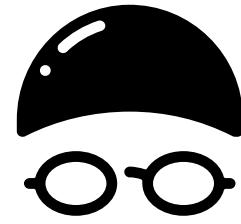


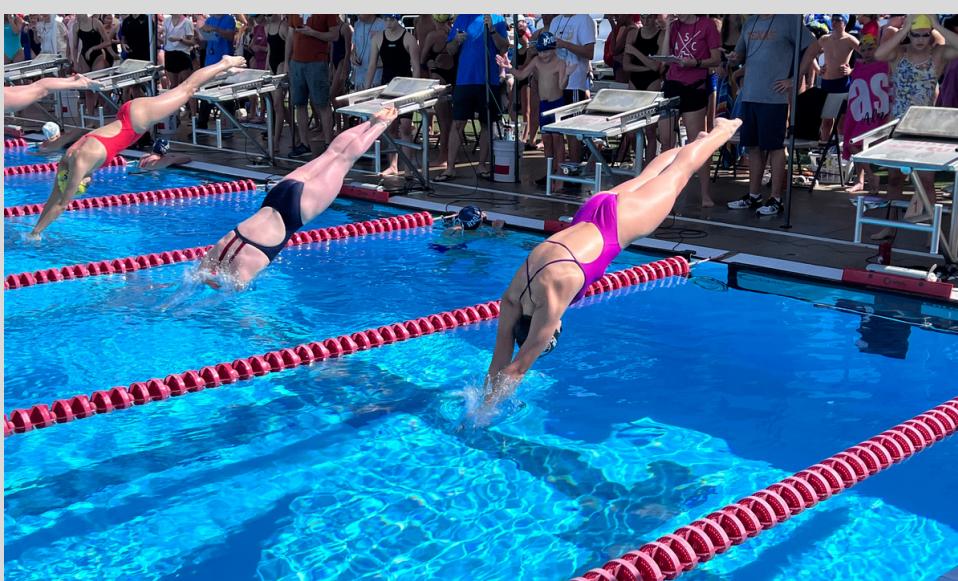


**SURGE
AQUATICS**

Re-Cap(ed)



October 2022

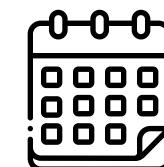


A few updates



On October 15 - 16, Surge competed in two swim meets: Our annual Surgetoberfest meet at Das Rec, and the ASC Bob Thompson Memorial. At both meets, Surge swimmers raced their fastest, with some breaking our Surge team records. **Updated team records** can be found on page 4!

Upcoming Events



- November 19 - 20** - Cornucopia Classic Meet @ Das Rec, Surge Fall Fundraising Drive (more info on page 3)
- November 19 - 21** - 11 & Over November Unclassified Meet
- December 16 - 18** - 2022 SASA 'Tis the Season Meet
- December 16 - 18** - 2022 TXLA Jingle Bells Splash Invite

Important Info !

Team gear has begun arriving so distribution should start as soon as this week (10/31). Be on the lookout for more information about how you can pick up your apparel.

Surge will begin **once-a-month sales for team gear** during our home meets at Das Rec. Our coaches have very limited availability to take care of gear sales during practice so we do ask that you stock up at our meets to make it through the month. Thank you!

In order to better meet the needs of the Developmental groups at our Davenport location, we will be splitting the group into **two time slots** starting on **Monday, October 31**:

Group 1:

Non-dryland days: 5:30 - 6:30 PM,
Dryland days: 5:30 - 6:15 PM Swim / 6:15 - 6:45 PM Dryland

Group 2:

Non-dryland days: 6:30 - 7:30 PM
Dryland days: 6:15 - 6:45 PM Dryland / 6:45 - 7:30 PM Swim

Please Support our Sponsors!

We thank you for your continued support in our programs.



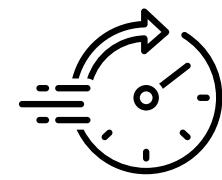
Birthdays - October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2 Christopher Finley Isla Averill	3 Elizabeth Lomotey Ella Mallinckrodt	4 Levi Garner	5	6	7 Danielle Verduzco	8
9 Samuel Skelton Keirra Rast	10 London Mellon Mac Averill Leona Bates	11 Rawley Cabe	12 Brantley Barter	13 Allie Mallinckrodt Avery Roberts	14	15
16 Patience Harder Elise Hornburg	17 Coach Christie	18 Salome Stryker	19 Tyler Hafen	20	21 Coach Kate	22
23	24	25 Brailey Luchak	26	27 Shaman Morris	28 Owen Levar	29
30 Leilani Ancheta Macie Baroni Tyler Boyd Matthew Jiminez	31					



Noteworthy - Pacing Yourself



In last month's issue, we talked about setting SMART goals: goals that are specific, measurable, achievable, relevant, and time-based. Let's say that you set a goal to go a new best time at the next swim meet. How will you do it? An important tool in any competitive swimmer's arsenal is **pace**; specifically, determining what pace you have to hold to accomplish a given time in any event.

Fortunately, doing this is fairly easy. First, take the event you want to swim and the time you wish to accomplish. For example, you plan to swim a 200 yard freestyle with a goal time of 2:40.00. Next, divide that time by a set number, corresponding to either 50s or 25s. For instance, a 200 yard freestyle swim can be broken into 4x50's, and 2:40.00 divided by 4 is 40 seconds; this corresponds to the time you have to hold on each 50 to reach your goal time. Alternatively, you could divide the time into 8, giving you the time you have to hold on each 25 (in this case, 20 seconds).

Now that you've determined the pace you have to hold, how can you use it to your advantage? At practice, you can try holding that exact pace on a set of 50s or 25s. Usually your coach will create a practice or set around pace which might have you swim several 50s or 25s "on pace". The closer you are able to hold that pace in a practice set and the longer you are able to hold it consistently, the more likely it will be that you accomplish your goal time in a meet. You also get a better understanding of what it *feels* like to hold that pace for an extended period of time.

Below are some examples of practice sets using pace:

10x50 @ 1:00 pace

3x

200 Build to fast

4x50@:50 Pace (+2 seconds on round 1, +1 seconds on round 2, +0 on round 3)

3x200, broken at each 50 for 10 seconds rest.

You can also use pace in your warmups at a meet. Before your event, you can swim a small set number of 50s or 25s trying to hit your goal time pace. This will adequately prepare you to swim your next race at that speed.

Before proceeding, talk to your coach about how to determine your pace for each of your events and how to use it properly to improve your swimming.

Surge Fall Fundraising Drive



We are excited to announce Surge's fall fundraising campaign, the Surge Black Friday Raffle!

How does this work? We ask our families to make and bring in a gift basket to be raffle off. You may ask local businesses to donate items for your basket. Please let me know if you need tax paperwork for the business.

No worries if you are not creative! Pinterest has many ideas to help.

We will raffle off the baskets at the end of the swim meet on November 19th and 20th .

Das Rec – Basket drop off at practice the week of November 14th -18th . If you have any questions, please contact Christie Finley 830-660-9846 or Lisa Skinnerlskinner4621@gmail.com

Davenport – Basket drop off at practice on November 14th . If you have any questions, contact Sarah Skelton skelton02@gmail.com

Fredericksburg – Please contact your team parent coordinator Jenell Potucek at potucek6@gmail.com. The Fredericksburg team will be doing a team basket.

Thank you for all the support to help make our fundraisers a huge success!

SURGE AQUATICS TEAM RECORDS - SCY

Girls			Boys			
Time	Name	Year	10 & Under Event	Time	Name	Year
32.00	Leilani Ancheta	2020	50 Free	30.07	Cai Lockett	2021
1:09.00	Scout House	2020	100 Free	1:06.09	Cai Lockett	2021
2:37.30	Scout House	2020	200 Free	2:30.26	Cai Lockett	2021
7:20.70	Liana Marek	2022	500 Free	6:57.32	Cai Lockett	2021
36.37	Leilani Ancheta	2021	50 Back	33.97	Cai Lockett	2021
1:23.76	Liana Marek	2022	100 Back	1:17.79	Cai Lockett	2021
44.49	Reagan Drummer	2022	50 Breast	44.32	Cai Lockett	2020
1:32.67	Liana Marek	2022	100 Breast	1:36.84	Cai Lockett	2021
33.37	Liana Marek	2022	50 Fly	36.72	Cai Lockett	2021
1:40.15	Isabella Hare	2021	100 Fly	1:26.05	Cai Lockett	2021
1:12.77	Aleah Minnix	2020	100 IM	1:19.76	Cai Lockett	2021
3:00.91	Liana Marek	2022	200 IM	2:43.20	Cai Lockett	2021
Girls			Boys			
Time	Name	Year	11 - 12 Event	Time	Name	Year
25.92	Scout House	2022	50 Free	28.39	Martin Nguyen	2021
56.54	Leilani Ancheta	2022	100 Free	1:05.57	Klay Wiedenfeld	2022
2:03.38	Leilani Ancheta	2022	200 Free	2:22.90	Martin Nguyen	2021
5:37.80	Leilani Ancheta	2022	500 Free	6:41.72	Martin Nguyen	2021
13:57.85	Skyler Short	2022	1000 Free			
20:32.05	Scout House	2021	1650 Free	27:09.64	Shaman Morris	2021
30.01	Leilani Ancheta	2022	50 Back	34.27	Klay Wiedenfeld	2022
1:04.17	Leilani Ancheta	2022	100 Back	1:18.30	Martin Nguyen	2021
2:29.03	Campbell Meyers	2022	200 Back	2:57.12	Klay Wiedenfeld	2022
36.50	Leilani Ancheta	2022	50 Breast	41.40	Atticus Beltran	2022
1:19.51	Scout House	2021	100 Breast	1:32.49	Ayden Wright	2021
2:45.58	Scout House	2021	200 Breast	3:17.79	Ayden Wright	2020
28.26	Leilani Ancheta	2022	50 Fly	34.69	Martin Nguyen	2021
1:08.42	Scout House	2021	100 Fly	1:18.40	Martin Nguyen	2021
			200 Fly	2:56.52	Martin Nguyen	2021
1:05.37	Leilani Ancheta	2022	100 IM	1:16.88	Klay Wiedenfeld	2022
2:22.60	Scout House	2022	200 IM	2:47.79	Klay Wiedenfeld	2022
5:15.99	Scout House	2021	400 IM	6:24.62	Shaman Morris	2022
Girls			Boys			
Time	Name	Year	13 - 14 Event	Time	Name	Year
25.30	Madelyn Rodriguez	2022	50 Free	25.80	Emerson Ransom	2022
56.07	Madelyn Rodriguez	2022	100 Free	56.57	Ryan Slimpin	2020
2:02.24	Taryn Welch	2021	200 Free	2:00.92	Kase Bradley	2021
5:27.79	Taryn Welch	2021	500 Free	5:52.15	Benjamin Skinner	2020
11:13.80	Taryn Welch	2022	1000 Free	13:39.01	Ayden Wright	2022
18:32.93	Taryn Welch	2022	1650 Free	22:11.52	Nathaniel Spencer	2021
30.72	Madelyn Rodriguez	2021	50 Back	32.15	Levi Garner	2021
1:03.74	Madelyn Rodriguez	2022	100 Back	1:03.20	Ryan Slimpin	2020
2:18.74	Madelyn Rodriguez	2022	200 Back	2:16.60	Kase Bradley	2021
34.52	Finley Harroff	2022	50 Breast	31.88	Benjamin Skinner	2019
1:13.44	Finley Harroff	2022	100 Breast	1:09.28	Benjamin Skinner	2020
2:45.25	Alice Welder	2022	200 Breast	2:32.33	Benjamin Skinner	2020
29.08	Fynn Minus	2022	50 Fly	28.29	Levi Garner	2021
1:04.55	Taryn Welch	2021	100 Fly	1:05.66	Levi Garner	2021
2:25.92	Taryn Welch	2022	200 Fly	2:26.53	Levi Garner	2021
1:07.44	Finley Harroff	2022	100 IM	1:03.78	Levi Garner	2021
2:22.48	Taryn Welch	2022	200 IM	2:17.43	Levi Garner	2021
5:01.62	Taryn Welch	2022	400 IM	4:59.12	Levi Garner	2021
Girls			Boys			
Time	Name	Year	15 - 16 Event	Time	Name	Year
25.00	Katherine Pickett	2022	50 Free	22.13	Luc Saunders	2022
53.89	Katherine Pickett	2022	100 Free	49.35	Victor Fuentes Jr	2021
2:01.38	Trinity Behling	2020	200 Free	1:50.19	Garrett Starnes	2020
5:33.53	Katherine Pickett	2022	500 Free	5:01.15	Garrett Starnes	2021
11:42.94	Clare Anne Dasso	2021	1000 Free			
19:18.41	Clare Anne Dasso	2021	1560 Free	18:59.64	Ryan Slimpin	2021
31.79	Christina Slimpin	2021	50 Back	25.99	Garrett Starnes	2019
1:00.96	Katherine Pickett	2022	100 Back	51.72	Garrett Starnes	2020
2:15.58	Katherine Pickett	2022	200 Back	1:53.84	Garrett Starnes	2021
36.04	Maia Fuchs	2022	50 Breast	31.88	Benjamin Skinner	2019
1:12.82	Katherine Pickett	2022	100 Breast	1:02.47	Benjamin Skinner	2021
2:43.21	Katherine Pickett	2021	200 Breast	2:15.26	Victor Fuentes Jr	2020
28.00	Katherine Pickett	2022	50 Fly	24.60	Garrett Starnes	2020
1:01.72	Katherine Pickett	2022	100 Fly	51.94	Luc Saunders	2022
2:30.77	Katherine Pickett	2021	200 Fly	2:03.01	Garrett Starnes	2020
1:04.98	Katherine Pickett	2021	100 IM	1:02.01	Benjamin Skinner	2021
2:13.41	Katherine Pickett	2022	200 IM	2:02.50	Garrett Starnes	2020
4:48.96	Katherine Pickett	2022	400 IM	4:23.49	Garrett Starnes	2021
Girls			Boys			
Time	Name	Year	17 - 18 Event	Time	Name	Year
26.13	Victoria Senus	2021	50 Free	20.68	Tate Sloan	2021
58.02	Victoria Senus	2021	100 Free	45.08	Tate Sloan	2021
2:01.38	Trinity Behling	2020	200 Free	1:40.10	Tate Sloan	2020
5:25.83	Abigail Olyphant	2020	500 Free	4:43.87	Tate Sloan	2020
			1000 Free	10:26.04	Noah Barrera	2021
18:53.42	Faith Dasso	2021	1560 Free	17:21.48	Noah Barrera	2021
32.37	Ardyn Tubb	2019	50 Back	26.76	Christian Eberhard	2019
1:07.14	Abigail Olyphant	2020	100 Back	51.73	Tate Sloan	2021
2:18.30	Abigail Olyphant	2021	200 Back	1:55.17	Tate Sloan	2020
35.35	Brooke Thompson	2019	50 Breast	30.74	Benjamin Skinner	2022
1:17.76	Abigail Olyphant	2021	100 Breast	58.34	Victor Fuentes	2022
2:52.24	Abigail Olyphant	2021	200 Breast	2:09.08	Victor Fuentes	2022
29.09	Victoria Senus	2021	50 Fly	24.81	Tate Sloan	2020
1:01.18	Abigail Olyphant	2020	100 Fly	51.77	Tate Sloan	2021
2:15.65	Abigail Olyphant	2020	200 Fly	1:58.37	Tate Sloan	2021
1:09.27	Kenya Fries Rodriguez	2021	100 IM	1:01.29	Noah Barrera	2021
2:19.64	Abigail Olyphant	2020	200 IM	1:59.82	Tate Sloan	2020
4:50.63	Abigail Olyphant	2020	400 IM	4:27.31	Garrett Starnes	2021
Girls			Boys			
Time	Name	Year	Senior Event	Time	Name	Year
25.00	Katherine Pickett	2022	50 Free	20.68	Tate Sloan	2021
53.89	Katherine Pickett	2022	100 Free	45.08	Tate Sloan	2021
2:01.38	Trinity Behling	2020	200 Free	1:40.10	Tate Sloan	2020
5:25.83	Abigail Olyphant	2020	500 Free	4:43.87	Tate Sloan	2020
11:13.80	Taryn Welch	2022	1000 Free	10:26.04	Noah Barrera	2021
18:32.93	Taryn Welch	2022	1560 Free	17:21.48	Noah Barrera	2021
30.01	Leilani Ancheta	2022	50 Back	25.99	Garrett Starnes	2019
1:00.96	Katherine Pickett	2022	100 Back	51.72	Garrett Starnes	2020
2:15.58	Katherine Pickett	2022	200 Back	1:53.84	Garrett Starnes	2021
34.52	Finley Harroff	2022	50 Breast	30.74	Benjamin Skinner	2021
1:12.82	Katherine Pickett	2022	100 Breast	1:00.80	Victor Fuentes Jr	2021
2:43.21	Katherine Pickett	2021	200 Breast	2:09.06	Victor Fuentes Jr	

Birthdays - November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cason Cavazos	2 Emma Bagley	3 Noelle Jewett	4 Lillian Coats	5 Matthew Kruger
6 Seth Levar	7 Chandler Carnett	8 Aubree Barger	9	10	11 Gracelyn Moore Cohen Zvonar	12 Finley Harroff Palin Ingalls Hudson Tatsch
13 William Thill	14 Hayden Davila Henry Sotherland	15 Declan Friesenhahn Maia Fuchs Josiah Schmidt Coach Beau	16	17	18 Madelyn Lomotey	19 Brendon Carnett
20 Kai Anderson	21 Beau Zapalac	22 Andrew Young	23	24	25	26
27	28	29 Kaleb Oates	30			

