



News from the Dry Side – February 2018

Hello 757 Families!

We are embarking on the Short Course championship season, and it's been a winter of hard working swimmers and an unexpected adventure: the on-the-fly organization of yet another successful 757 hosted meet, the first annual Splash and Dash! Be sure to read on for some fun highlights of both this meet for the 12-and-under swimmers and the Mike Willard Polar Plunge for our 13-and-over swimmers. Parents, we can't thank you enough for cheerfully taking on the work of a last-minute home meet. The coaches, swimmers, and families of SEVA and CGBD thank you as well!

Best of luck to all swimmers participating in championship meets in February and March! Our 12-and-unders had tons of fun and threw down some amazing swims at the Districts meet February 15-18 (watch for the separate meet report), and we are looking forward to more action next weekend at Regionals. Meanwhile, practices continue to roll as scheduled with the Long Course season around the corner in April. The Long Course meet schedule will be posted soon, so be on the lookout for meet dates and venues.

Meet Recaps

Coach Jackie has provided the Dry Side with some memorable highlights from the **Splash and Dash** meet.

- One of Coach Jackie's favorite races included the 11-12 girls' 200 free, where Parvaneh Bonyadlou and Jacquelyn Shearer duked it out for all 8 laps, ultimately dropping 10 secs and 14 secs off their seed times!
- Other notable events included Holly Brundage adding a state cut in the 100 fly, and Bella Lorack adding a state cut in her 50 fly.
- Holly also broke 9-10 team records in the 50 free, 50 back, and 200 IM. Go Holly! Elijah Fields also changed the record board with new 11-12 boys' records in the 200 back and 400 IM. He also rebroke his own records in both the 100 and 200 breast. Delaney Gibbons rounded out the record breaking with her 11-12 girls' 200 back.
- Great job, swimmers!

At the **Mike Willard Polar Plunge**, the 13-14 swimmers had some impressive swims themselves.

- Allison Chaney swam an exciting 1650 free and achieved a state cut, and Kaitlyn Sullivan earned top-three places in all events she swam.
- Swimmers who achieved substantial time drops in at least one of their events included Niamh Kastner (5 out of 6 events swam), Walker Keithley, Brennan Kelso, Faith Lohr, Aidan Martin (6 out of 7 events swam), Avery Martin, and Carleigh Price.



- The 15 and older age group boasted 1st place dubs for Noah Fields in both the 200 back and 200 fly, Abby Larson in the 50 and 100 free, Sam Long in the 1000 Free, and Evan Lynch in the 200 Free.
- Notable time drops were achieved by Zane Eckols in the 200 breast, Aidan Francis in the 200 IM, Noah Frerichs and Kylie Johnson in the 400 IM, Kaitlyn Pegram in the 100 and 200 breast, Ethan Roerhle in the 200 breast, Austin Smith in the 500 Free, and Jacob Sprigg in the 100 and 200 breast.
- Way to go!

Keep an eye out for a recap of **Southeast District Champs** (Feb. 15-18).

Dropoff & Pickup Etiquette

Reminder... Please do not wait for your child in the dropoff/pickup lane in front of the WISC pool. This causes other parents to have to back up and go around, which is less efficient and more dangerous. Please park or circle the building, but *do not wait in the dropoff/pickup lane*. Thanks for your cooperation!

Swim Life after Short Course Championship Season

Following a well-earned week off for swimmers and coaches (March 31 - April 8), Long Course season begins! “Long Course” means that competition takes place in a 50 meter pool. For our swimmers, practices continue as usual, with championship season occurring in July. You can expect the practice schedule to change as needed: in May to accommodate Summer Prep, in June when after-school summer league practices begin, and in summer after school is out. If you have questions about balancing year-round swim with summer league, just email info@757swim.com or contact your coach.

Volunteer Spotlight

Don't forget to check out our quarterly recognition of our stand-out 757 swim volunteers under the “News” tab on our website where you can read about our very first “Volunteers of the Quarter,” co-meet directors Erin Roehrle and Karen Tyranski. Put in your nominations for the second quarter now if you know an individual who has been working hard and proudly representing the orange and blue! We will be recognizing stand-out volunteers on an ongoing quarterly basis. A [Nomination Form](#) is now posted on the website under “News” > [Volunteers of the Quarter](#).

Breakout Session

Coach Morgan shared valuable information and advice for parents in our most recent Breakout Session, **The Road Map to the Swim Journey**. Topics included

- What the arc of the swim season typically looks like for swimmers at different ages and levels



- The variety of goals that are appropriate for individual swimmers
- Pitfalls to avoid and the gift of resiliency
- What to expect during championship season
- Finding balance as a swim parent, avoiding extremes such as “obsessed” or “apathetic”
- Key considerations for 12-and-under swim progress
- What happens after Short Course champs season: Welcome to Long Course!

Golf Tournament

We are so grateful to parents Shannon Hartig, Regina Popelars, and Kelly Hafl for organizing a golf tournament to benefit 757swim! The tournament will take place at Williamsburg National Golf Club on Friday, April 27. Registration will take place at noon, with a 1:00pm shotgun start. More information will follow soon. Contact Shannon Hartig at (757) 871-6578 or shartig@carltonhospitality.com, with any questions. You can help out by promoting this fundraiser to your golfing friends and sharing the [event on Facebook](#).

Fundraising Information

Remember, all families have a minimum fundraising requirement (\$200 for Copper-only families, \$400 for others). The team provides designated “vehicles” to help you reach that minimum. You can review the fundraising policy at 757swim.com > About Us > Policies.

NEW! Your current fundraising balance is posted on Team Unify under your account. To check your balance: Go to 757swim.com and log in. Click on “\$ My Invoice/Payment” at left, then select the “Fundraising” tab at the top. Your fundraising balance (including any Raffle activity) is posted there. Please check your balance, and if you don’t believe the amount is correct, email info@757swim.com to request a review of your account. Families with a non-zero balance will be charged their fundraising obligation upon withdrawal from the team or on the June invoice.

Following are the remaining ways to meet your fundraising obligation. *The deadline for fundraising by using these vehicles will be May 15:*

➤ **Shop with Scrip**

Please visit our website under the Fundraising tab to get all of the specifics. Via Shop with Scrip, you can purchase gift cards online through the Shop with Scrip store. Use those gift cards for your usual shopping at a long list of participating stores and restaurants, and earn back money for 757! *After you have reached your minimum fundraising requirement, your Shop with Scrip rebates will be applied as credit toward your family’s account to be used for dues, meet fees, etc.* Check it out today at ShopWithScrip.com, and direct questions to Shana Wilkins at shana.wilkins83@gmail.com. You may continue using Shop with Scrip to satisfy your 2017-18 fundraising requirement (and then to benefit your personal account for the current season) until May 15.



➤ **Sponsorships**

Purchase or sell a team sponsorship at the Bronze (\$250) or Silver (\$500) level. Sale of a Bronze sponsorship applies \$200 toward your fundraising minimum, while sale of a Silver sponsorship applies \$400. Questions may be directed to Lu Long at longl@corporateleads.com.

➤ **Pay out of Pocket**

You may elect to pay your fundraising obligation out of pocket at any time. Contact the treasurer at payments@757swim.com to make arrangements.

Finally, thank you to everyone who supported our **Raffle** by selling and/or purchasing tickets. We owe a huge debt of thanks to organizer Kathie Smith, assistant Tonya Pegram, treasurer Gina Wiatrowski, and the fundraising representatives for each group: Gillian Sheldon, Lisa Iannuzelli, Amy Hibbard, Leslie Dodson, Mya Fields, and Andrea Tarantino. Thanks also to the Dill family of Anna's Brick Oven Pizza & Pasta for providing the generous coupons on each ticket. Raffle winners are posted as a [News](#) item on the website.

Sponsor Story – Congrats Roman, and thanks American Pride!

Ten-year-old Bronze 2 swimmer Roman Vander Kooi took responsibility for soliciting sponsorships for 757swim. He wrote a cover letter with his sister's help and spoke to business owners on his own, in person. Roman sold a \$500 sponsorship to American Pride Automotive. Charlie Marcott of American Pride expressed his reasons for sponsoring 757swim in an email to our sponsorship team: *We are pleased to support such a terrific program. I place a great deal of value in sports and its effects on our children. My family has benefitted directly from the kindness and leadership of our community's coaches. The lessons learned have been carried through college and into careers beyond. These are just some of the reasons American Pride is Community Driven.*

Important Dates

The website calendar is regularly updated so be sure to check that out at 757swim.com > [Calendar](#).

Upcoming Meets:

- **Feb. 23-25:** Tidewater Regional 13 & Over Championship – Brittingham Midtown Aquatics Center in Newport News, VA



- **March 1-4:** Short Course Senior Championships – Collegiate School Aquatic Center in Richmond, VA (*swimmers who meet time qualifications*)
- **March 8-11:** Short Course Age Group Championships – Christiansburg Aquatic Center in Christiansburg, VA (*swimmers 14-and-under who meet time qualifications*)
- **March 20-24:** TYR Junior National Championship Cup – Liberty Natatorium in Lynchburg, VA (*swimmers who meet time qualifications*)
- **March 29-31:** Short Course Age Group Eastern Zone Championship – Webster Aquatic Center in Webster, NY (*swimmers 14-and-under who meet time qualifications*)
- The Long Course meet schedule will be posted soon. Stay tuned!

Board Meetings:

- Tuesday, March 27, from 7:45-9:15pm at the WISC. (Time and location subject to change; please inquire.)
- Open to the general membership. Please RSVP to president@757swim.com if you plan to attend, and indicate whether you'd like time on the agenda to address the board.

Save the Date:

- **757swim Golf Tournament** – Friday afternoon, April 27, at Williamsburg National Golf Club.
- **“Run the DOG” 5k race** – This year’s event date is TBD. Keep an eye out for details and sign-up information in March. This has become a 757swim tradition, and over 80% of our team participated last year! You can participate as a runner or event volunteer. Proceeds benefit Angels of Mercy clinic.
- Stay tuned for dates for the team photo, annual team meeting, and Luau.



Summer Prep and Practice Changes in May

Our popular prep clinic for summer league swimmers will run from April 30–May 24. The program will consist of three 45-minute practices per week (M/Th at 6, and W at 5). This program is designed for summer swimmers age 6-16 who can swim the length of the pool independently. (6-year-olds may be accepted pending a swim evaluation at the first practice.) More information is posted on our website, with a [link to sign up](#). Early registrants pay \$120, a savings of \$30 (early bird offer expires after March 15). Please share this information with friends!

To accommodate Summer Prep, we will make a few changes to our practice schedule between April 30 – May 24. The modified schedule is posted to the website under Swimmers > [Practice Schedule](#).

Social Media

Be sure to follow us on social media for fun updates and photos, and share our posts for others to learn about the team. You can find us on [Facebook](#) (757swim), [Twitter](#) (@757_swim) and [Instagram](#) (757swim_va).

**Please read on for information about this month's featured sponsors.
Go, 757swim!**



We appreciate our team sponsors! Please consider thanking them with your business!

Antonio's

RISTORANTE ITALIANO

Antonio's is a family owned and run restaurant since 2002. The restaurant is named after its chef Antonio Fiorello born in Palermo, Sicily. He specializes in northern and southern Italian cuisine.

Antonio has always been very passionate about cooking, and his mother taught him to prepare and cook in the style of the old country. All his dishes are prepared with the freshest and highest quality ingredients that he can find. All the sauces are cooked from scratch and every item is made to order.

Antonio's offers a wide variety of pastas, veal, chicken, seafood, pizzas and subs. A Gluten Free menu is available as well as a choice of whole-wheat pasta.

We offer catering for any occasions. Whether it's a wedding, birthday or a business event you can pick from our menu or we can customize a meal to your taste.

Give us a try! Stop by for dinner or grab take out. Don't feel like going out today? No problem! We will deliver it to you. Visit us at www.antonioswilliamsburg.com or call (757) 258-5300.

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