



TAC Blizzard Blitz Meet Wrap-Up

The Blizzard Blitz meet in Cary, North Carolina provides a unique opportunity to bring the majority of Tide's 13 and over swimmers to the same mid-season Championship meet.

Through the remainder of the short course season and into long course season, our athletes attend different meets based on the standards they have achieved. There are District Champs, Senior Champs, ISCA Champs, TYR Pro Series meets, Futures, Junior Nationals, to name a few.

This meet provides good competition for our highest level athletes, as well as a positive environment to allow some of our up and coming swimmers to step up and contribute.

Tide finished out the meet in 2nd place overall. This is in part due to the 168 swims we had in finals sessions. Additionally, our relays helped score a large portion of the points! We had 10 top 3 relay finishes. In total we had 58 top 3 finishes, and 23 of those included 1st place finishes. Those

swimmers were Dan Bannon, Lana Berry, Callie Dickinson, Kendall Ewing, Shelby Raber, Sam Tadder*, Nikki Venema, and Kayla Wilson. A particular performer that raced her heart out was Sam Tadder! Sam raced to 1st place finishes in all 8 of her individual events, and was on both 1st place relays!

It was great to see kids getting up and racing in the morning to make it back into finals for even faster swims!

See page 4 for more info on the meet.

Special points of interest:

- Tide ranks in Bronze Medal club for USA Swimming
- Meet highlights from our all four of our mid-year meets
- Shout-outs for college commitments

SEVA Christmas Champs Recap

33 swimmers represented Tide at the SEVA Christmas Championship meet in Richmond, VA. Despite a few inches of snow it did not stop our swimmers from having fast races and team cheer! Tide fin-

ished out the meet with a 2nd place overall performance scoring 787.5 points!

We had representation from all levels of our Age Group Program for this 12 and Under meet! Age-

Group Bronze, Age Group Silver and Age Group Gold rocked the meet!

See page 4 for more info on the meet!

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8 & Under Super Circuit #3 Review

We had over 53 swimmers participate in the Super Circuit #3 Holiday Meet on Dec 9th hosted in Chesapeake. TIDE sent 21 Novice swimmers, 22 Silver swimmers and 10 Gold swimmers from both our Virginia Beach and Chesapeake locations! We were very proud of the Novice swimmers, as they have learned many new skills and got to show them off in this meet.

We love having such a strong showing of TIDE swimmers at these meets. Out of the total 34 events, TIDE took first place in 28!

This was the 3rd out of 5 Super Circuit meets that will be hosted this season. Our VB Novice swimmers all competed in the 25 butterfly for the first time, and also in the 50 free, where they got to use the flip turns that they spent the last month practicing.

With each consecutive 8 & under meet, the format changes slightly to add a new challenge for swimmers. This was the first meet this season that our swimmers participated in relays! Lots of Novice

swimmers got to experience the thrill (and confusion) of our relays!

Organizing 11 relays full of giddy 8 & under swimmers in Santa Hats is no easy task. However, EVERY relay made it to the correct heat/lane and not a single one was DQ'd! TIDE relays took first place for both boys and girls! The swimmers on those first place relays included (for boys) Jordan Fentress, Brooks Gift, Jack Watson and Tristan Litter – (for girls) Joslyn Ervin, June Culicerto, Olivia Taylor, Stella Dietrich.

These are such special meets for our TIDE program. To be able to bring so many swimmers who are able to learn to swim legally, drop time and have FUN in racing for a duck really makes these meets such a wonderful experience.



757 Grand Illumination Meet Review

The 757 Grand Illumination Invitational kicked off our holiday championship season showcasing great swims as TIDE Swimmers let their lights shine bright! This meet was represented by all levels within our program with over 100 swimmers racing. TIDE was represented from all locations!

It was great fun seeing our Virginia Beach swimmers join in with our Chesapeake athletes in relays and swims both in trials and finals. Congratulations to all who participated in this meet. It is definitely an All-comers Invitational that we want to make a part of our Holiday swim meet tradition.

The motto of the meet was to create team fun, while posting best times in the morning and then embracing the race at night! And, what a blast it was watching our swimmers race at night! TIDE Swimmers had spirit and grit! 33 of our swimmers made it back to finals and scored points.

High scorers included: Will Bettis, Jena Lawlor, Lily Mckendry, Austin Miranda, Kim Schooneman, Blaise VanSlyke, and Kaidnce Woellhof. These swimmers were great leaders for younger ones especially those

experiencing finals for the first time! They help set the tone so our younger swimmers could follow in their footsteps with new energy. Rising stars are in the making! Thanks to all who participated and became a part of this great meet! Team building starts at all levels and locations. When we can bring it all together like this it truly becomes a gift for all of us during the holiday season.

Benefits of Team Travel

What is team travel at Tide Swimming?

On team travel trips our swimmers travel, room, and eat together as one unit, along with chaperones and coaches. Coaches/chaperones drive or fly with swimmers, therefore parents are not required to attend the meets. If parents want to attend the meets, they are requested to stay at a different hotel than the team hotel. This helps teach our swimmers to be self-sufficient but also have the support there if they need it!

All of our coaches and chaperones have cleared a USA Swimming Background check and completed USA Swimming Safe Sport modules prior to serving in these roles.

The team travel format allows each athlete to grow and impact one another on multiple levels. We see a great deal of growth as individuals rely on themselves and one another to navigate the logistics of a 4 day trip and the emotional roller

coaster of a high energy, 3 day, 6 session competition.

By fully embracing the team aspect of traveling, eating, lodging, and performing, the atmosphere and presence that we strive to develop daily becomes the focal point, instead of a side note, as can often be the case in an "individual sport". The theme of the trip for our athletes was "How can I impact my teammates in a positive way?", and our swimmers did a fantastic job in supporting and holding one another accountable.

Our chaperones for the TAC meet were Tara Frey, Jenny & Dan Demers, Carri Lamoureux, and Steve and Marcella Ryan. Thank you so much for taking the time to support our swimmers!

Thank you to our volunteers!

Thank you to all of our parents who have been out in full force the first half of our season! Without our support systems our team could not function at 100%. Most recently, we hosted numerous holiday parties in December for our swimmers. Thank you to all of the parents that helped make it possible!

A special thank you to our parents who go above and beyond their service hours to volunteer to help our team. All of us working together to create a positive, fun team environment that supports our swimmers and coaches is one of the many reasons Tide Swimming is second to none!

Let's keep working on our service hours in the next half of the year! If you need assistance, or have questions please contact our service hour coordinator, Tara Frey. service-hours@tideswimming.com

THANK YOU!

TAC Blizzard Blitz (cont'd)

Coach Richard and Coach Tage were quite proud of Tide performances in the meet. We had 64 athletes representing the team from 4 of our different groups (National, Sr Gold, AG Gold, and AG Silver).

Besides the fast swimming, arguably one of the best things that came out of the meet was that a variety of compliments came about from the hotel staff, meet hosting staff, and parents from other teams.

Congrats swimmers! We are so proud of your performances, both in the water and out of the water. Your team spirit was contagious, and the respect you showed to other swimmers, coaches, and hotel staff members was definitely noted. Looking forward to the next team travel meet!



SEVA cont'd

Tide had 27 swimmers compete in finals throughout the meet. In addition to that we had 61 top 3 finishers! Of those 61, there were 35 1st place finishes! A very noteworthy performance was Bobby DiNunzio's 500 freestyle which clocked in at a 4:54.72! Bobby's swim broke the 12&U boys 500yd free Virginia Swimming Record.

We are so proud of all of the performances from the weekend. It was great to see the camaraderie amongst our swimmers. One of the highlights from the weekend was the pre-finals dancing! It was great to see a lot of our age-group swimmers compete in their first trials/finals meet and enjoy every second of it!

Keep up the hard work age-groupers! We are excited to see you perform in the next meet!

Congrats to the following swimmers for their High Point Awards:

- Kayleigh Duffy (12yr/1st)
- Sam Quarles (12yr/1st)
- Dara Duffy (10yr/1st)
- Ian Lutz (10yr/1st)
- Bobby DiNunzio (12yr/2nd)
- Abbey Albano (12yr/3rd).

College Commitments

- Dan Bannon—The University of Notre Dame
- Callie Dickinson—University of Georgia
- Tara LaRusso—University of Pennsylvania
- Woody Parsons—Hampden-Sydney College
- Will Wilson—University of Tennessee



In case you missed it



Tide swimming was the **top-ranked** team in the Hampton Roads area for USA Swimming's Club Excellence Program! The team received a Bronze Medal in the rankings for our performances in the past year.

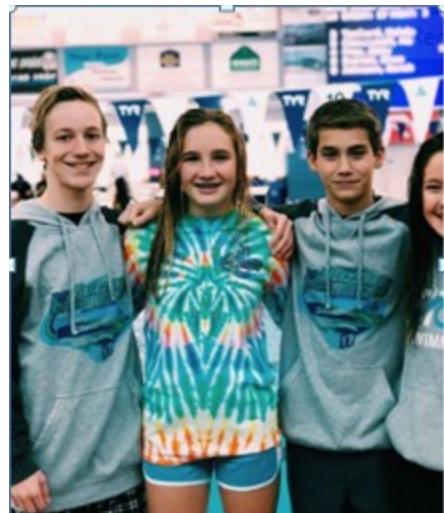
Each year, the Club Excellence program recognizes the organization's highest-performing clubs in the development of athletes 18 years and younger. It identifies swim teams that execute strong, well-rounded programs to produce elite 18-and-under athletes.

Being in the Bronze Medal club means that we are in the top 5% of the more than 2800 USA Swimming Clubs that exist across the country! Congrats, swimmers!

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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...

DATE	HOST TEAM	VENUE	MEET TYPE
Jan 6	ODAC	GBSRC	8 & Unders
Jan 11-14	USA	UT, Austin TX	TYR Pro Swim Series
Jan 20-21	TAC	ODU	Senior/Age Group
Jan 26-28	USA	University of Maryland	IMX Meet
Feb 9-10	ODAC	GBSRC	8&Unders Circuit Champs
Feb 16-18	SEVA	BMAC	SE District Champs (9-12 year olds)
Feb 23-25	CGBD	BMAC	Tidewater Region Champs (13&Over)
Mar 1-4	NOVA	CSAC	Virginia Swimming Senior Champs
Mar 8-11	HOKI	CAC	Virginia Swimming Age Group Champs
Mar 20-24	ISCA	Liberty University	ISCA Junior Nat'l Championship Cut TT
Mar 28-31	ISCA	St Petersburg, FL	ISCA Elite Showcase Classic