

TIDE 30 years SWIMMING

WELCOME TO OUR NEW SEASON!

Hello Tide families and welcome to the 2018-2019 season! We are looking forward to a brand new year. We have started programs in 1 new location, and have brought on 9 new coaches to start out our year.

New coaches include Scott Scofield (Princess Anne), Alex Henderson (Princess Anne), Kindle Volk-ers (Virginia Beach) Mike Salpeter (Associate Head Coach Chesapeake, Great Bridge/Hickory), Colleen Vande Poel (Great Bridge/Hickory), Lissa Janowicz (Greenbrier), Rick Shelton (Taylor Bend), Emily Salpeter (Taylor Bend), and Ali Gentilini (Taylor Bend). For Masters Swimming we have Morgan Latimer (Mount Trashmore) and Alex Henderson (Mount Trashmore and Princess Anne) taking over the reins. We also are still filling roles in Chesapeake. Here's a more in-depth introduction to our new full-time or lead site staff.

Mike Salpeter:

Words cannot even begin to express how excited I am to have joined TIDE this year. As many of you all have probably met me on deck (coaching for VYAC or DIG Swimming over the years), seen my face on the website, or just wondering, "Who is the new guy" I figured I'd take the time to meet and greet all of you through this newsletter blurb with my personal coaching philosophy that I hope to bring to not only all of the Chesapeake sites that TIDE will be running, but additionally to this entire coaching staff and respective team. My personal coaching philosophies are as such:

1. My goal is to make every athlete enjoy the sport of swimming. In the process of learning to enjoy the sport, they will also learn to become goal driven people, gain an appreciation for time management skills, and learn to be great teammates (both inside and outside of the pool).
2. For all kids to have "fun!" While fun is a relative term, it can be achieved when synergy is created among parents, athletes, and coaches where everyone is on the same page and enjoying the process. In order to have fun, all team members must buy into what the coaching staff is preaching but, most importantly, be mentally and physically prepared for each and every day of practice and all meets. This means showing up with a good attitude and being ready to give everything they have to the coaching staff, so that the coaching staff can do the same in return. By doing so, this will lead to a "fun" year.
3. Teach all athletes I coach to be goal driven people who take pride in putting forth their best effort in every facet of what they do. As a coach one of my favorite phrases is "NEVER be okay with being okay!" I want kids learning that the words "I can't" will never be spoken at our practices. Through the sport of swimming, I will try to teach kids to not only conquer swimming, but conquer all venues of life with a winning attitude! Continue reading on the next page...



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Staff Introductions

Mike Salpeter (cont'd from Page 1):

4. I want to instill an understanding of and appreciation for such concepts as high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement as these ideas relate to their success in training, in competition, and in life. Ultimately, I want athletes from a young age building a strong foundation in the sport of swimming and learning to value every step of the journey even more than the end destination.

Swimming has been an absolutely MAJOR part of my life growing up, and these coaching principles/philosophies implore what the sport has taught me, and more importantly how it's impacted me to be the best coach possible.

I truly can't wait to get to work, and I look forward to seeing all of you around the pool deck throughout this amazing season!

Scott Scofield:

Scott is new to the area and comes from Katy, Texas. He has served in multiple head coaching roles and assistant coaching roles including open water.

Why do I coach:

There are two big reasons as to why I coach. Number one is that I truly love the sport of swimming. When I started swimming at a young age, I just loved being in the water. That love for being in the water transitioned into loving to compete in the sport of swimming. I hope to share my love for the water and my passion for the sport of swimming to young athletes so that I can show them how to fall in love with the sport. The second reason as to why I coach is that I grew tired of sitting behind a desk all day. I wanted to be outside and I wanted to be on my feet. Coaching swimming has allowed me escape the office world and at the same time do something that I truly enjoy doing.

My coaching philosophy:

My swim coaching philosophy is centered around three parts. One: technique. It is essential that we continue to work on improving our body position and stroke efficiency.



Two: intensity. Swim every workout, stroke, and set with a purpose. Three: growth. I like to challenge my athletes by engaging their minds just as much as their bodies in training.

What am I most excited for in regards to coaching with Tide:

I am most excited about meeting the new swimmers in my groups and learning how best to make them excel in the sport of swimming. I'm also excited about helping the swimmers of Tide become comfortable in the water. Living so close to the beach and the Atlantic Ocean, it's important to feel safe in the water and I'm excited to help share my water knowledge with the swimmers on the Tide swim team.

I am looking forward to a great year with Tide!

Alex Henderson:

My name is Coach Alex, and I would like to briefly highlight three important ways to continue to succeed and progress in any facet of life. I constantly remind myself of these in my daily activities. My hope is that you take away or relate to at least one of these...

1. **Remember Why You Started:** Think back to why you began the sport of swimming. All of the experiences you've had, good or bad, have shaped the person you've become and the character you've developed. More specifically to our athletes, hark back on when young you swam solely to attain the cool colorful ribbon you'd receive the following morning after a summer league meet.

2. **Know Your Purpose:** Why is it that you still swim and compete within the sport? My purpose is because I couldn't imagine my life without it; I finally realized how truly special it was to be a part of the sport of swimming... a family, always there to guide, direct, and protect you. You are so very privileged to be in the position you are as an athlete in this sport, representing one of the finest clubs in the country. Take pride in all that you do, for it will serve a purpose in the end. Embrace all the profound relationships and bonds created amongst you, your teammates, and the coaches. When it's all said and done, what you'll remember most is the generosity shared and the compassion earned amongst one another.

3. **Understand Failure:** How do you personally define failure? When it comes to defining what failure truly is, we each have our own beliefs or ideas. Every outcome is measured by how you perceive what's "good" and what's "bad". Your performance is evaluated on your own terms... you set the standards! You must understand that coming up short simply just means "not yet". Your mentality needs to revolve around your personal growth. Realize that as humans we set, whether it is consciously or subconsciously, predictions, standards, and limits. These thoughts or ideas are the first step of actually surpassing what you believe you are capable of, and doing the impossible. Doubt tries to persuade you to seek out and discover reasons to NOT excel. Once a reason comes to mind, doubt has successfully convinced you to believe that you are not enough. I'm asking you to silence these thoughts and emotions! Have faith in the journey you have endured and get out there with an attitude that is un-wavered by anything that is thrown your way. Measure your performance(s) by analyzing the "controllables", not the outcome. Just because a race didn't go the way you wanted doesn't mean it's the end of the world. Critically analyze your preparation and execution, learn from it, and move on. There will always be an opportunity to bounce back... how will you handle it? Will you make the most of it or will you throw in the towel before you even begin? Always remember that your attitude has a huge impact on your overall altitude.



Masters Update

Our new masters coaches for the 2018-2019 season will be Alex Henderson and Morgan Latimer.

Morgan Latimer:

I grew up swimming in Richmond, VA and attended Virginia Tech University. While there I was a 2-time team captain and All-American student-athlete. After graduation I went on to serve as an Assistant Coach at Virginia Tech for 3 seasons. I coach to build relationships with athletes, colleagues, and various communities. These relationships shape who we all are, and for me coaching is all about relationship building. My philosophy for coaching revolves around character and motivation. A fun and motivating environment that upholds a set of values can give athletes an opportunity to flourish and grow. I am excited to continue to watch this club grow in so many ways. I look to help with that process. Go Tide!

Summer Awards

Tide had 108 swimmers attend Summer Awards at the Brittingham-Midtown Community Center pool. Tide swimmers ranged in groups from Developmental Silver all the way up to Senior Gold! Coaches loved the team atmosphere and the grit our athletes showed while competing. Summer Awards is a great championship meet for our swimmers who are either first competing in championship season meets or for those swimmers striving to get to the state-level meets.

Coach Cat was very proud of her developmental swimmers, many of whom were competing in their first long course championship meet! Tide swimmers achieved numerous age group cuts—like Age Group Silver athletes swimming to 12 new age group cuts (even in the 200 Fly and 400 Free!). Age Group Bronze swimmers saw personal bests in almost every single race and had new age group cuts! The long course training at PA over the summer most definitely helped to increase their endurance. Chesapeake swimmers had almost all best times and achieved 3 new age group cuts! Coach Abbey was so impressed with how the swimmers have transformed in just 2 years. They really pushed themselves and got into the spirit of the championship meet. Age Group Gold and Senior Gold swimmers were few in numbers but brought big energy! We loved to see their team spirit and intensity while racing and achieving big drops and new cuts! The hard work put in during the summer pushed our 13&Overs to achieve best times and confidence in their races.

It was great watching our swimmers set goals and put their best foot forward to achieve them!



Virginia Swimming Age Group Championships

Tide swimmers—33 deep—raced their way to a 2nd place finish at the Age Group Championships held in Christiansburg, VA this summer! It was a tight battle with the Virginia Gators but on the last night we secured our 2nd place trophy.

Pre-race meetings with coaches included talks about creating a culture with their attitude towards the meet and approach to their races! Racing your best, racing tired and racing for something bigger than yourself- YOUR TEAM! We are proud of their efforts! They were not afraid to give it their all and put it on the line.

Highlights include top 3 relay finishes in all 3 age groups (10 and Under Boys, 11/12 Girls and Boys and 13/14 Girls and Boys). Relays score double points so this was key! It was funny listening to a Gator swimmer say to their coach “Why Does TIDE have such good Relays?”. Coach Taje turned to them and said, ‘Because we are fast!’.

Congrats to Dara Duffy for winning girls 9/10 High Point award! Dara won 7 out of her 8 events at Age Groups and scored 154 points! Other top 3 finishers were Abby Albano (200 FR, 100 FL, 200 FL, 100 FR, 50 FL), Bobby DiNunzio (1500 FR), Sean Kerrigan (400 IM, 200 FL, 200 IM), Sophia Knapp (1500 FR, 400 FR, 800 FR), JJ Nickel (400 FR), and Kayla Wilson (200 FR, 50 FR, 100 FR).

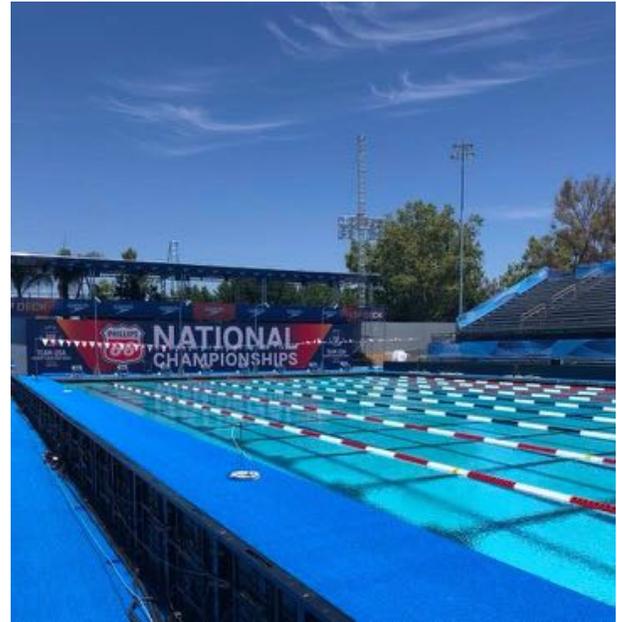
Congratulations to all of our swimmers who competed!

USA Swimming National Championships

We had one athlete participate in the Phillips 66 National Championships this year in Irvine, California. Callie Dickinson has represented Tide the past 3 years at the highest level meets on U.S. soil.

This meet brought together the top talent for the U.S. in each event as it served as a qualifier for numerous international teams and competitions. Between 50-80 of the fastest American swimmers in each event competed in the prelims each day for 32 spots in Finals.

Callie swam 5 events, including: 200 Fly, 100 Fly, 200 Back, 200 IM, and 400 IM. She qualified for the C Final in the 200 Back and finished 22nd overall in the event. Callie has not only competed at the highest level, but she has been a huge part of driving Tide athletes in a positive direction. We will miss her and wish her the best as she heads off to the University of Georgia this Fall!



USA Swimming Junior Nationals

In 2017, Tide brought 2 athletes to Junior Nationals. This year we qualified 5 athletes, with 4 competing. Lauren Barakey, Elle Caldwell, Kyle Demers, and Samantha Tadder joined roughly 900 of the top 18 & Under athletes from across the country in Irvine. This meet closely mirrors the format and structure of Nationals with the intent of preparing America's next group of top athletes for national and international competition.

Three out of the four athletes were experiencing Juniors for the first time, which can be daunting, but they all stepped up in a big way. Out of 14 swims, our athletes had 13 best times and 3 swims qualify for Finals. Below are the before and after stats from the meet with the second time being swum at Junior Nationals. Needless to say, these athletes were well equipped to handle the pressure and expectations of this level of competition!

Lauren Barakey: 100 Breast: 1:12.38->1:11.70, 200 IM: 2:28.03->2:25.73, 200 Breast: 2:37.98->2:34.54

Elle Caldwell: 50 Free: 27.04->26.69, 100 Free: 58.63->57.24, 200 Free: 2:06.19 ->2:02.91, 100 Back: 1:04.69->1:04.00, 200 Back: 2:20.67->2:19.32

Kyle Demers: 100 Breast: 1:06.05->1:05.87, 200 Breast: 2:24.59->2:26.77

Samantha Tadder: 200 IM: 2:20.89->2:20.13, 400 IM: 4:58.35->4:55.79, 200 Breast: 2:40.37->2:39.77, 200 Fly: 2:25.52->2:19.06

USA Swimming Futures Championships

The Futures Championship meet is run as 4 separate meets divided up based on geographic location. It has multiple functions in that it is an introduction to Senior level swimming for many 14-15 year old athletes, while also serving as a stepping stone towards Junior Nationals for our 18 & Under swimmers.

Tide brought a group of 17 athletes to our meet in Richmond which served host to athletes from 13 states from the North Eastern Zone. Our athletes came away with a 3rd place overall finish, largely through team performances in the three relays (800 Free, 400 Free, 400 Medley).

A few highlights include: Women's 400 Medley Relay: 3rd place, Men's 400 Medley Relay: 2nd place, Charlie Burt's 200 Back: 7th place, Nikki Venema's 100 Free: 1st place, 50 Free: 2nd place, 100 Fly: 4th place, and 200 Free: 7th place, Kayla Wilson's 200 Free: 12th place, Julia Smith's 100 Breast: 13th place, and 200 Breast: 13th place, Alex Neff's 200 Fly: 9th place, Tyler Hill's 50 Free: 11th place, and Dan Bannon's 50 Free: 14th place. In addition, Nikki Venema achieved Junior National time standards in 100 Fly, 50 Free, and 100 Free.

Of the 17 athletes in attendance, only one was a graduating Senior, so Tide looks to continue to have a strong presence at this meet in coming years, while simultaneously trying to get more swimmers qualified for Summer Junior Nationals in 2019 (held in Stanford University, CA).

Virginia Swimming Senior Championships

Senior Champs was held at the new aquatic facility at Liberty University in Lynchburg, Virginia. 35 athletes from Tide participated in the four-day competition. This meet is unique in that it is the end of season championship meet for some and a final tune-up meet for others going on to Nationals, Juniors, and Futures. It also includes a broad range of ages, with 15 year-old high school freshman and 22 year-old college swimmers competing for the same spots in finals. Our athletes did a great job of supporting one another and competing together.

In the team competition, the men finished 7th and the women finished 3rd. Of the nearly 30 teams competing, Tide finished 3rd in the combined team scoring. Top 10 individual finishes included: Dan Bannon: 100 Fly(10th) and 100 Free(10th); Lauren Barakey 400 IM (10th) and 200 Breast (2nd); Charlie Burt: 200 Back (3rd); Elle Caldow: 50 Free(10th), 400 Free (1st), 200 Back (7th); Tara LaRusso: 100 Back(10th); Julia Smith: 100 Breast (5th) and 200 Breast (7th); Samantha Tadder: 50 Free (9th), 400 Free (4th), 200 Back (9th), 800 Free (2nd); Nikki Venema: 100 Free (5th). Relay team finishes included: 800 Free Relay: Women: 6th and 10th, Men: 8th and 11th; 200 Free Relay: Women: 2nd and 7th, Men: 5th and 13th; 400 Medley Relay: Women: 4th, Men: 7th and 13th; 200 Medley Relay: Women: 3rd and 7th, Men: 4th and 16th; 400 Free Relay: Women: 5th and 7th, Men: 9th and 14th.

Eastern Zone Age Group Championships

For the Eastern Zones Championships Tide had 11 kids qualify, sent 10 to compete, and had one coach selected to attend and represent Virginia Swimming. Coach Carina was selected as the Girls 9-10 year old coach and she had so much fun watching both Tide and Virginia Swimming athletes compete on the big stage.

Our swimmers achieved best times, scored in the top 3 in their events, and participated in relays for the Virginia Swimming team! Overall, Virginia Swimming Women took home the 4th place title in a very close battle and the Men took home the 3rd place trophy.

Dara Duffy scored 29 individual points plus relay points. She got 2nd place in both 100 and 200 free. Abby Albano scored 15 individual points plus relay points. She got 2nd overall in 200 fly. Ryan Hillery scored 14 individual points plus relay points. Bobby DiNunzio scored 3 individual points, and swam to a 3rd place finish in the 400 IM. Nate Keenan scored 1 individual point in the 50 free, and participated on relays. Colt McCoy saw numerous best times, and scored relay points for team Virginia. Ashton Temme scored relay points for Virginia, as did JJ Nickel. JJ also swam to a best time in the 1500 free! Marin McKee and Kayleigh Duffy scored relay points, and more specifically their 200 free relay took home 3rd.

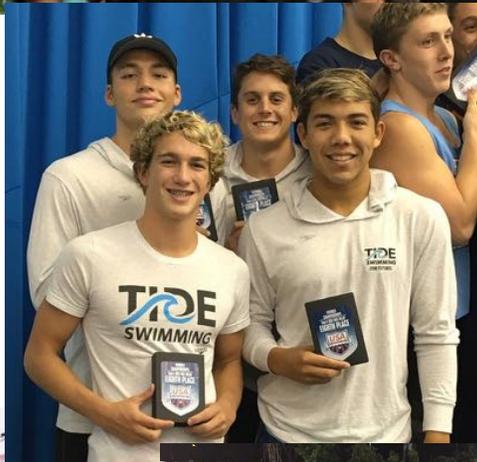
Congratulations to all of our Tide swimmers on representing our Virginia Swimming Zone!



TIDE SWIMMING

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Tide Expansion in Chesapeake

Tide has once again expanded to another YMCA in the South Hampton Roads area. We are thrilled to announce programming at the Taylor Bend YMCA in Chesapeake. Taylor Bend offers beautiful indoor and outdoor pool facilities. Our programming here will be overseen by new Associate Head Coach Mike Salpeter. Mike's staff will include Rick Shelton, who will lead the Taylor Bend Site, as well as Emily Salpeter and Ali Gentilini. Rick will lead Developmental Silver, Developmental Gold, Age Group Bronze, and Age Group Silver. Emily will assist Rick primarily with Age Group Bronze, and Ali will lead our Novice group there! We look forward to adding new swimmers to our team and continuing Tide's dominance in the SHR area! If you know anyone interested in joining our team in Taylor Bend please have them call (757) 306-0591 to schedule a new swimmer evaluation.

Additionally, Tide programming in Chesapeake will utilize the Great Bridge/Hickory YMCA outdoor pool year round. Expanding to the outdoor pool will allow our older swimmers to remain aligned with our programming in Mount Trashmore and Princess Anne. Mike Salpeter will lead the Age Group Bronze, Age Group Silver, Senior Silver, and Senior Gold groups and will have Colleen Vande Poel assist. Abbey Hunter will oversee the Developmental groups (Novice, Dev. Silver, and Dev. Gold) out of the Greenbrier indoor pool. Lissa Janowicz will assist Abbey at Greenbrier.



RICK SHELTON



ALI GENTILINI



EMILY SALPETER



COLLEEN VANDE POEL



Indoor Pool Facility at the Taylor Bend YMCA

Tide Outfitting

Our team works with 2 main apparel stores: Aquawear and Fidgety Fan. Both companies are based in Virginia Beach.

Aquawear provides our team with practice items and Speedo sponsored team uniforms. At their actual store (434 Newtown Road, Virginia Beach) or on their website you can find our team suit, team warm-up jacket and pants, and swimming equipment (pull buoy, kickboard, etc...).

Fidgety Fan is our team apparel store. You can find their link on our homepage or by typing in www.tideswimmingstore.com On their website you will find items specifically for our swimmers such as the 3 day meet shirts, shorts, and sweatshirts. They also have a great section for our Tide fans and supporters. Fan favorites are definitely hats, 1/4 zips, and performance wear.

Both shops will have booths at our team practice at the PA YMCA on Saturday, September 22nd, so stop by and check out the gear!



SAVE THE DATE

Our Halloween themed Spooktacular Splash event will take place on Saturday, October 27th at the Princess Anne YMCA. Start getting your costume ready!

Our Tide Family is Growing!

A very special congratulations to our very own Coach Lauren! She and her husband will be welcoming a baby boy into their family. We wish her a safe, healthy, and happy pregnancy. And we cannot wait to meet the future Tide swimmer.



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. Tide attended numerous top level senior/age group championship meets to finish up the 2018 Long Course season. See how we placed against other SHR teams this past summer that attended the same high level meets!

VSI SENIOR CHAMPS

<u>TEAM</u>	<u>PLACE</u>	<u>SCORE</u>
TIDE	3RD	778
Dig	14TH	125
ECAT	15TH	121
ODAC	18TH	97
TAC	21ST	11

VSI AGE GROUP CHAMPS

<u>TEAM</u>	<u>PLACE</u>	<u>SCORE</u>
TIDE	2ND	1851
ODAC	10TH	648
ECAT	14TH	279.5
Dig	19TH	124
TAC	27TH	40

USA SWIMMING FUTURES CHAMPIONSHIP

<u>TEAM</u>	<u>PLACE</u>	<u>SCORE</u>
TIDE	3RD	272
ECAT	30TH	63.5
Dig	76TH	14
ODAC	94TH	4

USA SWIMMING JUNIOR NATIONAL CHAMPIONSHIPS

Tide was the only team in the SHR area to attend this Junior National competition! We scored a 70th place women's team finish out of 89 scoring teams! Our women scored 6 points.

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 and Events...

<u>DATE</u>	<u>HOST TEAM</u>	<u>VENUE</u>	<u>MEET TYPE</u>
Sept 22	TIDE	Princess Anne YMCA	Tide Team Practice
Oct 27	TIDE	Princess Anne YMCA	Spooktacular Splash
Oct 6-7	TIDE	Princess Anne YMCA	All TIDE swimmers
Oct 19-21	TIDE	Princess Anne YMCA	Dual meet format / All TIDE swimmers
Nov 3	ODAC	GBSRC	8 & Under Swimmers Only
Nov 9 - 11	CGBD	BMAC	Age Group (9&O), Senior swimmers
Nov 30 - Dec 2	757	WISC	Prelims / Finals
Dec 5 - 8	USA	Greensboro, NC	USA Swimming Junior Nationals
Dec 6 - 9	TAC	Cary, NC	13 & older prelims / finals TEAM TRAVEL
Dec 7 - 9	SEVA	BMAC	12 & under BB+ swimmers only
Dec 8	ODAC	GBSRC	8 & Under Swimmers Only