runner up for 13-14 girls.



At Age Group Sectionals in Atlanta, John Healy broke the state record in 200 backstroke.

Julia Poole, Ana Pozder, Olivia Carter and John Healy all achieved new Junior National Cuts while Ana Pozder also achieved Open Water Nationals Qualifying times.



Great job to all our TITANS!!!

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## Fitter and Faster Tour comes to TAC!

The Triangle Aquatic Center is hosting two age and skill level specific Fitter and Faster Swim Tour clinics on June 6, 2015 led by two-time Olympian Chloe Sutton and National Team Member Tim Phillips. The clinics will focus on powerful and efficient freestyle, butterfly and racing skills. Our team gets the first chance to sign up for these special clinics before they are announced to the public! Don't miss out!

Check out the custom curriculum for each clinic:

Essentials Premier Clinic for Freestyle and Butterfly (swimmers 11 and younger): <http://fitterandfaster.com/swim-clinics/essentials-premier-clinic-for-freestyle-and-butterfly-cary-nc>

High Performance Clinic for Freestyle and Butterfly (for swimmers 12 and older): <http://fitterandfaster.com/swim-clinics/high-performance-clinic-for-freestyle-and-butterfly-cary-nc>

This is a great opportunity for our swimmers to learn from the best! Let's take advantage of it!



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## Attend the TITANS private screening of Touch the Wall

Promoted by TAC TITANS Swim Team

**When:** Sunday, April 12, 1:30PM

**Where:** Carmike Park Place 16

9525 Chapel Hill Road, Morrisville, NC, US, 27560

**\$15.00 Tickets** - must be purchased ahead at: <https://www.tugg.com/events/13385>

Deadline to get your tickets: April 05 Get yours before they sell out!

### **What is TOUCH THE WALL about?**

Swimming phenom and Olympic Gold Medalist Missy Franklin was destined for greatness at an early age, but it wasn't until the arrival of Veteran Kara Lynn Joyce that those sky-high expectations began to take shape. As training partners, competitors, and friends, Missy and Kara redefine what it means to win.

**Limited number of tickets remain - gets yours now!**



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## Get to know SCOTT DAMERON



**Full name:** Scott Dameron

**Where you were born, grew up, went to High School, college, etc.:** *I grew up in Fredericksburg, VA. and attended high school at Courtland High School. I received my undergraduate degree in Sports Management from NC State and Masters in Business Administration from University of Colorado.*

**When you started swimming and where you swam throughout your career:** *I started competitive swimming at age 6 with the RAYS (Rappahannock Area YMCA Swimming) in Fredericksburg, VA and swam through age 18. I also played high school basketball.*

**Highlights of your swimming career:** *I broke a VA state record as part of the 200 Free relay team.*

**Personal info - passions, favorite foods, color, outside sports you play, other job, charities you are involved in, etc:** *I enjoy spending time with family, including my wife Amy, 4 year old daughter Finley and 2 month old newborn Cal. Some of my passions are partaking in outdoor recreational activities such as skiing and hiking. I also still enjoy swimming as a hobby and exercise.*

**Where were you before you came to the TITANS?** *I spent 6 years working with the National Sports Center for the Disabled in Denver, CO working to develop national programs such as sports camps and leagues around the country for individuals with disabilities. My main accomplishment was developing a feeder system for the US Paralympic Soccer team. I also have worked with Duke University athletics in the game operations, facilities and championships department. I have also worked at the USA Baseball National Training Complex in Cary, NC as a stadium operations supervisor.*

**What is your role on the TITANS? What do you want to achieve here?** *I am the Senior Director of TITANS/Events. My main aspiration for the club is to maintain a sustainable environment for our swimmers to be able to train, compete and succeed at the highest level. I also oversee all of our external events at TAC which have a large economic impact on the town of Cary. I strive to make TAC a facility where outside groups and teams want to come back and compete at year after year.*

**Why are you excited to be part of the TITANS or why did you decide to become part of the TITANS organization?** *My previous experience is applicable to helping the TITANS succeed. I've been fortunate enough to learn from some great administrators in the sports management field. That knowledge will be very beneficial to the TITANS team.*

**Quote that inspires you or rules you live by:** *"When you are passionate, you always have your destination in sight and you are not distracted by obstacles. Because you love what you are pursuing, things like rejection and setbacks will not hinder you in your pursuit. You believe that nothing can stop you!" Coach K*



## TITANS SENIOR SWIMMERS...

Congratulations to our 13 graduating swimmers! They have a combined year round swimming experience of over 100 years and additional years of summer swimming. TAC wants to wish the senior swimmers all the best in their future endeavors and we know that they will be successful in whatever they do. ROLL TITANS!



**Cami Andreini**

Green Hope High School  
Swimming Year Round – 9 years



**Juliana Denmark**

Leesville Road High School  
Swimming Year Round – 13 years



**Libby Pelt**

Green Hope High School  
Swimming Year Round – 10 years



**Matt Smothers**

Garner Magnet High School  
Swimming Year Round – 6 years



**Brooke Barnes**

Cary Christian  
Swimming Year Round – 5 years



**Aramys Georgiou**

Leesville Road High School  
Swimming Year Round – 9 years



**Leif Reedstrom**

Panther Creek High School  
Swimming Year Round – 10 years



**Alexa Britt**

Garner Magnet High School  
Swimming Year Round – 3 years



**Aleksa Heeley**

Grace Academy – Homeschool  
Swimming Year Round – 7 years



**Noah Sayre**

Green Hope High School  
Swimming Year Round – 6 years



**Ryan Day**

Apex High School  
Swimming Year Round – 10



**JD Humphrey**

Cardinal Gibbons High School  
Swimming Year Round – 10 years



**Lauren Schmidt**

Panther Creek High School  
Swimming Year Round – 4 years

# 2014-2015 Tentative Long Course Season Meet Schedule

Date	Meet	Location	Eligibility
May 1-3	TITANS Cinco de Mayo	Triangle Aquatic Center, Cary, NC	Challenge & Elite Tracks
May 16-17	Potential Meet - TBA	Triangle Aquatic Center, Cary, NC	TBA
May 14-17	2014-15 Arena Pro Swim Series Charlotte, NC	Mecklenburg County Aquatic Center, Charlotte, NC	Elite Track - Qualifying Times
June 5-6	NCS Open Water Championships	Seven Lakes, NC	Challenge and Elite Tracks
June 12-14	TITANS Triangle Classic	Triangle Aquatic Center, Cary, NC	Challenge and Elite Track -A+ times
July 11-12	TITANS Qualifier	Triangle Aquatic Center, Cary, NC	Challenge and Elite Tracks
July 16-19	NCS Age Group Champs	Greensboro, NC	Challenge & Elite Tracks / Qualifying Times
July 23-26	NCS Senior Champs	Greensboro, NC	Challenge & Elite Tacks
July 31 - Aug 2	Tar Heel States	Chapel Hill, NC	Prep, Challenge & Elite Tracks
July 30 - Aug 2	2015 Futures Championships	Greensboro, NC	Elite Track / Qualifying Times
July 30 - Aug 3	2015 Junior Nationals	San Antonio, TX	

