

# RE-CAP(ED)

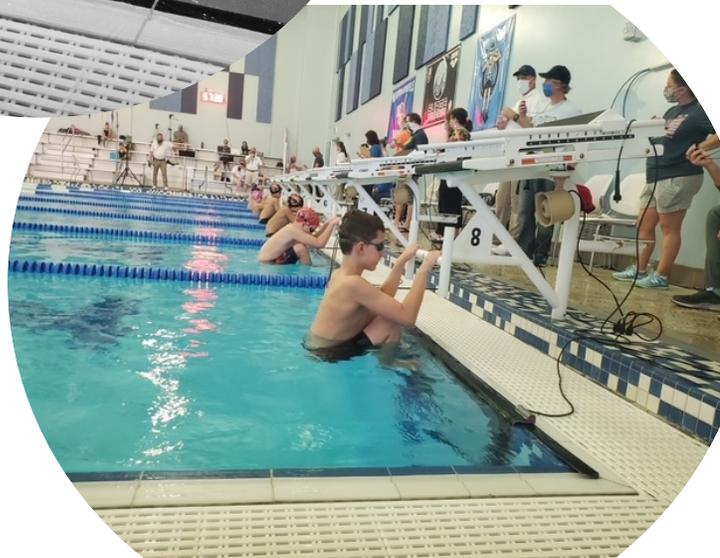
Fall 2021 Edition



**SURGE**  
AQUATICS

## In This Issue:

- Info to know
- Meet Re-Cap
- Noteworthy
- Become a USA Swimming Official



# FALL 2021 SCY WRAP-UP

## ReCap(ed) good info to know!

*Growing Surge Aquatics Staff*

As 2021 comes to a close, we here at Surge have a lot to be thankful for including our amazing swim families, outstanding sponsors, and the New Braunfels community we serve. Since the start of the fall season, we have added some new faces on deck to both our team roster and our coaching staff. Our new coaches include; Beau Tipon who joins Coach K on deck coaching the Training Group and Kate Brinson joins Coach Block and Developmental Group. Also joining the coaching staff is former Surge swimmer, Coach Christina Slimpin, who joins Coach Block and Coach Kate working primarily with the Developmental Group. If you haven't already, take a peek at our new coaches' bio's on the Surge Aquatics page, or better yet, stop by and say hi to the new faces on deck.

*Growing Surge Aquatics Family - Fredericksburg Site*

Blessed to be able to call New Braunfels home, our Surge Family is growing to include a new location in Fredericksburg! The Heart of Texas (HOT) swim team has been a fixture in Fredericksburg for years and for most of that time the team has been synonymous with it's Head Coach, Al Carr. The Surge coaches have become fast friends with Coach Carr and we are honored that he approached Surge about carrying on the legacy of competitive swimming in Fredericksburg following his pending retirement. Congratulations on your retirement, Coach Carr, and welcome to the Surge Family, HOT. Look for more news about what's happening out in Fredericksburg and opportunities to connect with our new families.

Keep your pictures and testimonials coming to your coaches and [admin@surgeaquatics.org](mailto:admin@surgeaquatics.org) so that we can keep putting these newsletters together. Thank you!



Happy Birthday! We hope you had wonderful birthdays, we love it when you want to celebrate your birthday at practice, don't forget to remind your coach if you want to do a birthday swim!

## Surge Birthdays

### August

Piper Skelton 8-Aug  
Taryn Welch 11-Aug  
Garrett Starnes 12-Aug  
Zoey Sailors 12-Aug  
Quinn Hooper 12-Aug  
Cai Lockett 16-Aug  
Lily Claire Kaufman 19-Aug  
Max Jones 22-Aug  
Isabell Hare 23-Aug  
Laurel Morris 26-Aug  
Ella Rheinlaende 27-Aug  
Chase Starcich 27-Aug

### September

Scout House 2-Sep  
Ava Cooper 6-Sep  
Bailey Evans 8-Sep  
Ariana Guzman 9-Sep  
Paisley Morris 9-Sep  
Eli Lowe 10-Sep  
Blake Hand 12-Sep  
Marlie Lizcano 13-Sep  
Beau Tipton 14-Sep  
Kinley Curtis 15-Sep  
Skyler Short 15-Sep  
Katherine Pickett 16-Sep  
Jacob Villasenor 24-Sep  
Ky Trexler 25-Sep  
Campbell Baroni 29-Sep  
Presley Mullins 29-Sep

### October

Christopher Finley 2-Oct  
Addison Wright 3-Oct  
Brooke Beeghley 4-Oct  
Lizzy Lomotey 4-Oct  
Levi Garner 5-Oct  
Danielle Verduzco 8-Oct  
Sam Skelton 10-Oct  
Rawley Cabe 12-Oct  
Karley Kruger 13-Oct  
Jackson Alvarez 16-Oct  
Patience Harder 17-Oct  
Christina Slimpin 18-Oct  
Tyty Hafen 20-Oct  
Kate Brinson 22-Oct  
Vicky Senus 23-Oct  
Shaman Morris 28-Oct  
Owen Levar 29-Oct  
Leilani Ancheta 31-Oct  
Macie Baroni 31-Oct

### November

Avalee Lenard 2-Nov  
Kahlan Copenhaver 6-Nov  
Seth Levar 6-Nov  
Aubree Barger 9-Nov  
Finley Harroff 12-Nov  
Palin Ingalls 12-Nov  
Hayden Davila 14-Nov  
Henry Sotherland 14-Nov  
Shayne Short 15-Nov  
Kai Anderson 20-Nov  
Kate Fuller 21-Nov  
Andrew Young 22-Nov





# Thank you!

We would like to send a big thank you to all of our Surge swim families that put in so much effort to supporting and growing our Surge family.

- Das Rec: We are incredibly grateful to call Das to call home. Das Rec and their amazing staff have continually supported our Surge Family. Thank you to all of the staff of Das Rec and the aquatics staff for keeping us safe!

- Sponsors: Thank you to our sponsors, *Smoothie King NB* for always supporting the Surge Family!



## Meet Re-Cap

This fall our swimmers (and families) have been busy hitting the road, attending several meets throughout the region. Grateful to be getting back to regular competition, Surge swimmers have had several opportunities to learn and improve. We have seen many great milestones for swimmers, including best times, technique improvement, and qualifying times. This fall we had some great swims and even better times.

- Surge September Splash
- Longhorn Aquatics 11&Over Fall Kickoff Meet
- Surgetoberfest
- Longhorn Aquatics November Unclassified Meet
- Surge Block Blast
  - Mile Marker 174 - Mile Meet
  - Surge HO, HO, Howorth Holiday Open



### 2021/2022 Surge SCY Meet Schedule

Date	Meet	Qualifying Time	Location
January 8-9	B Champs	B	AAAA Nadadores, San Antonio
January 15-16	Surge Meet	Unclassified	Das Rec, New Braunfels, TX
February 6	Last Chance BB	Unclassified	YMCA Schertz, TX
February 11-13	STX Championship South	BB	ASC, Austin
February 24-27	STAGS Championship	A	UT, Austin, TX
March 3-	TAGS Championship	TAGS	MARS, Dallas
March 3-6	USA Swimming Speedo Sectionals	Sectionals	College Station, TX
March 4-6	SCY Surge Short Course Shenanigans	Unclassified	Das Rec, New Braunfels, TX

Note: Any updates will be published and emailed to all Surge Families  
STAGS times standards for the 2022 championship meets will be A and faster times by age group and gender, according to the National Age Group Motivational Time standards.



# Noteworthy - *Becoming Better Everyday*

How to become a better swimmer, *The Hard Way*. Doing something the hard way isn't the road that we are often encouraged to take, but according to *Wayne Goldsmith's article, 5 Hard Choices to Swim Successfully*, swimmers know that to be successful, the hard way is often the best way. Goldsmith goes on to say, that everyday swimmers have the choice to take the easy road,

or take the more challenging hard road and that is you, the swimmer that determines how successful you will be.

*5 Choices to make to Swim Successfully:*

- 1. Every morning in bed when the alarm goes off, you've got a choice to make: the easy way or the hard way.**
- 2. In the pool as you approach a wall, you've got a choice to make: the easy way or the hard way.**
- 3. During a tough workout you've got a choice to make: the easy way or the hard way.**
- 4. When you get home from workout, you've got a choice to make: the easy way or the hard way.**
- 5. Late that night when it's time for sleep, you've got a choice to make: the easy way or the hard way.**

To read Wayne Goldsmith's article in it's entirety, please visit: [5 Hard Choices To Swim Successfully](#)



# QUALIFYING TIME STANDARDS

## STAGS- 2022 South Texas Championship

### 2022 SHORT COURSE TAGS TIME STANDARDS

Girls				Boys		
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
24.89	26.39	29.39	50 Fr	29.39	25.79	23.09
53.99	57.29	1:04.39	100 Fr	1:04.69	56.09	50.29
1:56.59	2:03.89	2:19.59	200 Fr	2:22.89	2:01.49	1:49.39
5:13.19	5:30.69	6:16.79	500 Fr	6:20.79	5:23.49	4:54.09
10:51.29	X	X	1000 Fr	X	X	10:07.89
18:04.49	X	X	1650 Fr	X	X	17:02.19
X	30.59	34.29	50 Bk	34.29	29.89	X
59.99	1:05.29	1:13.79	100 Bk	1:13.99	1:04.09	56.59
2:10.09	2:20.59	X	200 Bk	X	2:18.39	2:01.79
X	34.39	39.19	50 Br	39.19	33.39	X
1:08.69	1:13.79	1:25.79	100 Br	1:26.09	1:11.89	1:03.49
2:29.89	2:39.19	X	200 Br	X	2:38.39	2:18.09
X	28.89	32.79	50 Fly	33.39	28.29	X
59.39	1:03.59	1:16.29	100 Fly	1:15.89	1:02.69	54.99
2:12.49	2:25.49	X	200 Fly	X	2:22.19	2:02.29
X	1:05.69	1:13.69	100 IM	1:15.49	1:04.49	X
2:13.59	2:20.39	2:41.09	200 IM	2:43.29	2:17.89	2:03.39
4:41.19	X	X	400 IM	X	X	4:23.39
1:41.69	1:47.09	2:02.89	200 FR	2:03.49	1:46.19	1:34.59
3:41.49	3:54.89	4:33.39	400 FR	4:34.29	3:54.39	3:25.69
7:57.79	X	X	800 FR	X	X	7:33.69
1:52.59	1:59.29	2:17.89	200 MR	2:19.79	1:58.59	1:44.39
4:06.89	4:22.89	X	400 MR	X	4:23.19	3:49.69



### 2022 SHORT COURSE TAGS BONUS TIME STANDARDS

Girls				Boys		
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
25.09	26.69	29.59	50 Fr	29.79	25.99	23.29
54.29	57.49	1:04.99	100 Fr	1:05.79	56.39	50.59
1:57.19	2:04.59	2:20.89	200 Fr	2:23.09	2:02.19	1:49.99
5:14.79	5:33.49	6:23.29	500 Fr	6:24.69	5:26.69	4:55.59
9:46.29	X	X	1000 Fr	X	X	10:16.29
18:22.69	X	X	1650 Fr	X	X	17:12.29
X	30.79	34.79	50 Bk	34.99	30.09	X
1:00.29	1:05.69	1:14.49	100 Bk	1:15.39	1:04.49	56.89
2:10.79	2:21.99	X	200 Bk	X	2:19.99	2:02.39
X	34.89	39.49	50 Br	39.59	34.19	X
1:09.09	1:14.69	1:26.59	100 Br	1:26.99	1:12.79	1:04.29
2:30.69	2:41.59	X	200 Br	X	2:39.39	2:19.69
X	29.19	33.39	50 Fly	33.69	28.59	X
59.69	1:04.19	1:17.69	100 Fly	1:17.99	1:03.59	55.29
2:13.49	2:26.99	X	200 Fly	X	2:23.69	2:02.99
X	1:06.19	1:15.19	100 IM	1:15.69	1:05.69	X
2:14.29	2:20.79	2:42.99	200 IM	2:43.59	2:18.59	2:04.09
4:42.59	X	X	400 IM	X	X	4:24.79

*2021-2024 National Age Group Motivational Times*  
(B, BB, A, etc. by age/gender for short course yards, short course meters, and long course meters)

*2022 Sectionals Time Standards*

*2021 Winter Junior Nationals*

## Become Official!

Are you interested in becoming a USA Swimming meet official? As an official you are in the middle of the action and your service to our team is always appreciated. If you are interested in becoming an official please visit: [South Texas Swimming Official's Page](#) or reach out to Tom Schultz at XXXXXX for additional information.





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