



## *News from the Dry Side*

### *November 13, 2019*

What a whirlwind! It seems we just started practices for the season, and we already have two meets and the Cornhole Jamboree under our belts! As always, we are grateful for the support of our families, who make it all possible.

#### *Please Verify your Phone Number to Receive Important Texts*

We use text messaging for time-sensitive information such as last-minute practice changes. This becomes especially important as we enter the winter months and are more likely to have weather-related changes. Please make sure you have a verified SMS number on file:

- Log in at [757swim.com](http://757swim.com), and click “My Account” at left.
- Under the “Account” tab, you will see the contact info you have on file with the team.
- The SMS field should have your cell number/carrier and show “Verified” in green. If the field is blank or shows “unverified,” please enter and verify the number where you would like to receive team texts.

#### *“Mental Wellness and the Student Athlete” Presentation at WISC*

- Kristian Hill, Athletic Trainer with Riverside Health System, will be presenting on “Mental Wellness and the Student Athlete.”
- Wednesday, Nov. 20, from 6:00-7:00pm at WISC.
- This event is free and open to all, but space is limited. [Please RSVP!](#)

#### *Fall Meets*

- Meet reports from the IMX meet and the Fall Fiesta are [posted on the website under “News.”](#) Congratulations, swimmers!
- Here we go again! Best of luck to the swimmers competing in the [BASS Turkey Classic](#) this weekend in Richmond. Have fun, swim fast, and cheer loud!

#### *December Meets*

757swimmers will be competing in three December championship meets. These meets have a prelims/finals format and are an exciting mid-season milestone.

- The 757swim [Grand Illumination Invitational](#) (Dec. 6-8) is for all swimmers who are not traveling to the US Open or the Blizzard Blitz.
  - *Registration Deadline – Wednesday, November 20*
  - Finals will be offered for swimmers ages 9 and up. In this format, all swimmers participate in prelims, and the fastest swimmers in prelims return for finals in the evening. (Certain events are “timed finals,” meaning they are only swum once. All 8-and-under events, and certain distance events for all ages, are swum as timed finals. See the [meet information](#) for details.)



- This is a 757swim hosted meet, and we need an army of volunteers!
  - This is a 3 day, prelims/finals event – and not all of our swimmers are participating – so it’s a challenging meet to staff. *Thank you* in advance for being generous with your time!!
  - Teen swimmers/siblings/friends who need service hours are welcome!
  - Your participation ensures a smooth, fair, and fun competition opportunity for our swimmers. Also, our reputation for running excellent meets means that other teams are eager to attend our events. This helps to sustain an important source of income for our team.
  - [The Volunteer Signup is posted under “Events.”](#)
- The [TAC Titans TYR Blizzard Blitz](#) will take place in Cary, NC, on Dec. 13-15. See below for hotel information!
  - The Blizzard Blitz is for swimmers ages 11 and up who have met certain qualifying times. (*Ask your coach if you’re unsure if this or any meet is appropriate for your swimmer!*)
    - Swimmers age 11-12 must have 2 or more A times in order to enter the meet, and may swim events in which they have a BB or better time.
    - Swimmers age 13 and up must have 1 or more A times to enter the meet, and may swim any event in which they have a BB or better time.
    - If you are new to year-round swim, the bullet points above must sound like gobbledy gook! See below for more information on Time Standards.
- USA Swimming’s [Toyota US Open](#) will take place in Atlanta, GA, on Dec. 4-7.
  - This national level meet will be swum in long course meters, giving swimmers the opportunity to achieve qualifying times for Olympic Trials.
  - Broadcast information will be posted closer to the date.
  - We will be cheering for Colby Hurt, Sam Long, and Sofia Long!

### [Team Hotel Information](#)

- For out of town meets, we arrange blocks of rooms at a selected team hotel. Staying at the team hotel is great for camaraderie for both swimmers and parents – not to mention for carpooling to those early morning warm-ups! If there’s any chance you might attend one of these meets, we encourage you to book your hotel room early. (You can always cancel.) Special rates expire, our block of rooms may sell out, and sometimes it can be a challenge to find a convenient hotel at the last minute.
- Team hotel information is [posted online under “News.”](#)
- Huge thanks to parent volunteers Malinda Price and Tracey Reed for making our hotel arrangements!

### [What are Motivational Times?](#)

- The Blizzard Blitz meet information above refers to “A” times and “BB” times which are used to determine which swimmers may participate in the meet. These are USA Swimming’s motivational time standards intended to motivate swimmers to push for



the next level. Sometimes, these standards are used as qualifying times for certain meets, such as the Blizzard Blitz.

- [This SwimSwam article](#) explains time standards and includes links to the current age group standards (2017-20). When you look at the chart, make sure you are looking at *yards* times!
  - During Short Course season (Sept-March), competition takes place in a 25 yard pool. Make sure you are looking at Short Course Yards (SCY) times.
  - During Long Course season (April-July), competition takes place in a 50 meter pool. Make sure you are looking at Long Course Meters (LCM) times.

### [Cornhole Jamboree Wrap-Up](#)

- The Cornhole Jamboree was an extremely fun and successful event! Thank you to everyone who came out!
- We are grateful to **Precarious Beer Project** for their generous sponsorship, and to **Williamsburg National Golf Club** for their excellent service.
- Many thanks to committee members **Scott & Amy Dameron** (Kid Zone), **Rachel Dzardowski** (Food Zone), **Kevin & Suzanne Fefferman** (Silent Auction), **Mary Lynch** (Chair), and **Rose Monestine** (Check-in/Payment).
- Congratulations to our champions!
  - Cornhole Champs: **Luis Long** and **Frank Richardi**
  - Chili Champ: **Mary Lynch**
  - Dessert Champ: **Claire Shnowske**

### [Volunteering and Fundraising Policies](#)

Please make sure you have reviewed all [team policies](#), which are posted on the website. Email [president@757swim.com](mailto:president@757swim.com) with any questions!

### [Fundraising Options – Sponsorships & Shop with Scrip](#)

- One way to meet your fundraising obligation is to purchase or sell a **Team Sponsorship**. Contact sponsorship chair Matt Keithley ([mattkeithley@gmail.com](mailto:mattkeithley@gmail.com)) for more information.
- If you fundraise with [Shop with Scrip](#), you are welcome to *exceed* your fundraising obligation, and any excess will be credited to your account and applied to your next invoice! Shop with Scrip allows you to purchase gift cards at face value, and a percentage of the purchase is applied to your fundraising obligation (or account). The team will be placing an order for plastic gift cards—perfect for holiday shopping—on Nov. 22. Check the link above for more information, and email Shana Wilkins at [shana.wilkins83@gmail.com](mailto:shana.wilkins83@gmail.com) with any questions about Shop with Scrip.



### *Masters Swimming*

Did you know about our new Masters Program? The group is practicing on Monday and Wednesday mornings, 6:00-7:15am, and on Tuesdays from 12:00-1:00pm, with Coach Drew. This is a welcoming group appropriate for all levels of swimming ability and experience. Info is posted at [757swim.com](http://757swim.com) > Swimmers > [Masters Swimming](#)

# 757 SWIM

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