

TAC SWIM TEAM NEWSLETTER



Coming Events 2023

9th January: Practices commence TACST

25th January: RPN #1, Sign up via the calendar.

5th February: St Mary's Winter Kanto Plains Championships, Sign up via the calendar

3rd & 4th March: Panthers, International School of Bangkok Splash Meet, information and expressions of interest is on calendar.

All entries for meets through the swim team calendar. Events and dates are subject to change. You will be notified by email of any changes

Happy New Year

From all the coaches we hope all swimmers and their families had a very Merry Christmas and Happy New Year. Thank you for all the support in 2022. We look forward to another even more successful year in 2023.

We had a pretty busy last few weeks of 2022 in the swim team. Below is just a brief write up of each meet we hosted/participated in and just a few of the outstanding efforts at each meet.

All results are available on the calendar. Please go take a look and see the improvement and achievements of our swimmers.

TAC Quad Meet

It was great to see the turn out from St Mary's, BST and Yokosuka at our TAC Quadrangular Meet. This is the first time we have had 4 teams at the pool for a meet. the venue was pumping with such a positive atmosphere and the meet ran at an exceptionally fast pace. Excellent swimming from; Keenan Joyce, Senna Sekiguchi, Lillian Gallagher, Antonio Bechara Tasca and Elena Argesanu along with the rest of the team pulled out all stops to help win the TACST Quad Meet Winning Team trophy. Well done TACST.



Tokyo Elementary School Swim Meet, Tatsumi

We took a small team of 9 elementary swimmers to our first meet at Tatsumi International Swimming Centre since 2018. Although all of our swimmers had never competed at this level before, they did a fantastic job. They all stepped up another level and performed like seasoned swimmers. This was a great experience for all who competed and we hope to take a larger team next time. Congratulations to; Henry Brooke, Senna and Kaito Sekiguchi, Momoka Iwamoto, Max Asari, Mutsumi Evans, Rylan Ouk, Nyla Deshpande and Kyna Joyce.



St Mary's Thanksgiving Swim Meet

It was great to be back at St Mary's after more than two years of no meets. The meet was small but, full of quality swimming. Our 12 years girls dominated with Sakura Freeman, Kyna Joyce blitzing the pool. Other stand out performances from Henry Brooke, Sophie Olsen, Kenny Schamisso and Max Asari. Adolfo Albaisa, Sophie Olsen and Kate Asari, our first time competitors did a fantastic job.

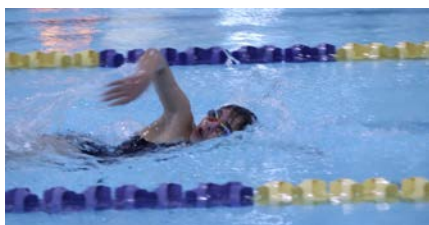
Our next meet at St Mary's will be in February 2023 and with the 25m (SC) program its great for our 8&Under team members to try an away meet. So they signed up.

TACST Distance Championships

Great work from all our team who took part in our annual Distance Championships. Some of our very young swimmers challenged themselves and complete the longer distances. Those that did not get their awards at the Christmas Bowling Party, please drop by the pool office and grab them.

Yokosuka Snowflake Swim Meet 2022

Another great team effort at our last Yokosuka Meet for 2022, TACST dominated the events with a bunch of ribbons, medals and PB's from all of our team. Outstanding efforts from; Tristen and Travis Lee, Emily Schamisso, Nyla Deshpande, Danielle Ouellette, Maya Hathaway, Luke Aoyagi, Kodai Nohara, Yuki Kohari, Jessica Tappenden and Charlotte Rahimi (swimming for TAC for the very first time).



Yokosuka swim meets are always a fun event and we encourage new young swimmers to have a go.



Panthers' International School of Bangkok Splash Meet, 4th & 5th March



We are looking to send a team to the ISB Splash Meet at the beginning of March, previously we took teams overseas to swim meets Beijing, Hong Kong and Taiwan on a regular basis, usually one a year. If you are interested in participating please fill in the form below, or go to the calendar for more details.

[https://docs.google.com/forms/d/](https://docs.google.com/forms/d/16Vfty_2lN7Ci4C7qkt7gaLprPC9n72bJETUbhv_5xcQ/edit)

[16Vfty_2lN7Ci4C7qkt7gaLprPC9n72bJETUbhv_5xcQ/edit](https://docs.google.com/forms/d/16Vfty_2lN7Ci4C7qkt7gaLprPC9n72bJETUbhv_5xcQ/edit)

These meets are self funded but organized and run by the TACST. All swimmers stay together in a hotel near the pool, travel too and from competition and spend down time together as a team. These meets are a great opportunity not only to swim fast with the hype of traveling overseas but, also build friendships and experiences that will last a lifetime.

Isaku Takagi

Isaku Takagi joined our swim team just over a year ago in our Intermediate group. He quickly got into competing at our RPN's and then started moving through the levels and then competing at away meets like Yokosuka. Isaku then took on the challenge of competing and representing TACST at Japan Para Swimming events in the later half of 2022. Firstly the 25th Annual Japan National Swimming Championships for athletes with intellectual disabilities (Para swimming). A nationwide competition held in Saitama on November 27, where he placed 6th for his 100m Free and 10th for 50m Free overall in his class. In Hamamatsu Shizuoka on December 18, Isaku competed in another nationwide competition, the Glico Challenge Swim 2022 - 12th Annual JCSA National Swimming Championships for athletes with intellectual disabilities (para swimming). Isaku won both of his races, 50m and 100m Free in his class and keeps dropping his PB's. Fantastic efforts Isaku.

Isaku has now qualified to be part of the Mimi Swim Team in Tokyo and swim alongside swimmers that are already Japan National Record holders in the Para Swimming and

representing Japan at the Vitus Oceanic games.

Congratulations to Isaku on his achievements in such a short time and we wish him all the best for the future.



Swimming in 2023

We would like swimmers to seriously think about committing more to their swimming. Obviously there is a huge difference between the swimmer that practices 2 to 3 times a week and the one that does 4 to 5 practices. The feel for the water, flexibility and specific strength that the later swimmers develops is leaps ahead. We will be shuffling lanes according to commitment and attendance.

Dry Land and Stretching

There will be 15minutes of land based exercise before every practice starting from **5:30pm to 5:45pm. All Development Group swimmers are expected to participate.**

Swim equipment

Some of our team members did not purchase or bring their snorkels (snorkels for Silver, Gold only) or fins to practice (below items) so, this made it difficult for coaches to run the sets and get full use out of the equipment. Please make sure you have both snorkels and fins by January 9th. Swimmers can store their fins and snorkels in the Swim Team box on pool deck. We suggest you get a mesh bag and clearly write your name on your items, this does wear off so needs to be rewritten from time to time.

Swim Fins

Level Bronze and above will need to purchase some decent swimming fins for practice. We recommend the Hydro Tech 2 (as seen in the picture, link below). They can be purchased online or from stores like “Zyuen” in Ueno. <http://z-b.co.jp/shop/ameyoko/>

HydroTech 2 <https://www.hydrosportz.com/fins>



Swim Snorkel

In addition to the swim fins, all swimmers in Gold and Silver only must purchase a swim training snorkel. Some of the benefits of snorkels are balancing the stroke, improves kick rating, better technique through habit and visibility, feel for the water at max speed, especially with fins, and swimmers can feel the correct position for the head. I also think that it is a new skill to develop and helps break up the monotony of practice, new different activities stimulate minds and help focus,

We have no preference to which snorkel swimmers should buy, it probably comes down to personal preference, but FINIS is rated quite high. **We would like everyone to have their snorkels by the beginning of Session 1 9th January.**

Swimmers having trouble with the snorkel may wish to buy the nose peg to help with the breath control



Swim Team Schedules

I always get quite a few questions about how swim team and missed practices, Change of schedules etc. work. Firstly we are pretty flexible with the practices and swimmers can take a make up practice on any other day if you let us know in advance.

Level 4, 5 and Junior swim twice a week Monday / Wednesday and Tuesday / Thursday. If you need to swap a day every now and then due to schedule clashes/illness we can accommodate.

Swimmers in the following levels usually are older have more school and activity commitments and need to learn time management therefore, we do not have set days of practice but require to come to the group's required days per week.

Intermediate swimmers can attend any two days (more if you like) Monday to Thursday. These days can change from week to week depending each swimmers schedule. Minimum two days per week.

Development Levels, Bronze, Silver and Gold We expect swimmers in these levels to attend a minimum of three practices per week but, if they wish to really improve and take their swimming seriously should attend four or more. Practices run Monday to Friday evening only at the moment, Friday morning will commence again when we can guarantee a decent turn out.

Swim Team & Youth Activities

Friday the 30th September we held a team building/social event for the swim team which included some swimming and a BBQ. It was very well received and all looked to enjoy themselves. We plan to do regular activities that may or may not be swimming related but are aimed to get the team together and create a fun and inclusive environment.

We already have some ideas in the pipeline but would like to hear from our swimmers. If our swimmers have any ideas please come and talk to the coaches. We will definitely consider any reasonable requests. Thanks Agnes, Johnnie, Farid, Marcin



Swimming during COVID 19

Thank you to everyone for cooperating with the swim team guidelines to keep our team safe. With fewer case numbers we have seen some things go back to normal with the swim team and practices.

Swimmer Guidelines

- If a swimmer or any member of their family feels unwell at all, has cold or flu like symptoms, please refrain from coming to the practice/club until fully recovered.
- If a swimmer or family member is a “Close Contact” of a person with a suspected or confirmed COVID-19 infection, please refrain from coming to the practice/club and seek medical advice.
- Swimmers will need to wash their hands with hand sanitizer before entering the pool area.
- Swimmers must bring their own drink bottles.
- Swimmers should try to leave the pool area quickly after practice and remember social distancing in all other club areas.
- The coaches will also be practicing good hygiene and social distancing.
- If you wish to communicate with the coaches about anything please do so by email at tac.swimteam@tac-club.org

TAC Swim Team's Competitive Swimming

Our swim team not only aims to produce competent swimmers, but encourages swimmers to compete and enjoy the successes gained from fun, friendly & fair competitions. There are competitions for all levels, from our friendly club Race Practice Nights to the highly competitive Japan Amateur Swimming Federation meets. Below is a brief introduction to the meets available. **All of our RPN's, TACST Championships and Away Meet deadlines are 20:00 (8:00pm) on the specified deadline date.**

Swim Team Calendar

The calendar is the most accurate and current source of information about swim team meets and events. The calendar has been updated as much as it can at this time. It also has all meet results and scores archived from previous years. We try to put as much information onto the calendar as we can; before and after each event, so please browse through it.

Any Questions?

Please send any queries to; tac.swimteam@tac-club.org

Meet & Event Information

Go to the swim team calendar below and click on any date;

<https://www.google.com/calendar/embed?src=tacmudsharks%40gmail.com&ctz=Asia/Tokyo>