



RISING ABOVE



News from the Executive Director

By Mike Switalski

As we approach the Spring and Summer, we want to make sure our families are aware of a few important items:

1. Minor Athlete Abuse Prevention Policy-
https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp_2.0/2021_usaswimming_maapp_2-0.pdf?sfvrsn=75753032_4
2. Safe Sport Recognition Program
3. We are Hiring!
4. A Record Pace

MAAPP

We want to remind all our members and families that the City Swim Project/ Buffalo Tide is a registered club member of USA Swimming. As a club member of USA Swimming, our membership, our staff and our volunteers are required to abide by the Minor Athlete Abuse Prevention Policy (link provided above). MAAPP provides protocols for one-on-one interactions, meetings and individual training sessions, electronic communications, in-program transportation and lodging, locker rooms and changing areas as well as massages, rubdowns and athletic training modalities. As you familiarize yourself with this policy, we want to share the location on our website where you can find recommended best practices and our procedures for filing a grievance (<https://cityswimproject.org/safe-sport/>). Should a situation arise, it is important to follow all protocols for reporting. We want everyone to have a wonderful experience in our program. The first priority of that experience is feeling safe.

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Safe Sport Recognition Program

For the past two years, the City Swim Project/Buffalo Tide has been recognized as a Safe Sport Program by USA Swimming. Fewer than 33% of clubs in the country are given this honor. We are working on renewing our recognition and need your help. One of the requirements is parent and athlete education. We need our parents and athletes to complete online education platforms to get this done. The courses take about an hour. See link here: https://learn.usaswimming.org/?_ga=2.24967098.105686695.1646570930-1772889132.1625346474

WE ARE HIRING!

As we move into Spring and Summer, we traditionally have experienced an increased demand for our services. Candidates offered a position in the program will have to complete our onboarding process including a background check and coursework. If you know anyone that can swim and is interested in becoming a learn-to-swim instructor for our program please refer them to this link: <https://cityswimproject.org/employment/>

A Record Pace

The City Swim Project/Buffalo Tide has been accepting registrations for 2022 since September. We are happy to report that with 5 months left in the registration cycle we have already broken our record for registrations in a year. We expect this number to continue to increase as we expect a surge in interest as we approach the summer months. We want to thank everyone that has recommended our program to a family member or friend. Your trust and belief in our program is what makes us a success.

THANK YOU!

From the desk of Patti Nabinger, Director of LTS

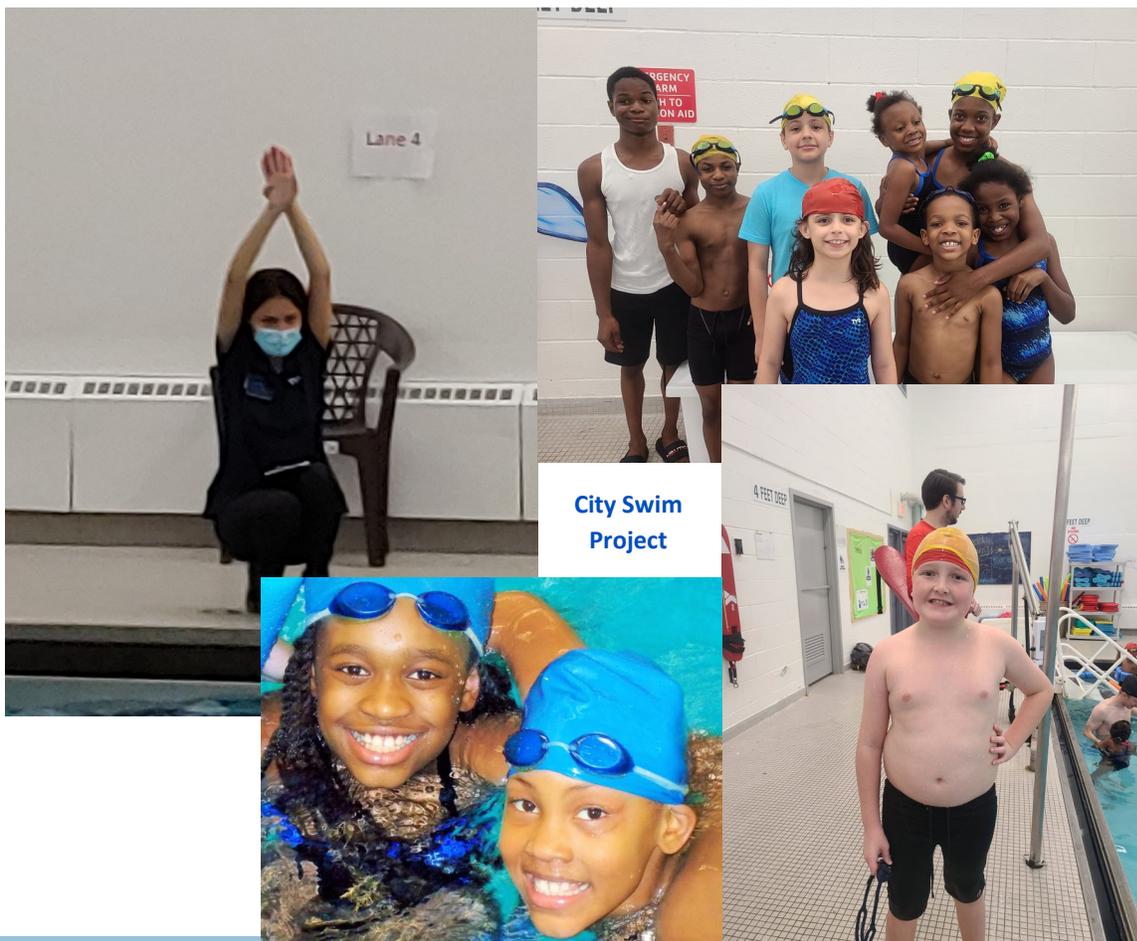
Welcome to March and the inevitable spring thaw. As many of our members have endured a long winter season it's good to hear the birds returning to chirp their spring songs. As we slowly burst from our winter slumber may we all begin to see the season of growth happen around us. In hopes that we renew our relationships great outdoors.

The City Swim Project has been working hard on developing new initiatives from USA swimming. Some that will directly affect the swimmer's development and progress. We are working very hard to bridge the gap between the Learn to Swim and the Novice Team and the Competitive Team. The Winter Expo was our first event that brought all the yellows and blues together and to hear from the Head Coach Rick Aronberg. In March a few more individuals will be moved

up from blue to the novice team. That's the City Swim Project rising above.

Visit and share with your children the City Swim Project web site. Find the child learn to swim page and educate them what is required to move up from level to level. There is a place to go after they finish learning to swim. While there, check out the gallery and the team store. Its time to rep our club!

We are hiring instructors for the summer. If you know of someone that is looking for work have them, and might be a good fit, have them contact us through the City Swim Project recruitment portal. We will need instructors in Hamburg,





Please remember that we will have our Novice and Competitive team break April 4-15, 2022.

These breaks are very important to allow our swimmers and coaches the time away from the pool. So many of our swimmers do not miss any practices and these breaks are planned each year.



News from the Head Coach

Rick Aronberg

Over the last three months, both our Novice and Competitive teams have seen both growth and improvement.

Our Novice team has almost tripled in size since September. These swimmers are coming 2-3 days per week and really learning and having fun.



Our Competitive team has really started to excel in the pool. They swim 3-4 days per week and we had a swimmer qualify for the Niagara Silver Championships and made the finals in all of his events.

We have a graduating senior, Anthony Visiko (pictured left), who has

made his college decision to attend RIT in the fall.

We have all our swimmers improving their IMR and IMX scores and they are gaining in confidence each week.

TIDE swimmers having fun!

Our swimmers have been all over Buffalo this season competing against many other swimmers. Our coaches are running up and down the pool deck watching our swimmers smile as they achieve new best times, achieve new time standards and continue to foster great friendships.

Since our sport is always a journey and they set goals each year and reassess those goals, so many smaller ones are always being met. This could be from learning how to dive into the pool correctly, learn a new turn, develop better mechanics, come to more practices, move up to a higher practice group, show up to practices 15 minutes early each day or whatever it might be.

It is great to see our swimmers gazing into our coaches eyes as they are learning a new skill. It is fun listening to the swimmers talk about what they learned in school. It is fun watching the swimmers give "high fives" at the end of a challenging practice set.

So, what does all of this mean to our TIDE swimmers? It means that we do things the right way from the beginning. In fact, our retention rate exceeds most teams in USA Swimming dramatically!

Swimming fast is not the only reason why swimmers stay on teams. They also stay for the friendships as they get older. They also want to be challenged more.

Buffalo TIDE offers these opportunities to our swimmers each and every day and we are proud to have everyone of you as a part of the City Swim Project / Buffalo TIDE.