



AGGIE SWIM CLUB NEWS

**FEBRUARY
EDITION**

YOUR MONTHLY NEWSLETTER ABOUT OUR TEAM!

UPCOMING MEETS

Date	Meet	Location	Eligible Swimmers
Sunday February 8th	Team Intrasquad Meet	TAMU Rec Center	All AGS swimmers
Friday-Sunday February 20th-22nd	Gulf 12&Under Champs	TBD	All 12&Under swimmers 8&U athletes must have 10&U B time standards in the next shortest event to swim 200/500 free & 200 IM
Friday-Sunday February 27th-March 1st	Gulf 13&Over Champs	TAMU Rec Center	All 13&O swimmers

FEBRUARY BIRTHDAYS

NOLAN ASSAD 02/02

ANNA BIAN 02/04

SHREYA SARIPALLI 02/04

FALLON ROCKETT 02/07

ALETHIA JOHNSON 02/07

BRODY WOOLARD 02/10

BOWEN PAN 02/11

GENEVIEVE LEE 02/11

GEORGE BANKS 02/17

DECKLAN KLEIN 02/18

LOUIS HU 02/19

AIZERE NURBOL 02/17

JUNSEOK CHOI 02/22

AVA MCKINLEY 02/24

JAMES LIU 02/25

LORCAN O'BRIEN 02/26

FEATURED THIS MONTH

- TAGS & SECTIONALS QUALIFIERS
- NEED FOR PARENT VOLUNTEERS
- EQUIPMENT NEEDED TO BE SUCCESSFUL
- IMPORTANCE OF STAYING WARM AT MEETS

TAGS QUALIFIERS

"TAGS" STANDS FOR TEXAS AGE GROUP SWIMMING CHAMPIONSHIPS, A MAJOR END-OF-SEASON MEET FOR TOP YOUNG SWIMMERS (14 & UNDER), REQUIRING SPECIFIC QUALIFYING TIMES (FASTER THAN "AA" STANDARDS) TO ENTER.

10&UNDER BOYS:

MASON KUTZENBERGER – 50 FREE, 50 BACK, 100 BACK

11-12 BOYS:

THOMAS KIM – 50 BACK

13-14 GIRLS:

MINDI LY – 50 BREAST, 100 BREAST, 200 BREAST

VICKY ROBINSON – 200 BACK

SECTIONALS QUALIFIERS

SECTIONALS ARE MAJOR REGIONAL CHAMPIONSHIP MEETS SERVING AS A KEY STEPPING STONE BETWEEN LOCAL/STATE MEETS AND NATIONAL-LEVEL COMPETITIONS (LIKE FUTURES OR NATIONALS), FEATURING TOUGH TIME STANDARDS FOR SENIOR SWIMMERS (TYPICALLY 13+).

BOYS:

ETHAN JIANG – 100 BREAST, 200 BREAST, 200 FLY

JADEN KWOK – 50 FREE, 100 FREE, 100 BACK, 100 FLY, 200 FLY, 200 IM

LOGAN KWOK – 100 BACK, 100 FLY, 200 IM

WILLIAM LUO – 100 BREAST, 200 BREAST

KOLBY MARTIN – 50 FREE, 100 FREE, 200 FREE, 500 FREE, 100 BREAST, 200 BREAST, 100 FLY, 200 FLY, 200 IM, 400 IM

NEAL PANG – 100 BREAST, 200 BREAST, 100 FLY, 200 IM, 400 IM

JOSEPH QUAVE – 100 BREAST, 200 BREAST

BROCK ROTHER – 100 BACK

NATE SHERRARD – 50 FREE, 100 FREE, 200 FREE, 100 BACK, 200 BACK, 100 BREAST, 200 BREAST, 100 FLY, 200 FLY, 200 IM, 400 IM

EDWARD YANG – 200 IM

GIRLS:

HELEN HUNZIKER – 100 BREAST, 200 BREAST

ARIANA LARSEN – 100 BACK, 200 BACK, 100 FLY, 200 FLY

MINDI LY – 100 BREAST

BROOKLYN POOLE – 50 FREE, 100 BREAST, 200 BREAST, 200 IM, 400 IM

NEED FOR PARENT VOLUNTEERS: OFFICIALS

WHAT OFFICIALS DO: OBSERVE RACES AT MEETS TO MAKE SURE SWIMMERS ARE COMPETING SAFELY AND FAIRLY.

WHAT'S REQUIRED:

- WILLINGNESS TO LEARN SWIM RULES (TRAINING IS PROVIDED)
- ABILITY TO STAY FOCUSED AND ATTENTIVE DURING RACES
- COMFORTABLE STANDING OR WALKING ON DECK FOR EXTENDED PERIODS
- COMPLETION OF REQUIRED CERTIFICATION (ONLINE MODULES AND 4 ON-DECK TRAINING SESSIONS)

TIME COMMITMENT:

- TRAINING: A FEW HOURS TOTAL
- MEETS: TYPICALLY 1 SESSION PER MEET (ABOUT 4 HOURS), DEPENDING ON AVAILABILITY

WHY IT MATTERS:

MEETS CANNOT RUN WITHOUT OFFICIALS—THIS IS ONE OF THE MOST CRITICAL VOLUNTEER ROLES, AND OFFICIALS ARE ALWAYS IN HIGH DEMAND.

NEED FOR PARENT VOLUNTEERS: MEET DIRECTORS

WHAT THEY DO: MEET DIRECTORS OVERSEE THE PLANNING AND EXECUTION OF SWIM MEETS. THEY HELP COORDINATE LOGISTICS BEFORE AND DURING THE MEET.

WHAT'S REQUIRED:

- STRONG ORGANIZATION AND COMMUNICATION SKILLS
- COMFORT COORDINATING WITH COACHES, OFFICIALS, AND VOLUNTEERS
- ABILITY TO PROBLEM-SOLVE AND STAY CALM UNDER PRESSURE
- SOME TRAINING OR GUIDANCE (OFTEN SHADOWING A CURRENT MEET DIRECTOR)

TIME COMMITMENT:

- BEFORE THE MEET: SEVERAL HOURS SPREAD OUT OVER DAYS OR WEEKS
- MEET DAY(S): MOST OR ALL OF THE MEET SESSION(S)
- THIS ROLE CAN BE SHARED OR ROTATED TO REDUCE WORKLOAD

WHY IT MATTERS:

MEET DIRECTORS ARE THE BACKBONE OF A SUCCESSFUL MEET. THEIR LEADERSHIP KEEPS EVERYTHING ON TRACK AND ALLOWS COACHES AND SWIMMERS TO FOCUS ON PERFORMANCE.

HOSPITALITY COMMITTEE MEMBERS

WHAT THEY DO: HOSPITALITY VOLUNTEERS GET FOOD DONATIONS TO FEED OFFICIALS AND COACHES WHO CANNOT LEAVE DURING MEET SESSIONS.

WHAT'S REQUIRED:

- GETTING FOOD AND DRINK DONATIONS FROM LOCAL RESTAURANTS AND VENDORS
- WORKING WITH OTHER COMMITTEE MEMBERS TO COORDINATE ALL NEEDED MEALS
- NO SPECIAL TRAINING NEEDED

TIME COMMITMENT:

- BEFORE THE MEET: PHONE CALLS AND EMAILS TO VENDORS WHICH CAN BE DONE FROM HOME

WHY IT MATTERS:

THIS ROLE HELPS CREATE A WELCOMING AND APPRECIATIVE ATMOSPHERE FOR THOSE GIVING THEIR TIME ON DECK = A BETTER MEET EXPERIENCE FOR EVERYONE!

**IF YOU ARE INTERESTED IN BECOMING AN OFFICIAL, MEET DIRECTOR OR
HOSPITALITY COMMITTEE MEMBER PLEASE EMAIL US AT
AGGIESWIMCLUB@GMAIL.COM.**

Are you a flip turn?
Because you make
my heart do
somersaults!

To:
FROM:



You make my heart race like
the 200 butterfly.



**DON'T NEED GOGGLES
TO SEE YOUR BEAUTY**

TO:
FROM:



WHAT IS EQUIPMENT AND WHY IS IT NECESSARY:

The most everyday swimming items are the most necessary pieces of equipment: a swimsuit, goggles, and cap. At a minimum, swimmers should have these three things every day at practice.

Make sure your swimmer's suit fits correctly. Many parents think the practice suit should be baggy and give some room to grow into. However, the realistic lifespan of a practice swimsuit is approximately 3 months, depending on how many practices a swimmer attends. Proper suits should be snug without wrinkles or gaps. Boys' jammers should fit snugly above the knee and should not dangle loosely below the knee. Suits should not be see-through or saggy.

At higher levels, coaches have swimmers use certain equipment like kickboards, snorkels, fins, paddles, pull buoys and more. Equipment used during practice varies depending on what the practice is focused on, but all equipment is used for the same purpose: to help the swimmer concentrate on certain aspects of their stroke so they can make corrections to swim faster.

Always remember - having the proper equipment also means bringing a towel for after practice so you can dry off, AND having something to wear when leaving the facility so you don't get too cold.

Never be afraid to email or talk to the coaches about what equipment you should bring and have for practice, meets, etc. The coaches are here to help and teach and they are an easy resource to utilize!

AGS EQUIPMENT NEEDED BY PRACTICE GROUP:

Novice—Suit, Goggles and Cap. Swimmers should not wear 2 piece suits or board shorts. Swimmers should not wear swim shirts or rash guards as they tend to create drag and force the swimmer to make unnecessary movements and learn to swim incorrectly. Shirts and rash guards do NOT keep a swimmer warm in the water.

Development – Same as the above

Age Group—The above and swim fins and pull buoy (not scuba fins)

Junior – The above PLUS TYR burners, Speedo snorkel, Ankle Locks, Stick and FINIS small Paddles

Senior— The above plus and Strokemaker green Paddles and Arena power fins

Check with your swimmer's coach to see if any of the above equipment will be provided at your practice location.

RECOMMENDED MEET EQUIPMENT:

- Meet Suit •Ags Team Cap (REQUIRED) •Goggles •Ags Team T-shirt (REQUIRED) •Towels •Shoes/Flip Flops
- Warm Ups (Top/Pants) •Snacks (Food/Drink) •Chair

WHY IS IT IMPORTANT TO STAY WARM AT A MEET?

WHEN YOU THINK ABOUT STAYING WARM WHEN IT COMES TO SWIMMING WHAT DO YOU THINK ABOUT? DO YOU THINK ABOUT WARMING UP BEFORE A RACE, KEEPING WARM DURING A SWIM MEET OR JUST COVERING UP BEFORE OR AFTER PRACTICE?

WHY TO WARM UP BEFORE RACES: RACING IS VERY HARD ON YOUR BODY. THE IMMEDIATE MOVEMENT FROM WAITING TO DIVING INTO THE POOL AND TRYING TO GO AS FAST AS YOU CAN WHETHER IT'S ONLY FOR A 25, 50 ALL THE WAY UP TO A 1650 PUTS A HIGH STRAIN ON YOUR BODY. WARMING UP PREPARES YOUR BODY FOR THE HEIGHTENED EXERTION. WARMING UP ALLOWS YOUR JOINTS TO LOOSEN UP AS WELL AS INCREASES YOUR HEART RATE. WHY DOES INCREASING YOUR HEART RATE MATTER? AS YOUR HEART RATE INCREASES THAT IN TURN INCREASES THE BLOOD FLOW TO YOUR MUSCLES. YOUR MUSCLES NEED OXYGEN TO WORK SO THE MORE OXYGEN YOU CAN DELIVER TO YOUR MUSCLES THE MORE EFFICIENTLY THEY WILL WORK. ALSO, WARMING UP RAISES YOUR BODY TEMPERATURE, WHICH IN TURN, IMPROVES YOUR MUSCLE METABOLISM. WHICH JUST MEANS YOUR MUSCLES WILL PERFORM FASTER AND MORE EFFICIENTLY. THAT MEANS A BETTER CHANCE OF GOING FASTER IN THE WATER.

KEEPING WARM AT A SWIM MEET: TO BE ABLE TO SWIM TO THE BEST OF YOUR ABILITIES YOUR CORE TEMP NEEDS TO BE RAISED, AND YOUR MUSCLES NEED TO BE PRIMED. AT THE BEGINNING OF EVERY SWIM MEET, YOU HAVE A LONG WARM UP THAT HELPS YOU GET YOUR BODY LOOSE AND YOUR TEMP UP, USUALLY HELPING YOU COMBAT THAT LONG CAR RIDE TO THE SWIM MEET OR THAT EARLY MORNING RISE FROM YOUR BED. BUT AFTER THE FIRST WARM UP THERE USUALLY IS A GOOD AMOUNT OF TIME YOU END UP SITTING AROUND WAITING FOR YOUR FIRST RACE OR BETWEEN YOUR RACES. WHILE YOU WAIT AND THE MORE YOU SIT AROUND THE MORE YOUR CORE TEMP DECREASES, AND YOU COOL DOWN WHICH CAUSES YOUR MUSCLES AND JOINTS TO TIGHTEN UP. TO COMBAT THIS FROM HAPPENING, DOING THINGS LIKE COVERING UP WITH A PARKA OR WEARING WARM CLOTHES WILL HELP MAINTAIN YOUR CORE TEMPERATURE SO YOU DON'T HAVE TO WARM UP AS MUCH IN THE WATER RIGHT BEFORE YOUR RACE, ENABLING YOU TO COMPETE THE BEST YOU CAN WITH LESS LIKELIHOOD OF INJURY.

STAYING WARM BEFORE AND AFTER PRACTICE AND SWIM MEETS: WITH THE WEATHER GETTING COLDER STAYING WARM AND DRY OUT OF THE POOL IS JUST AS IMPORTANT AS SHOWING UP TO PRACTICE. HOW DO YOU GET BETTER AT ANY SPORT? PRACTICE! LOTS AND LOTS OF PRACTICE! WITH IT GETTING COLD OUT THE LIKELIHOOD OF SICKNESS LIKE COLD, FLU, STOMACH BUGS, ETC. IS RISING. IF YOU GET SICK YOU CAN'T ATTEND PRACTICE OR PUT FORWARD AS MUCH EFFORT AS YOU USUALLY CAN. WHEN YOU GET OUT OF PRACTICE, DRYING OFF THOROUGHLY AND PUTTING ON A DRY PAIR OF CLOTHES CAN HELP COMBAT THE LIKELIHOOD OF GETTING SICK. AS YOUR BODY TEMP DECREASES SO DOES THE EFFECTIVENESS OF YOUR IMMUNE SYSTEM. IF YOU ARE WALKING AROUND AFTER OR BEFORE PRACTICE EXPOSED TO THE ELEMENTS AND COLD/WET, YOU ARE INCREASING THE LIKELIHOOD OF GETTING SICK EXPONENTIALLY. THE SIMPLE ACTION OF PUTTING ON A DRY PAIR OF CLOTHES, WEARING A PARKA/JACKET, AND OR PUTTING ON SOCKS AND SHOES CAN HELP KEEP YOUR BODY WARM AND YOUR IMMUNE SYSTEM WORKING IN FULL SWING.