

TIDE SWIMMING

Mid-Season Championship Review

Hello Tide families and happy new year! We just passed the halfway mark in our 2018-2019 short course season. We had stellar performances at five different championship meets in December. Continue reading to hear how our Tide swimmers performed...

USA Swimming Junior Nationals

USA Swimming hosted its winter Junior Nationals on both the East and West Coast in early December. 12 Tide swimmers, along with Coach Richard and chaparrone Mark Tadder, made their way to Greensboro, North Carolina to compete amongst some of the best 18 and Under swimmers in the country.

Tide finished in 10th place overall in team scores out of the 263 teams entered in the meet. To qualify for the overall team score, a team must have had both a male and female score at least 1 point. Out of the 263 teams, only 28 did so. Tide scored major points in the relay department as we had 9 relay teams to score 84 of Tide's 110 total points. In addition to scoring a majority of the points all of those relays improved on their seeded place.

As far as individual performances go we have 2 new summer Junior National Qualifiers: Kendall Ewing in the 100 Breast (55.41) and Julia Smith in the 100 Breast (1:02.69). Both athletes will join the previously qualified 5 athletes in both Knoxville for the TYR Pro Series meet in January as well as Summer Junior Nationals in Stanford, CA.

Our swimmers also swam their way to 17 new team records! For women's relays Elle Caldwell, Lauren Barakey, Nikki Venema, and Sam Tadder teamed up to achieve new Open team records in both the 200 and 400 medley relays. Caldwell, Venema, and Tadder then teamed up with Kayla Wilson and swam their way to new Open team records in the 400 and 800 freestyle relays! Individually Tadder, Smith, Venema, and Wilson are new team records holders in 11 categories. For men Alex Neff now holds 2 records for the 200 butterfly.

Congratulations to all 12 of the athletes that attended the meet!



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TAC Titans Blizzard Blitz

Well, the Blizzard Blitz sure did live up to its name! 62 Tide swimmers, 3 coaches, and 4 chaperones made their way to Cary, NC for their mid-season championship meet (and more importantly made it home despite blizzard-like conditions!). This meet provided swimmers and coaches the opportunity for team travel which is always a favorite amongst our swimmers. In order to qualify for this meet you had to have BB times or better in your respective events. This meet is considered one of the fastest winter Championship meets in the area. While we cannot agree on what van had the best trip, we can agree that this was a meet with countless time drops!

We had swimmers ranging from Age Group Silver (GB), Age Group Gold (VB), Senior Silver (GB), Senior Gold (VB), and the National (VB) groups attend this meet. Tide notched a 3rd Place Overall Team Finish out of 14 teams entered in the meet (Top ranked team that only brought 13 & Up athletes).

As far as individual performances go we had numerous swimmers reach time standards for higher meets! Spencer Ryan in the 100 Breast (57.34), Brooke Lamoureux in the 100 Breast (1:03.64), and Gavin Lamoureux in the 200 Fly (1:50.23) all achieved Winter Junior National Qualifying Standards. This brings our team total to 16 qualified athletes with Abby Reardon who was qualified prior to this meet. Additionally we have 2 New Futures Qualifiers: Jerry Jones in the 100 Breast (58.11) and Samantha Bucklew in the 100 Breast (1:05.63). There are also now 4 New ISCA Juniors Qualifiers: Edward Finman in the 100 Breast (59.33) and 200 Breast (2:09.22), Ethan Jones in the 100 Back (52.55), Samantha Bucklew in the 100 Breast (1:05.63) and Kat Vanbourgondien in the 100 Back (58.27). Kat has since qualified for Futures as well!

Chesapeake swimmers from Age Group Silver and Virginia Beach Age Group Gold swimmers had numerous swimmers qualify for Age Group Championships. Some of those swimmers include Chloe Swatts, Connor Garth, Brandon Temple, Maddy Hartley, and Kelsey James. Senior Gold from Virginia Beach had many Senior Championship qualifiers including Sam Bucklew, Emma Fuhs, Jenna Lancey, Kassy McCoy, Paige Rooks, Sam Sokalzuk, and Katherine Vanbourgondien.

A good point of reference for the athletes is to look at their results as they compare to both their lifetime best times, as well as the times they went in November/December of 2017. For those swimmers ahead of last year, keep it up, you are on the right track. For those swimmers achieving lifetime bests, even better! Learn from your mistakes and successes and increase your attention to details over the next few months. A good mid-season meet raises the bar when it comes to what is possible at the end of the season!



SEVA Christmas Champs

53 Tide swimmers attended the SEVA Christmas Championship mid-season meet held at Ft. Eustis, VA. We had many first time final swims, new personal bests, top-10 finishers, super fast relay splits, and Age Group Championship swims. More importantly our swimmers learned how to swim fast and have fun at the same time! This meet provides a fun atmosphere that allows swimmers to race with heart and determination, make new friends on our team, and dance their hearts out on the Saturday night finals session.

Due to a power outage Sunday night finals were cancelled, but Tide stepped up in the morning swims that day. Tide ended up placing 2nd overall with many great races at the meet. There was a very close team point race (combined girls and boys) that ended with NOVA winning the meet over TIDE by 24.5 points (1638 to 1613.50) - so kudos to our swimmers for closing the gap!

Our relay performances were phenomenal all weekend. All relay swims were in the top 2 in every event, and our 10 and Under boys (Chase Wilkerson, Austin Temple, Cody Sprague, and Parker Knapp) won all of their relays!

Every swimmer from our Great Bridge and Taylor Bend sites made it back to finals in their respective events! Noteworthy swims came from Nevaeah Shearin, Lilliana Novak, Lauren Gray, and Tyler Swartz. Age Group Silver swimmers from Virginia Beach achieved 15 new Age Group Championship Cuts. Some of those swimmers included Dara Duffy, Sara Teague, Blaise VanSlyke, Ian Lutz, Austin Temple, Cody Sprague, and Landon Luzak! Age Group Gold swimmer Maggie Gahagan also achieved Age Group cuts.

For High Point awards we had Stella Dietrich: 2nd place/9 year old girls, and Dara Duffy: 2nd place/11 year old girls, Parker Knapp: 3rd place/10 year old boys, Austin Temple: 2nd place/10 year old boys, and Ian Lutz: 1st place/11 year old boys.

Congratulations to all of our competitors on what was definitely a great mid-season championship meet. Onward and upward as we prepare for February and March meets!

757 Grand Illumination Meet

Our largest mid-season Championship meet was the Grand Illumination meet held in Williamsburg, VA. Tide swimmers totaled 123 and we had representation from all 6 of our pool sites! Coaches were most impressed with the positive attitudes and team camaraderie amongst Tide swimmers. It was so motivating to see teammates cheering for each other after just meeting at the meet!

There were 19 Taylor Bend swimmers that achieved best times, and 7 of those swimmers had best times in every event they were entered. First year year-round swimmers Cassidy Mitchell, Ryann Mangus, and Cameron Willis made it back to finals and Braden Willis was an alternate! Coach Rick was also impressed with Lilliana Novak, Lauren Gray, and Evan Shelton (who achieved 2 Age Group cuts in the 100 and 200 fly!).

All Age Group Silver A swimmers made it back to finals (Owen Klimkiewicz, Ethan Moore, Paige Tillery, Mya Oluwabusola, and Chase Bonfiglio). Age Group Bronze and Silver swimmers achieved 8 new BB times which added new swimmers (like Lucy Goodloe) and new events for the SEVA championship meet. Another impressive swimmer was Carson Gaddy, who got 2 new Age Group cuts!

Read more about the meet on the next page....

757 Grand Illumination (cont'd)

...continued from Page 3

Age Group Silver B swimmers had a number of first time "final" swims. A special shout-out from Coach Alex to Peter Krause. Peter achieved 4 new lifetime bests while also finishing Top-14 in 3 of his events highlighted by a 3rd place finish in the 1650 FR! Autumn Knoop and Emma McMath were standout female swimmers from AGS - B with numerous top-14 finishes and best times. Senior Silver swimmers were also well represented at the meet. Paul Kruthoff achieved lifetime bests in all but one event while also finishing Top 7 (A-final) in every swim and Tabitha Moore finaled for the first time ever in four of her swims!

Standout swims from our Great Bridge site included Tyler Swartz (with his first ever Age Group Champs cut), Troy Salpeter (3rd overall for 10 and Under total point scorers and top 3 finisher in all events), Abby Nolan (time drops and unbeatable team spirit), Carley Bennett (finalist in all events and dropped a lot of time in her races), and Jamie Woolley (who had many individual best times and was constantly a source of inspiration and spirit for her teammates).

Thanks so much to each of you for representing Tide Swimming in a remarkable fashion all weekend with your efforts in and out of the pool! It was a great opportunity for everyone to show off the hard work they were putting into the pool, and our swimmers did not disappoint.

ODAC 8 & Under Super Circuit Meet

Tide recently participated in the 8 & Under Super Circuit Holiday Meet on December 8th at Great Bridge Swim & Racquet Club. Our club brought 76 swimmers to swim, race, and enjoy some holiday fun! Tide swimmers showed their spirit by wearing a unique holiday hat and spent the morning racing for Santa ducks.

Out of 34 total events, 28 events were won by our swimmers! We had 9 swimmers legally finish the 100 IM with Liza Cutchins and Olivia Taylor earning first. May Shean swept the 50 fly, dominating the event as the sole person to complete it legally! Crosby Bennett took home first place in all 5 of his events, and Chris Lyashenko took first in the 25 fly and 50 back.

Tide swimmers dominated the freestyle events earning the top 3 spots in the boys 25 free - Crosby Bennett, Max Valentine, and Ean Oluwabusola, the girls 25 free - Sallie McCabe, Liza Cutchins, and Betsy McCabe, and the boys 50 free - CJ Pulk, Wyatt Sprague, and Trent Williams. Finally, we had 13 6 & Unders try the 25 fly for the very first time! While we had several DQ's, we were so proud to see them put their new skills to the test.

We are so proud of every swimmer who participated in the meet! Tide came out in full force with every heat and we loved seeing the spirit they brought to the meet.



The Importance of DQs at the Novice and Developmental Level

Written by: Abbey Hunter

“Fail, fail again, fail better.” Samuel Beckett

As Novice and Developmental coaches, one of our main goals is to help our swimmers to fall in love with the sport. Learning to embrace both success and failure as a way to grow is one of the primary ways this is achieved. By making failure a healthy part of the swim process, we strive to create a safe environment in which failure is celebrated and recognized not as a negative but as the courage to try something new and challenging.

After every swim meet we go over our DQ slips and talk about how we can “fail again.” We discuss the fact that there are over 20 things you can get disqualified for in any given event and emphasize that disqualifications are an important part of learning the craft of swimming. We then ask the kids how we can “fail better.” If we see a child get two DQ slips for the same event at their first meet and only one DQ slip for the same event at their next meet, that is a huge improvement and deserves to be recognized!

In the Novice and Developmental groups we are learning how to swim with proper technique, how to race, how to manage ourselves at swim meets, how to communicate with our coaches, and how to be good teammates. We ask a lot of our little ones and we need to remember that they are on a long path of development and need to celebrate each step along the way! Above all, we must always remember that, “The greatest teacher, failure is.” Yoda

DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____
 SWIMMER _____

BREASTSTROKE
 DURING: START _____ SWIM _____ TURN _____ FINISH _____
 10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____
 11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____
 NOT IN SAME HORIZONTAL PLANE _____ PAST HIPLINE _____
 12 ELBOWS RECOVERED OVER WATER _____
 14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____
 15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____
 16 NOT TOWARD THE BREAST OFF WALL _____
 19 OTHER _____

BUTTERFLY
 DURING: START _____ SWIM _____ TURN _____ FINISH _____
 20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____
 21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____
 23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____
 24 NOT TOWARD THE BREAST OFF WALL _____
 25 HEAD DID NOT BREAK SURFACE BY 15M _____
 29 OTHER _____

BACKSTROKE
 DURING: START _____ SWIM _____ TURN _____ FINISH _____
 30 TOES OVER LIP OF GUTTER AFTER START _____
 31 HEAD DID NOT BREAK SURFACE BY 15M _____
 32 NOT ON BACK OFF WALL _____
 33 NO TOUCH AT TURN _____
 34 PAST VERTICAL AT TURN: _____
 DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____
 DELAY INITIATING TURN _____
 35 SHOULDERS PAST VERTICAL _____
 36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____
 39 OTHER _____

INDIVIDUAL MEDLEY
 41 STROKE INFRACTION(S) # _____
 42 OUT OF SEQUENCE _____

FREESTYLE
 50 NO TOUCH TURN # _____
 51 HEAD DID NOT BREAK SURFACE BY 15M _____

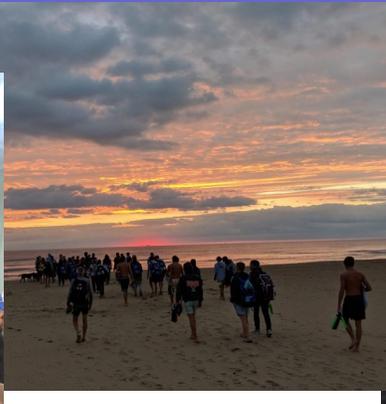
RELAYS
 70 STROKE INFRACTION # _____ SWIMMER # _____
 71 EARLY TAKE OFF-SWIMMER # _____
 72 CHANGED ORDER: SWIMMER _____ STROKE _____

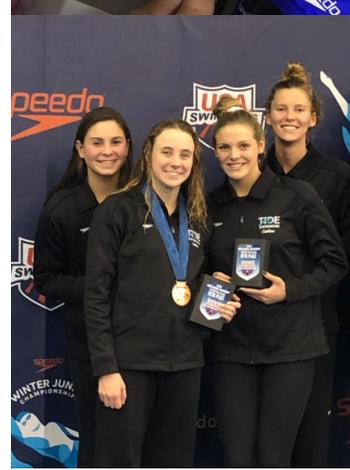
OTHER
 60 FALSE START _____ 61 DELAY OF MEET _____
 62 DID NOT FINISH _____ 63 DECLARED FALSE START _____
 69 OTHER _____

JUDGE: _____ (print name clearly)
 REFEREE: _____ (print name clearly)
 NOTIFIED: _____ SWIMMER _____ COACH _____
 rev. (02/10) **DESK/REFEREE**

TIDE SWIMMING

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Update from the Board of Directors

Hello Tide Swimming!

Happy New Year! On behalf of your Board of Directors and midway through our short course season, I want to share the excitement we have for the present and future of Tide Swimming.

USA Swimming just released their Club Excellence ratings for this past year. The Club Excellence rankings recognize clubs who execute strong, well-rounded programs to produce elite 18 and under athletes. Tide Swimming achieved our highest ranking ever in the Silver Medal grouping. We are ranked 39th in the country out of over 3000 clubs. This puts us in the top 1% of all clubs in the US. Our highest previous rankings were #117 last year and #88 the year prior. We continue to strive for Gold Medal ranking which identifies the top 20 teams in the country.



Looking at the performance at our most recent December Championship meets (*see write ups by coaches in this newsletter*), we see a team that at every level continues to elevate. At the highest level of December championship meets – The Junior National East Competition – Tide Swimming finished 10th out of 260 teams. We took 12 athletes (8 girls and 4 boys) to this meet and Mark Tadder served as our Chaperone for team travel. We scored points in individual events and relays at this National Level meet! Our governing body, USA Swimming, divides the country in half, East and West, for this Winter Junior Nationals. The top 18 and under athletes compete, and there is no age group delineation, so a 14 year old swims next to an 18 year old. This is the highest finish in the history of Tide Swimming! Our LSC rival, NOVA, took twice as many swimmers to the meet and finished in 9th and beat us by 48 points.

Our 13 and overs traveled to Cary, NC, led by Associate Head Coach Mike Salpeter, Coach Hayley Geiger, and Coach Scott Scofield. The team travel enhanced team camaraderie and fast swimming! Team travel meets rely heavily on our parent chaperones to support our coaches and athletes. Chaperones Mike Barakey, Tara Frey, Dave Pogorzelski, and Bill Reed handled all the logistics flawlessly and importantly, helped the coaches navigate safety decisions associated with the snow dump!

Our 12 and unders BB+ participated in the SEVA Christmas meet, perennially one of the most fun meets! The parade before Finals on Saturday night is a memory that stays with our children for years. TIDE finished in second place to NOVA and had the lowest point spread with NOVA in the history of our friendly rivalry – 24.5 points. The final score was 1638 to 1613.50. Not too many years ago NOVA's points more than doubled our points.

The results from the 8 and under meet on Dec 8th showed the quality and depth of our Developmental program. Our coaches instill in our kids early on that it's ok to fail (DQ) and that improvement and FUN is the focus.

Tide was in full force at the 757 meet the weekend of Nov 30- Dec 2. Our swimmers were led by Associate Head Coaches Sandra Jones and Mike Salpeter, along with Coach Rick, Coach Alex, Coach Cat and Coach Abbey. Not only did we have a ton of fast swimming with new Age Group

qualifying times achieved, this meet was a blend of swimmers from all locations and ages. The swimmers came together and created a supportive and strong team atmosphere.

In addition to all of these stellar performances by our swimmers and coaches, our team continues to operate with non profit corporate governance that we believe provides the foundation for "*Building Champions in Life through the Sport of Swimming*". We added two new Board members this year, Ken Niederberger and Carrie Duffy. We continue to meet monthly to support our coaches, swimmers, and parents.

Your Board of Directors approved a budget and we are happy to report that our 501c3 continues to operate in a fiscally sound manner. Big thanks go out to our Executive Director, Jennie Carder, our accountant, Sue Rosier, and our Treasurer, Chris McKee for their leadership pulling this important document together.

The strength of our team lies in three things: the quality and commitment of our membership families, our experienced and dedicated coaching leadership, and effective corporate governance. Moving into 2019 we will continue to make sure our processes best support both our coaches and membership. Board member Jenny Huelsberg is leading a review of our By-Laws to ensure they optimally reflect our values and operations. It is my belief that our organization will continue to soar because of the processes and people we have worked so hard to put in place over the last several years.

We remain appreciative of everyone involved with Tide Swimming and the tremendous support you all unselfishly give – thank you!

We look forward to continuing our service to you in 2019!

Sincerely,

Katy Arris-Wilson
President, Tide Swimming Board of Directors

Dan Demers – Vice President
Chris McKee – Treasurer
Carri Lamoureux – Secretary
Tara Frey – Senior Rep
Jenny Huelsberg – Age Group Rep
Ken Niederberger – Age Group Rep
Carrie Duffy – Age Group Rep

Jack Roach – Head Coach
Sandra Jones – Associate Head Coach
Richard Hunter – Associate Head Coach
Mike Salpeter – Associate Head Coach
Jennie Carder – Executive Director
Sue Rosier - Accountant



Team News

TIDE Swimming Food Pantry with WE ARE VB

Did you know there are dozens of homeless or near homeless high school students right here in Virginia Beach? There are 50 near homeless students at First Colonial High School alone. Your athlete may sit next to them in class.



How can we help? TIDE Swimming middle and high school students will join forces with a new non for profit called WE ARE VB on Saturday, February 2nd after practice at the Princess Anne Family YMCA. Athletes will be providing non perishable items and together will make family food pantry bags for identified local high school students. Please save the date and look for more information to come. TIDE Swimming is excited to begin this new venture!

WE ARE VB is a not-for-profit organization committed to building a Virginia Beach community where kindness matters. They focus on providing a food pantry, mentor program, grant program and the Senior Experience which allows students to attend their school dance, receive portraits and other high school experiences they do not have access to.

More info on WE ARE VB:

WE ARE VB Corporation was formed to:

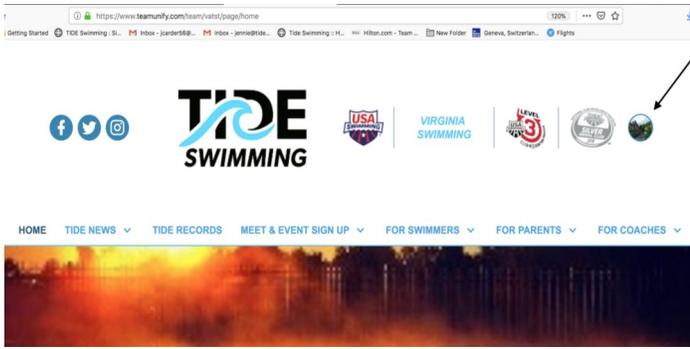
- (i) cultivate a supportive community for homeless students and their families whereby they receive basic essentials (e.g. food, clothing, housing and transportation) through social and public services and private donations;
- (ii) provide an effective support system that diminishes the social stigma of being homeless, strengthens self-esteem of students and promotes continuing education;
- (iii) pursue additional community initiatives and programs within the city of Virginia Beach of interest to WE ARE VB that will improve the welfare of our community; and
- (iv) operate exclusively in a manner for such charitable purposes as will qualify it as an exempt organization under Section 501(c)(3) of the Internal Revenue

Team Unify website gets a Facelift for 2019

Team Unify recently upgraded their CMS (website "content management system") and TIDE chose to convert to their new platform. The changes for you are mostly cosmetic. The changes for those who work in the database involve fewer glitches and faster processing.

Logging in to your account is easy! There is a circular icon on the homepage, just to the right of the Silver Medal icon. That is what you click to sign in to your account. By clicking on the circle, you will see "My Account", which is how you log in. Once you have logged in to the website, the toolbar you are used to using is still on the left. Most of the pages have the same appearance they did previously.

Read more about the update on the next page...



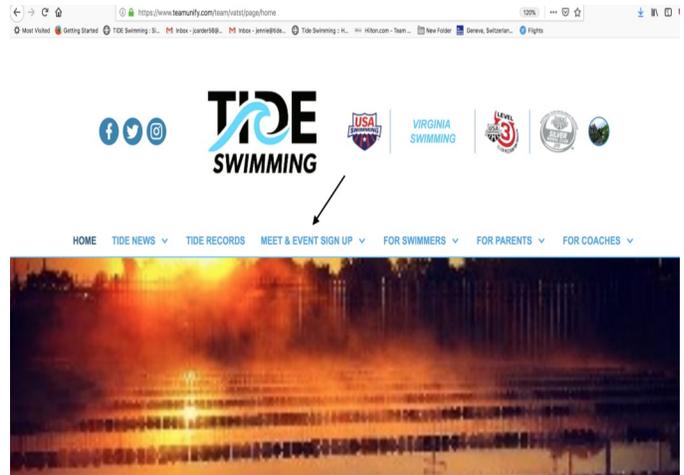
HOW TO SIGN ON TO YOUR ACCOUNT

Team Unify Update

The homepage is still under construction and as you may have noticed, we need higher resolution photos for the slideshow! If you have one you'd like to send along, please email it to jennie@tideswimming.com. A shot from an iPhone will not work well.

HOW TO FIND THE MEET SIGN UP PAGE

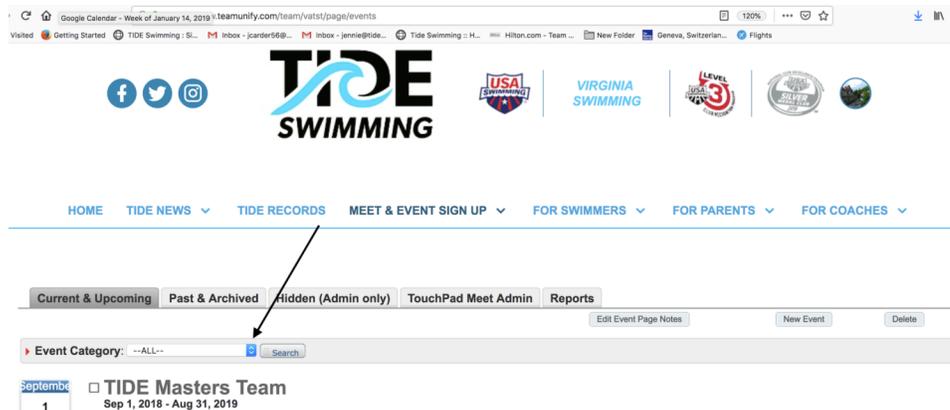
All of the meet and event information is under ONE menu tab, "Meet & Event Signup". Clicking on Meet & Event Signup takes you to a page where all of our programs are listed chronologically. You can look for a specific type of event by sorting by that category. To find Swim Meets only, simply select "Swim Meet" as your Event Category and then click "Search" and you'll see a list of all of the meets that have been uploaded so far into Team Unify,



REMEMBER, OUR FULL MEET SCHEDULE IS POSTED AT [TIDESWIMMING.COM](https://tideswimming.com/swim-team/meet-schedule/) UNDER "SWIM TEAM". If you'd like to see all of the meets that remain in this season, they are posted in a table on this webpage, <https://tideswimming.com/swim-team/meet-schedule/>

If you are having trouble using our Team Unify website, it is best viewed on a desktop computer (not on your mobile phone), using either Chrome or Firefox as your browser. If you have an Apple product (Mac, iMac, iPad, iPhone) use a different browser. Our Team Unify website does not work well in Apple's default browser, Safari. If you would like to be walked through how to use the website over the phone, call Jennie at (757) 306-0591 for a personal tutoring session.

HOW TO SEARCH FOR A MEET



College Commitments, Coaching Visits, and the Recruiting Process

Written by: Richard Hunter

Navigating the college search process for prospective collegiate student-athletes can be a daunting undertaking. A huge part of this process is developing relationships with the coaches, who will play a large part in a swimmer's experience during their time in college. At some point, a college coach may come out to visit a club team to watch a practice. This is an opportunity for the coach to observe the athletes' routines and habits in the practice realm.

When coaches come to watch a club practice they are doing much more than just evaluating potential recruits. They can look at names and times on a computer screen to determine whether an athlete can contribute to their program in the pool. While putting a name to a face is important, they are taking time away from their current program/athletes to get a feel for the culture, environment, and standards of the club team and the values of its athletes and their families. Is the athlete they are recruiting a product of the system and environment they have come up in, or are they just an exceptional athlete? In this sense, it is equally important that all athletes on deck are aware of the impact they have on how our team is perceived on the local, national, and even international scale.

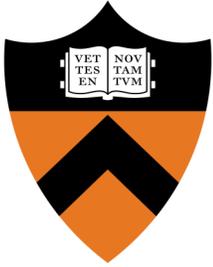
We hope that college coaches walk away from their visits with an understanding that they are recruiting athletes who are equipped with the right tools to have a positive impact on their program's results as well as on the team dynamic, culture, and their future teammates.

Some recent college coaches who have come out to observe a practice are:

Nate Kellogg of William and Mary, Mark Bernardino and Paulina Ziolk of NC State, Matt Kredich of University of Tennessee, and Josh Huger of Virginia Tech.

Gathering information, exercising equal parts patience and persistence, and having a clear idea of an athlete's current and future goals are all key components of a successful recruiting process. My best advice is to roll with the ups and downs of this roller coaster ride. Understand that the end result will VERY OFTEN look different than it did at the outset, and things usually work out how they are supposed to.





Here are Tide's current college commitments:

2019 Commits:

Charlie Burt- Virginia Tech

Abby Frey- Rollins College

Brooke Lamoureux- College of William and Mary

Shelby Raber- Virginia Tech

Spencer Ryan- Johns Hopkins University

Julia Smith- Virginia Tech

Paul Southern- Bates College

Nikki Venema- Princeton University



2020 Commits:

Elle Caldwell- University of Tennessee



From left to right: Abby Frey, Tyler Hill, Charlie Burt, Jerry Jones, Nikki Venema, Paul Southern, Shelby Raber, Spencer Ryan, Brooke Lamoureux, Kyle Demers, Julia Smith, Ethan Jones

Not pictured: Will Irvine, Ryan Koprowski, Jenna Lancey

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>
Jan 9 - 12	USA	University of Tennessee	TYR Pro Swim Series/Team Travel
Jan 19 - 20	CGBD	FEAC	Age Group / Senior
Jan 25 - 27	USA	University of Maryland	IM Xtreme Games
Feb 8 - 9	ODAC	GBSRC	8 & under swimmers Circuit Championships
Feb 15 - 17	SEVA	BMAC	SE District Championships (9 to 12 only)
Feb 22 - 24	CGBD	BMAC	Tidewater Region Championships (13 & older only)
Feb 28 - Mar 3	PSDN	JRSSC	Virginia Swimming Senior Championships
Mar 7 - 10	HOKI	CAC	Virginia Swimming Age Group Championships
Mar 26 - 30	ISCA	St Petersburg, FL	TYR Junior National Championships/ Team Travel
Apr 10 - 13	ISCA	St Petersburg, FL	TYR East Elite Showcase Classic