



8 & Under Super Circuit Championship Meet

This was a wonderful cap to the Super Circuit Meet Series for our 8 and unders! As we progress throughout the Short Course season, each Super Circuit meet adds a new challenge, keeping things exciting for our youngest swimmers!

This meet had a Friday night "distance" session in which 24 of our swimmers competed in the 100 of each stroke and the 100 IM. Tide had the largest turnout of swimmers competing in the 100s. For many it was their first time swimming the 100 and coaches handed out special goody bags to celebrate the occasion.

In total, we had 60 swimmers participate in the Super Circuit Championship Meet, the biggest group we have ever taken!

The Hilltop Novice group had five swimmers compete in the 100 free and the 100 back on Friday night - with no tears, lots of confidence, and no DQs, WOW!!! This is the first ever year that Novice swimmers have competed in the Friday night 100s.

Our 8 & under swimmers really got into the spirit of the meet and it was amazing to see them cheering for each other and we even had some wonderful homemade signs.

We had several high point winners including; Liza

Cutchins (6) – 1st, Joey Knight (6) – 3rd, Max Culicerto (6) – 3rd, Charlotte Wilkerson (7) – 2nd, Olivia Taylor (7) – 3rd, Charlie Taylor (7) – 2nd.

Our Tide coaches were most impressed with the confidence that our swimmers showed and watching our swimmers display good sportsmanship by shaking hands and congratulating competitors after their events.

Our swimmers from several different locations really represented one unified TIDE team. The coaching staff loves seeing them race for a duck, find success, and friendship!

Special points of interest:

- **End of short course season—bring on long course!**
- **2017-2018 VA Swimming All-Star Team**
- **Alumni Update—where are they now?**
- **Blue Zones Project**

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SE District Champs 12 & Under Review

Tide brought 115 12 & under swimmers to this meet and it was an amazing mix of first time and veteran championship meet swimmers. Three day meets are challenging and it was fun to see our young athletes rise up to the challenge.

Our 12 and under TIDE Swimmers rocked out at District champs by scoring 1555 points and placing 2nd overall for the meet!

The atmosphere was charged with team spirit and it was a joy to see teammates from different groups rally together for relays. Continue reading about the meet on the next page!

District Champs (cont'd)

Tide dominated the relays with our Girls winning 10 and Under 200 free relay and our Boys winning the 11/12 200 and 400 free relay! It was a lot of fun seeing swimmers make finals and experience the 'ready room'. Watching our swimmers march out to music and a lot of cheering was a highlight that made the meet experience so much fun for everyone!

Individual winners included: Will Foley (100 back), Jena Lawlor (200 free), Colt McCoy (500 free, 100 fly) and Avery Taylor (500 free, 50 breast).

We had 8 Age Group Bronze A group swimmers make it back to finals in our District Meet. Two standouts include: Jenney Liu and Parker Knapp. Jenney worked hard to the tune of 5 Age Group Champs cuts and Parker got 6! Age Group Bronze B had 7 different swimmers score in multiple events at finals. Bronze B Age Group Champs qualifiers include: Austin Temple, Avery Taylor, Ellie Fickenscher, Mya Oluwabusola, Carson Gaddy. Chesapeake swimmers pushed themselves to achieve massive time drops, making finals and 4 AG cuts. Age Group Silver swimmers competed in both prelims and finals, and scored a hefty number of our team points!

We loved to watch our swimmers compete at this meet, have the experience of swimming in finals, and achieve their goals! Congrats to all who competed!

Tidewater Region Champs 13 & Over Review

Tide was well represented at Region Champs as we brought 70 swimmers from Age Group Bronze all the way up to our National group! Over 20 of our athletes competed in the finals session over the course of the weekend. Tide ended the meet in 2nd place overall! Congrats, swimmers!

Our Age Group swimmers achieved countless best times, age group cuts, and second swims in the evenings! The team atmosphere was stellar, and the walk-out songs definitely got our swimmers excited to race! Notable performers for Age Group Silver were Kim Schooneman, Alyssa Vargas, and Brandon Temple who all competed in finals. Age Group Gold had 7 athletes compete in finals and score points for the team. Impressive swims came from Paige Rooks (1st in 100 FL), Emma Fuhs (2nd in 100 BR), Sarah Little (3rd in 400 IM), and GK Laing (2nd in 200 FL).

The Senior division was represented by a strong group of athletes whose accomplishments at the meet were threefold. First, as some of the most experienced athletes, they did a great job of demonstrating to some of their younger teammates how to handle the rigors of a three-day prelims/finals competition. Second, they raced well in both the morning and the evening, leading the charge with their attitudes and performances. Third, many of these athletes qualified for Senior Champs and joined their teammates there the following weekend in Richmond! We look forward to seeing continued growth from these athletes as they fulfill their potential to impact our program on so many levels!



Virginia Swimming Senior Championships Review

Tide brought 39 athletes to this year's Senior Champs and improved from last year with a 2nd place team finish!

We attribute so much of the team's success to the group dynamic and team culture that the Senior Gold and National groups have developed over the course of the season. Two of our distance swimmers got the momentum moving forward on day 1 with lifetime bests from Abby Frey in the 1000 and John Reed in the 1650!

Important individual highlights include: Dan Bannon 3rd in 200 fly, Elle Caldow 1st place in 200 FR, 100 BK, 200 BK, Callie Dickinson 1st in 100 FL and 3rd in 200 FL, Tara LaRusso 3rd in 200 FR and 200 BK, Spencer Ryan 3rd in 100 BR, Nikki Venema 2nd 50 FR, and Sam Tadder 3rd in 400 IM and 1st in the 1000 FR (She won from the 1st heat!).

Important team highlights include: 2nd place fin-

ish in the Men's 200 FR and 400 Medley Relay, and Women's 1st place finish in the 200 FR and Medley Relay,

From there, the group continued to build through the meet by putting a large focus on swimming faster in finals and stepping up for relays. The men's 400 Freestyle relay closed the meet out with a victory, and set Tide up to move forward into ISCA Champs on a high note!

Enough cannot be said about the leadership the graduating Seniors provided both during the meet, and throughout the season, to put Tide in a better position than when they first started their swimming careers in the Novice and Developmental programs.

Overall this was a meet packed with phenomenal team energy and spirit! Congrats!

Virginia Swimming Age Group Championship Review

Age Group Champs in Christiansburg, VA showcased 37 14&Under Tide swimmers! This meet is one where the kids worked all year long to get their cuts! The coaches were so impressed with the team spirit during finals, as it was great to see Tide swimmers packed behind a lane to cheer on a teammate. Almost all of our 37 swimmers contributed to our team point total, whether it was from an individual race or a relay.

Highlights from this meet include: Abby Albano's 1st place finishes in the 500 FR, 50 and 100 FL, Dara Duffy's 1st place finishes in the 100 FR, 200 FR and 50 FL, Kayleigh Duffy's 1st place finishes in the 100 FR and 50 BK, Ian Lutz's 1st place finishes in the 50 FR and 50 BK, and Kayla Wilson's 1st place finishes in the 100 and 200 FR. Tide also scored 1st in the Girls 10&Under 400 FR Relay.

Other highlights from the meet include top three finishes by countless Tide swimmers both individually and on relay performances. There were many best times and a few swims that led to important learning experiences.

Our overall team finish was in 5th place; our Men finished 8th, while our Women came in 3rd. Our goal for next year's SCY Age Groups is to bring over 45 swimmers and score in the top 3 for team standings!



ISCA Junior National Championship Cup Review

Tide brought a group of 22 athletes to compete at the new facility at Liberty University in Lynchburg, Virginia.

The group got off to a fast start with strong showings in the 200 IM, 100 Back, and 100 Breast on Day 1. From there, this group showed their true character in navigating adversity to finish the meet strong. Swimming teaches about things we can and cannot control. This meet definitely tested the kids with timing system issues and air quality issues. Nonetheless their team-first mentality and never-quit attitudes helped them dial in on what they could control: their swimming!

The challenges they faced together brought them closer and forced each athlete to fill a different leadership role for those around them. The growth opportunities gained from this experience will stay with these athletes for the rest of their swimming careers and beyond!

Key performances include: Callie Dickinson's 1st place finish in the 100 FL and Nikki Venema's 1st place in the 50 FR. Tide scored in the top 3 with swims from Lauren Barakey (3rd 100 BR), Elle Caldwell (2nd 100 and 200 BK, 3rd 50 BK and 100 FR), Kyle Demers (3rd 100 BR), Callie Dickinson (2nd 100 BK, 200 FL, 3rd 200 BK, and 400 IM), Kendall Ewing (2nd 100 BR), Alex Neff (3rd 200 FL), and Nikki Venema (2nd 100 FR).

ISCA Elite Showcase Classic Review

12 Tide swimmers traveled to St. Petersburg, Florida to compete at a national-level meet with competition from all across the country! The kids and Coach Tage enjoyed fun in the sun and fast swimming. This meet was a great learning opportunity for our younger swimmers (Age Group Bronze, Silver, and Gold) to have the experience of competing in a four-day meet!

Some of the race highlights include event winners from Kayla Wilson (14 year old 500 and 200 FR), Sophia Knapp (13 year old 500 and 1650 FR), and Ian Lutz (10 year old 50 FR). Top 3 finishes came from Kayla Wilson (50 FR, 100 FR), Dara Duffy (10 year old 100 IM, 50 FL, 100 FR and 50 FR), Kayleigh Duffy (12 year old 50 BK), Ian Lutz (50 BK, 50 FL, 100 FR), and Austin Temple (9 year old 100 BK, 100 FR, 50 FR).

The kids bonded as a team, rocked their Tide apparel, and cheered each other on in prelims and finals. Coach Tage loved to see the kids take their swimming to the next level!



Virginia Swimming All-Star Team

Long Course 2017 & Short Course 2017-2018

2017 Long Course

9/10 Boys

Ian Lutz
Kevin Mamaril

11/12 Girls

Abby Albano
Kayleigh Duffy
Sophia Knapp
Alana Savage

11/12 Boys

Bobby DiNunzio
Colin Mamaril
Samuel Quarles

13/14 Girls

Lauren Barakey
Elle Caldwell
Samantha Tadder

13/14 Boys

Gavin Lamoureux

15/16 Girls

Lauren Barakey
Mary Charles Burt
Elle Caldwell
Shelby Raber

15/16 Boys

Kyle Demers

17/18 Girls

Callie Dickinson
Tara LaRusso

17/18 Boys

Dan Bannon

2017-2018 Short Course

9/10 Girls

Dara Duffy

9/10 Boys

Ian Lutz

11/12 Girls

Abigail Albano
Kayleigh Duffy
Alana Savage

11/12 Boys

Bobby DiNunzio
Colin Mamaril
Samuel Quarles

13/14 Girls

Samantha Tadder
Kayla Wilson

13/14 Boys

Bobby DiNunzio
Ryan Hillery
Noah Spain

15/16 Girls

Lauren Barakey
Elle Caldwell
Shelby Raber
Julia Smith
Samantha Tadder
Nicole Venema

15/16 Boys

Kyle Demers
Kendall Ewing
Alex Neff
Spencer Ryan

17/18 Girls

Callie Dickinson
Tara LaRusso
Nicole Venema

17/18 Boys

Dan Bannon
Will Wilson



TIDE SWIMMING

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Alumni Update—Where are they now?

Read along as we check in with former Tide Swimmers!

Name: Becca Jones

Years on Tide: 1995-2009

After Tide: I went on to swim at Auburn University. Some highlights include: competing at NCAA DI Championships 2011-2013 (2012 All-American), SEC Academic Honor Roll 2010-2013, CSCAA Scholar All-American 2010-2013, and Team Captain for my senior 2012-2013 season. I represented TIDE at both the 2008 and 2012 Olympic Trials, which were unforgettable experiences.



I graduated from Auburn University with a degree in Exercise Science in 2013 and moved to New York City to pursue my Doctor of Physical Therapy at New York University. I graduated from NYU in 2016, and I am currently loving life in the big city and living with fellow TIDE alum, Alex Potter. I am working as a Physical Therapist at SPEAR Physical Therapy, an outpatient orthopedic clinic, where I get to fulfill two of my greatest passions: my fascination with movement and the human body and exercise/sport. I am also the proud mother of two of the cutest cats you have ever seen, Leeroy Jenkins and Jerome Seinfeld. While my days as a competitive swimmer are behind me, I still enjoy getting my feet wet and going for “health swims” with my mom and TIDE founder, Sandra, whenever I am home in Virginia Beach.

Name: Jackie Rudolph

Years on Tide: 1996-2000, 2005-2009

After Tide: Following graduation, I attended the University of North Carolina at Chapel Hill, where I swam for all 4 years and specialized in distance freestyle. While I started out as a walk-on swimmer, I earned a small scholarship by my senior year, on account of my improvements since joining the team (like dropping over a minute from my mile time). Highlights of my swimming career included competing at the 2012 Olympic Trials, earning an Honorable Mention All-American in the 1650 at the 2013 D1 NCAA Championships, and being named the 2013 Atlantic Coast Conference Women’s Senior Scholar of the Year for my university (for having the highest GPA of any senior female athlete at UNC).



I graduated from UNC with Highest Distinction in 2013 and with BAs in History and Chemistry. Then, in 2014, I returned to Chapel Hill to start a combined MSPH/PhD program in Epidemiology. I earned the Master’s portion of my degree in December 2016, and I hope to finish my program in spring 2019. My dissertation research involves proposing a new method to look at trends in mortality over time and then assessing how those trends might have differed had we been able to lower air pollution levels to below certain standards. In my personal life, I am now the proud aunt of 6 nieces (the daughters of my two older brothers, who also swam for Tide in their youth).

Name: Amanda Ramkvist

Years on Tide: 1992-2005

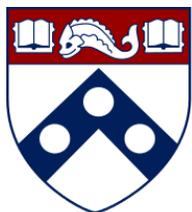
After Tide: After my many years on Tide, I went on to swim at Old Dominion University. After graduating, I started working for Dominion Virginia Power, now Dominion Energy. I am currently a Lead Customer Projects Designer working in the Engineering Department. Basically, I design how we run power to new commercial businesses. I am currently working on the Ikea that is being constructed in Norfolk, VA.

I married the love of my life, Kristian Ramkvist, on September 28th of 2012. We reside off Shore Drive in Virginia Beach. Kristian grew up swimming in Sweden, and only moved to the United States to swim for ODU. He is a local swim coach, and loves every minute of it. We welcomed a beautiful baby boy, Hans Karl, on August 22nd of 2017, and could not be more in love with him. I cannot forget to mention our 5 year old English Bulldog, Moose, who is equally as in love with his baby brother. Life is good!

Name: Austin Ryan

Years on Tide: 2004-2016

After Tide: After I graduated high school, I began my collegiate career at the University of Pennsylvania. I am going to be a rising senior and I am studying finance and marketing. For my events, I am primarily a middle distance freestyler, but have swam the 50-500 freestyle throughout my career.



Penn
UNIVERSITY of PENNSYLVANIA



Name: Harrison Pierce

Years on Tide: 1999-2014

After Tide: I swam on Tide for over 15 years before I continued my swimming career at Virginia Tech. I started swimming when I was 6 years old and never imagined I would be able to swim at a collegiate level. I am a senior this year and just finished my swimming career. However, as I get ready to graduate I have not given up swimming entirely; I plan to continue swimming for Tide's Master program along with swimming laps on my own as I am not quite ready to let go of the sport that has shaped who I am today.

As of right now, I will be returning to Virginia Beach in May to work as a Financial Advisor for Northwestern Mutual. While it's a big change, I'm ready and excited to see what the future holds and I'm grateful for the many skills and opportunities swimming has given me to prepare me for this next chapter!

Blue Zones Grant Awarded to Tide Swimming!

By Katy Arris-Wilson

The City of Virginia Beach approved our team's grant submission to fund Nick Buettner, brother of New York Times Bestselling Blue Zones book author Dan Buettner, to Virginia Beach for a speaking engagement. Nick is the Community and Corporate Program Director for the Blue Zones Project. The date is tentatively set for June 6th.

The goal is for our community leaders to both support and finance a comprehensive program. As a result, Blue Zones is guiding us on the guest list for this event. We need as many of our Community Leaders – City Council, School Superintendent, Company CEOs, School Board, Health and Fitness Leaders, Restaurant Owners, Civic Groups, Faith Based Leaders, Non Profits - to attend. The Mayor along with Deputy City Manager Ken Chandler are helping us by issuing invitations to these leaders so that Nick Buettner can present Blue Zones to them. Mayor Sessoms has done a reference call with Fort Worth Mayor Betsy Price to better understand their experience with Blue Zones and he received overall positive feedback. Fort Worth is in their 5th year of implementing the Blue Zones.

After speaking on the phone at length with Nick Buettner as well as viewing YouTube recordings of his speeches, I am optimistic he can generate the enthusiasm for our community leaders to embrace and support implementing Blue Zones in Virginia Beach. It is exciting that Tide Swimming is playing a leadership role in a healthy living initiative of this magnitude in our community!



Who is Nick Buettner?

Explorer, Ed-Tech Innovator, National Speaker
Community and Corporate Program Director, Blue Zones Project

Over the last 20 years, Nick Buettner has led 17 expeditions over 6 continents around the world. Three of these expeditions were to Blue Zones regions—places with the longest life expectancy and where people reach age 100 more than anywhere else in the world. Nick worked with his brother Dan Buettner, National Geographic, and a team of longevity researchers to identify and then explore these pockets of the world where people were living longer, better lives. He was the Executive Producer of the Blue Zones expeditions to Okinawa, Japan, Costa Rica, and Ikaria, Greece.

In his current role as the program director of the Blue Zones Project, he is responsible for taking the Blue Zones longevity lessons to 42 communities across the United States. The Blue Zones Project is a community-wide well-being initiative that positively impacts the health of over 5 million people across the country.

As a keynote speaker, Nick uses his experience as a member of the original Blue Zones expedition team to take his audience to these longest-lived cultures. With a dynamic delivery, firsthand knowledge of these incredible regions, and National Geographic photography, he inspires, educates, and empowers listeners on the subjects of longevity, well-being, and community health. Nick has given 100+ speeches around the world.

*To learn more about Blue Zones follow the organization on social media: Twitter (@BlueZones), Facebook (Blue Zones), and their website: www.bluezones.com

South Hampton Roads Team Places

How does Tide place amongst other local teams within the South Hampton Roads (SHR) area? Looking at the total men and women's combined scores we can calculate our team scores at meets. To wrap up the 2018 Short Course season Tide went to four top senior/age group championship level meets. See how we placed against other South Hampton Roads teams that attended the same high level meets!

VSI SENIOR CHAMPS

<u>TEAM</u>	<u>PLACE</u>	<u>SCORE</u>
TIDE	4TH	1123
DIG	10TH	162
ECAT	11TH	146
TAC	24TH	5

VSI AGE GROUP CHAMPS

<u>TEAM</u>	<u>PLACE</u>	<u>SCORE</u>
TIDE	5TH	1596.5
ODAC	11TH	514.5
ECAT	16TH	279.5
TAC	20TH	199

ISCA ELITE SHOWCASE

Tide was the only SHR team to attend this national competition! We scored a 7th place finish with 315 points!

ISCA JR CHAMPIONSHIP CUP

<u>TEAM</u>	<u>PLACE</u>	<u>SCORE</u>
TIDE	5TH	341.5
ECAT	31ST	35

TIDE SWIMMING

Building champions in life through the sport of swimming

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The mission of TIDE Swimming is to share our passion for and knowledge of the sport of swimming. Committed to excellence, we strive to provide our student athletes with the resources they need to achieve their full potential in a fun, team environment. We strive to make a positive lifelong impact on every member of our team.



Upcoming meets...

<u>DATE</u>	<u>HOST TEAM</u>	<u>VENUE</u>	<u>MEET TYPE</u>
April 14	TIDE	Princess Anne YMCA	Black v. Blue Intrasquad Meet
May 4-6	TIDE	Princess Anne YMCA	All Tide Swimmers
May 19	TIDE	Princess Anne YMCA	Distance Intrasquad Meet
June 15-17	TIDE	Princess Anne YMCA	Dual/Tri Meet
June 17	VBLA	VB Oceanfront	Jack King Open Water Swim
July 13-15	ODAC	BMAC	Summer Awards
July 14	TIDE	Princess Anne YMCA	2nd Annual TIDE Speedo LCM Masters Meet
July 19-22	LY	Liberty University	Virginia Swimming Senior Championships
July 25-29	USA	Irvine, CA	USA Swimming Nationals
July 26-29	HOKI	CAC	Virginia Swimming Age Group Championships
July 31- Aug 4	USA	Irvine, CA	USA Swimming Junior Nationals
Aug 2-5	USA	Richmond, VA	USA Swimming Futures