



## Winter Championship Review



### US Open

Tide brought 4 girls to the US Open meet at Georgia Tech University in Atlanta. During the lead up to the Olympics, USA Swimming runs this meet in a Long Course format to better prepare athletes for US Olympic Trials. The meet, which typically includes anywhere from 400-800 athletes, hosted **1,300 athletes** from the US as well as foreign countries (thus the term “US Open” as opposed to “US Nationals”). As is the case with most Winter championship meets, athletes come in with different goals and varied training plans. As a result, some athletes are fully rested, while others are “swimming through” the meet. Regardless, once

they are on site, all athletes and coaches want to get a **gauge of where they are in their training progression**. This allows for adjustments to be made moving forward into the new year and the remainder of the short course season.

Our 4 girls got a taste of the level of swimming they can expect at Olympic Trials in June. Big names like Caleb Dressel and Katie Ledecky swim alongside college athletes, international federations, and 18 & under US club swimmers. There are no age groups, aside from an 18 & Under “D final”, with the top 32 athletes getting second swims. With some events having upwards of 180 entries, there are no guarantees. Between Kayla Wilson, Elle Caldwell, Sam Tadder, and Lauren Barakey, Tide had 17 swims in the meet. Out of those, the girls combined for an additional **5 swims in finals**. On the whole, the meet was a great learning experience. The girls handled the challenges and the ups and downs as if they had been there before. They are ready to get back to work and prepare for upcoming meets in Knoxville, Tennessee in January, Richmond in March, and Mission Viejo, California in April!

### USA Swimming Winter Junior Nationals

The following week, Georgia Tech University played host to another high level meet in the US East Winter Junior National Championships. This meet includes 18 & Under swimmers from the Eastern part of the country (Federal Way, Washington hosted the Western part of the US). In total, Tide brought 5 athletes to this meet. Alex Neff and Kendall Ewing participated in this meet last year in Greensboro, NC, while Ryan Hillery, Gavin Lamoureux, and Sophia Knapp were first time competitors.

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## USA Swimming Winter Junior Nationals

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With small numbers and multiple first-time qualifiers, this meet looks drastically different for our athletes as compared to some of their previous competitions. With the top 3 teams in the meet bringing anywhere from 20-33 athletes, we knew that the challenge would be in generating excitement and momentum while the majority of their teammates were swimming at a meet in another state (Blizzard Blitz in Cary, NC). One of the strengths of our team is in drawing on energy from one another and supporting our teammates through successes and failures alike. Our athletes came away from the meet with a better understanding of the mental preparation required to draw on internal motivating factors versus looking outward for support and inspiration.

Our two youngest athletes stepped right in and achieved lifetime bests as Sophia Knapp went 4 out of 5 best times in her events, while Ryan Hillery went a perfect 3 for 3. Alex Neff (200 fly) and Kendall Ewing (100 breast) both qualified for Finals in one event, and Gavin Lamoureux contributed with his 5 individual events and 2 relay performances. Similar to the US Open, the takeaways the athletes obtain through travelling to a high level championship meet and stepping outside of their comfort zones are just as, if not more, valuable in their growth and development process. They are ready to rejoin their teammates and prepare for meets in Knoxville, Richmond, and St. Petersburg, Florida in the upcoming months.



## TAC Titans Blizzard Blitz

On December 13-15th 73 Tide athletes, 3 coaches, and 4 chaperones departed from Virginia Beach and headed to Cary, NC for a high level winter championship meet. 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. A special highlight was that this was the second year that any Chesapeake site had representation at this meet for Tide.

The Blizzard Blitz meet offers our athletes the opportunity to swim new competitors and travel as a team. This year our athletes were split in an "Age Group" hotel and a "Senior" hotel, but still had team meals together! It was such an eye-opening experience to see many of our swimmers compete in a new arena and navigate the meet without parents—talk about big responsibility and ownership of sport!

Highlights from our Chesapeake athletes in the meet include: Chloe Swatts with Zones qualifications in all events swum, Brody Salpeter with multiple Age Group Champs and Zones qualifications, Alec Teller with an ISCA Junior National "B" cut in the 200 BR, and Lauren Gray who made finals in all of her events and achieved a 13-14 year old Age Group Champs cut in the mile.

Highlights from our Virginia Beach athletes in the meet include: 115 best times from our 19 Senior Gold athletes, Alexa Ozment broke 2 team records in the 13-14 year old 50 BK and 100 BK, Alexa's 100 BK time qualified her for the 2020 Winter Junior Nationals, and new ISCA Junior National qualifiers include Alexa, Sam Bucklew, Jena Lawlor, Lucas Barakey, Brandon Temple, Colin Mamaril, and Kristilynn Mosley. Big swims and amazing leadership came from the National group with Kaelig Michel, Edward Finman, Bobby DiNunzio, Maggie Dominick, and Noah Spain (who qualified for the 2020 Winter Junior Nationals in the 200 BR). 16 AGG athletes experienced their very first Tide team travel meet, countless swims were that of Age Group qualifying standards, we had multiple swimmers make it to finals, and had standout swims from Maggie Gahagan, Jenney Liu, Avery Taylor, Landon Luzak, Blaise VanSlyke, and Nate Keenan.

Thank you parents for your support, chaperones for your help, and athletes for your hard work!



## 757 Grand Illumination

On December 6th-8th Tide athletes headed to Williamsburg, VA to light up the pool at the 757 Grand Illumination meet with very fast swimming! It was a great opportunity for everyone to show off the hard work they were putting into the pool, and they did not disappoint.

We had a great meet in many different ways. Right from the beginning, we were going best times in our distance events and we carried that energy all the way through the meet. As a group, we were able to get people into finals spots and we had many people moving up from those spots. Overall we showed a lot of energy and camaraderie all weekend long—talk about #TIDEPRIDE!

Standout performances from our Chesapeake athletes came from: Daniel Stowell (new team record in the 11-12 500 FR and high point winner for boys), Troy Salpeter (11-12 200 BK Age Group Cut), Connor Garth, Ian Garth, Zoe Eberle, and Jaclyn Griner.

AGB and AGS MT athletes saw at least 4 out of 6 best times in all events and 8 new Age Group Cuts! AGS PA athletes swam very well and dropped a total of almost 5 and a half minutes combined. We had many athletes achieve new time standards, zone cuts, first time final swims, and experience all that goes into a prelim/final championship meet. 6 athletes achieved 100% best times (Grace, Charlotte, Lucy, Trey, Lana, and Haley), 7 athletes scored points (Charlotte, Lucy, Jack, Rania, Owen, Haley, and Avery), and many dropped a significant amount of time in events (Jessica—54 seconds, Trey—50 seconds, Haley—26 seconds, Jack—25 seconds, Grace—22 seconds, Owen—21 seconds, and Quinn—19 seconds).

Congratulations to all of our athletes on outstanding performances!



## ODAC 8&U Christmas Champs

Tide took over 80 swimmers to the 8 & Under Super Squad Holiday Meet on December 14th at Great Bridge Swim and Racquet Club. We had so many best times all around - it was a very successful meet for the Developmental program.

Tide swept the relays earning first place for both the Boys 100 M Free Relay (Max Valentine, Crosby Bennett, Andrew Markle and Ean Oluwabusola) and the Girls 100 M Free Relay (Sallie C. McCabe, Betsy McCabe, Darby Gill and Liz Cutchins).

Willie Korte & Graham Bennett both placed first in the 6 & U 25 M Free. The Tide ladies also swept the 6 & U 50 M earning the top 4 spots (Olivia Stowell, Willie Korte, Riley Kletz & Noelle Heltzer). Levi Hobbs, Henry Botting and Chris Lyashenko also took home 1st place in their individual events. We had 12 girls participate in the 8 year old 25 M breaststroke and every single one of them completed the race legally!

Our Developmental swimmers will be back in action gearing up for their next meet at ODU - the first Neptune New Year Meet hosted by Tide Swimming on January 12th. They will go on to finish the season at the final 8 & Under Circuit Meet! GO TIDE!



## College Commitments

Tide has a large senior class—22 student-athletes—this year and we would like to take the time to shout out their college commitments! So far on commitments we have:

**Lauren Barakey:** University of Tennessee

**Elle Caldwell:** University of Tennessee

**Kendall Ewing:** University of North Carolina

**Kierstin Godfrey:** Virginia Tech

**Riley Johnson:** Washington College

**Ally Kopal:** Emory University

**Gavin Lamoureux:** William and Mary

**Alex Neff:** Virginia Tech

**Nic Noto:** Marymount University

**Abby Reardon:** University of West Virginia

**Kat Vanbourgondien:** William and Mary



Our 10 student-athletes that are still deciding on where to spend the next 4 years are:

**Sam Albano, Jon Bettis, Jamie Cross, Eddy Finman, Selby Heyman, Ciarran McCollum, Kaelig Michel, Roman Pena, Valentina Porto, John Reed, and Sean Rocca.**



## Tide Masters Team



Interested in hopping back into the pool or switching up your exercise routine by getting into swimming? Tide's Masters Team provides great coaching for any level of training and a fun team environment! Whether your objective is overall health and fitness, triathlon training, or competitive swimming we offer 8 practices a week to help you reach your goals. Our Masters Team currently has 32 athletes on it and we would like to introduce you to one of them; Logan Burton.

**Q :** How did you get into Masters Swimming?

**A:** During my senior year of college; Coach Ricky, our friend Cole, our friend Josh, and I were all talking about masters swimming and potentially going to Masters Nationals. This was contingent upon all four of us swimming for the same team and all four going to the meet. We represented WMAC at the 2018 USMS Nationals and it was a blast. We decided we wanted to continue to swim and shortly after, I ran into Harrison Pierce at the Mt. Trashmore YMCA. He told me about Tide Masters and recommended I give it a try.

**Q:** How many days a week do you practice?

**A:** I swim 6 total times a week; 5 masters practices and one additional practice. In addition, I lift 3 times a week and do dryland the other 4 times. Swims last about an hour and a half and lifts/drylands last about 1 hour.

**Q:** What inspires you to either wake up before work and practice or leave work and practice at night?

**A:** Swimming early in the morning is honestly an easy choice to make. The group that goes is very lively even though it is 5am and it makes it easy to get up and stay positive. Also, I find it much easier to swim with a group than by myself making the morning session a more appealing option as opposed to swimming at night at PA.

**Q:** How many meets have you done since starting Masters Swimming? What are your thoughts on them?

**A:** I have swum in four masters meets since joining Masters in 2018. The meets are much more fun than what I am used to. Don't get me wrong college athletics was awesome but there is no added personal pressure to perform at the Masters level and it truly is just for those people who love competitive swimming.

**Q:** So you're going for a Trials Cut in the 100 FL. Have any thoughts as you prepare for this weekend?

**A:** Leading into the meet, I just tried not to over think anything. I knew it would either be there, or it wouldn't, and that if it wasn't there were other opportunities. Having gone the time previously in my career I know what it took to get there and even though I was off of it this time around, I know that if I continue to work at it I will be able to make it before the cutoff date.

**Q:** Why should someone join Masters Swimming?

**A:** I would recommend anyone who genuinely loves swimming join masters. Whether its practices, meets, the camaraderie, or just wanting to stay in shape; there is something for anyone who likes to swim. The coaches are more than accommodating with the sets, allowing for various levels of intensity, as well as modifying the sets and practices in the ways that will best fit the type of swimming you are hoping to accomplish.

We also caught up with AM Masters Coach Deion who said his goal for the group is to "provide swimmers the opportunity to achieve their personal swimming objectives in a supportive environment; whether their goals are to compete at the national level or to swim recreationally consistently". Midday Masters Coach Alex said his objective for practice is "to help masters swimmers stay fit, achieve goals, and become students of the sport for life". If you are interested in giving a workout a try please reach out to Deion : coachdeion@tideswimming.com or Alex: coachalex@tideswimming.com. You can also see the practice schedule on [www.tideswimming.com](http://www.tideswimming.com) under the "Masters" tab.



## OTHER NEWS

### TIDE PODCAST

The Tide podcast is live! It can be found by searching Apple iTunes podcasts and Tide Swimming. Members can subscribe to our channel and listen in! You won't want to miss these upcoming monthly episodes! Thank you Fred and Bob!



### KROGER COMMUNITY REWARDS

Did you know you can help team fundraising efforts by linking your Kroger card to our Tide Swimming account? You can add our Tide account by registering online, visiting a Kroger customer service desk, or calling in to Kroger Customer service.

To sign up online please visit: [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com), if you visit a customer service desk you can sign up for a Kroger card and link the Tide account, or you can call 800-576-4377 and select option 4 to determine your Kroger Plus card number.

In order for your purchases to count towards our rewards you must enter your phone number or swipe your registered Kroger Plus card at checkout.

If you have any further questions you can refer to our Team Unify page, "For Parents" tab, and select "Team Fundraising".



### AMAZON SMILE

Do you shop on Amazon? Did you know that you can support Tide by using Amazon Smile and still utilize Prime? You can visit [smile.amazon.com](http://smile.amazon.com) and select Tide Swimming as your nonprofit of choice that you wish to support.



## Coaches' Corner

This season our Tide coaches have decided to come up with monthly handouts on topics we feel are beneficial discussion starters amongst parents, swimmers, and coaches. To date we have sent out 3 articles!

Those articles topics include: Recovery, a series for specific age groups of swimming (Developmental, Age Group, and Senior), and Nutrition!

Have you taken the time to read any yet? Has it provoked any meaningful conversations with your swimmers or fellow parents? If you have any feedback please pass it along to your swimmer's coach!

While these articles have currently been distributed via email we hope to have them on our Team Unify page soon!



## Club Excellence Results

The results from USA Swimming's Club Excellence are out and Tide Swimming received the Silver Medal Club status! The Club Excellence program identifies clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes. The top-20 clubs earn gold level ranking and those rated 21-100 are designated as silver honorees. The next 100 clubs are recognized at the Bronze level.

**Tide ranked 39th of over 3000 participating clubs. This is the highest ranking ever achieved by our program and sets us as the highest performing team in Hampton Roads!**

Each team's ranking score is based on the FINA Points Table, a power point rating system that assigns point values to individual swimming performances based on the Gold, Silver or Bronze time standard. Starting with the 2018 Club Excellence rankings, Gold swims were multiplied by a factor of 2.0; points for Silver-level swims were increased by a factor of 1.5. Open water swimmers are eligible to score points based on their finishes at the 2019 USA Swimming Open Water National Championships and Junior National Championships.

## UPCOMING MEETS



**JAN 16-19: KNOXVILLE PRO SERIES**

**JAN 18-19: 757 SPLASH AND DASH**

**JAN 24-26: IMX GAMES**

**FEB 7-8: ODAC 8&U CHAMPS**

**FEB 14-16: CGBD DISTRICT CHAMPS**

**FEB 28-MAR 1: CGBD REGION CHAMPS**

**MAR 5-8: SENIOR CHAMPS**

**MAR 12-15: AGE GROUP CHAMPS**

**MAR 24-28: ISCA TYR JUNIOR CUP**

**APR 1-4: ZONES**

\*please be sure to commit/decline to meets on Team Unify! Championship season late entries incur a late fee of \$10.

## Tide Swim School

Tide is thrilled to announce that Tide Swim School's Founder and first Swim School Director, Coach Katherine Kardok, has returned to her position full time after a brief sabbatical. Katherine founded our Swim School in February 2016 and was instrumental in designing the swimmer progression and in shaping our teaching philosophy. Katherine has an extensive background in aquatics, including as a swimmer herself, a swim instructor, swim school owner, and youth swim team coach.

Katherine is back on deck as of January 6th! Should you know anyone interested in taking lessons or anyone interested in becoming an instructor please do not hesitate to reach out to Katherine!

Email: [coachkatherine@tideswimming.com](mailto:coachkatherine@tideswimming.com)

Phone: (781) 413-1950

