

MUDSHARKS' NEWSLETTER



Coming Events 2019

11th February: National Holiday schedule practice

28th February: RPN #2, entries due; 25th January.

(Please note this a Thursday night RPN)

9th & 10th March: St Mary's Age Group Championships, entries due; 27th February.

17th March: TAC Winter Sprinter, entries due 10th March.

27th March: RPN #3, entries due; 25th January.
(Wednesday night RPN)

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

St Mary's Kanto Plains Champs

A big congratulations to all that competed at the Kanto Plains Championships, Outstanding efforts from all particularly our Age Group High Points trophy winners; Sakura Freeman (3rd place), Cameron Jamieson (3rd place) & Fei Waddington (equal 1st place)



Other efforts worth a mention are; Ren Barker took approximately 3sec off her PB's, Alison Okopny dropped a huge 16sec in her 100m Free, Isabella Ouellette shaved over 3sec in her 200m Free, Sofia Fini gained over 3sec in her 100m Free and 50m Fly, Ken Nakao decreased his 100m Breast by 4.3 sec and Terri Park got a 4.1sec and 5.1sec PB in her 50m Breast and 100m Free.. First timers at an away meet Chris Park and Beau Salyards also did a fantastic job. Chris gained 4.8 sec in her 100m Breast and 9.1sec in her 100m Free and Beau smashed 5.5sec off his 25m Breast.



Its pleasing to see all the improvements of our swimmers so early in the season and with more consistent hard work we can all expect even better results next time. However there were a number of disqualifications on the day and we will be working on these with the groups over the next couple of weeks.

Keep up the good work everyone.

Moving UP

Well done and congratulations to Maria Salyards and Maya Harrison for jumping up a level from JJ's to Juniors/Intermediate Level. They're now slogging it out with longer sets, faster cycles and a longer practice, take on the challenge girls. If anyone wishes to try-out for a higher level please contact the pool office to arrange a day and time.



Team Records

The Swim Team Records are now available on the website and are updated regularly, please check it out there are some very old records on there and these could be the goals for our swimmers to strive for. This also shows that our team has been at a consistently high standard for quite some time. Congratulations to all those record holders.

Changing Room Etiquette

There have been a number of complaints recently in regard to the swim team's behaviour in the club Changing Rooms. Please keep in mind that we share these facilities with other club users and should be used as changing rooms only. Keep the noise to a minimum, tidy up after using the areas, be courteous to other members and staff at all times. Swimmers should not be using cameras or smart phones in these areas either. In regard to the family changing rooms, rooms should not be reserved and should be occupied on a first come basis. Please don't linger and where possible, swimmers should share the facilities to reduce the time the rooms are taken up.

Mudsharks' Competitive Swimming

Our swim team not only aims to produce competent swimmers, but encourages swimmers to compete and enjoy the successes from fun, friendly & fare competitions. There are competition 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.

Race Practice Nights

Friendly intra club meets run on the last week of every month alternating Wednesday and Thursday, **yes now on Thursdays too.** Entries due the Monday before. Warm-ups from 5:30pm races start 5:45pm to approx 7:00pm.

Swimmers choose from a selection of events. Swimmers that can complete a full 25m of any stroke are welcome to participate. I encourage all swimmers to participate. Swimmers must sign-up for these races so they get the full competition experience, from registering through to racing. There is flexibility in getting swimmers in at the last minute but we do not encourage it.

St Mary's Buccaneers' Meets

These meets are open to all ages and range from beginners levels to Japan National championships levels. Swimmers should have competition experience or swam at least one RPN before signing up for these meets. Meets run for the full day (Invitationals are two full days). Entry fees apply, competition is against the international swimming community and some Japanese teams

Yokosuka Swim Meets

These meets are currently pending but are run at the Yokosuka Naval base and require more paperwork than other meets. Open to all levels of swimmers with meet experience and who can swim 50m of any stroke. Our team travels to and from via bus. Fun full day trip down to the military base. Entry fees apply, competition is against the international swimming community and some Japanese teams

Japan Amateur Swimming Federation Meets

These meets require swimmers to have recorded equal to or faster than qualifying times, qualifying times vary meet to meets. Swimmers will be competing against local Japanese teams. Eligible swimmers will be invited by email to compete. This is a very high level of swimming competition, some of the best age groups swimmers in Tokyo.

Signing Up

All sign ups are through the Google Forms available on the Mudsharks' Calendar. Click on; the date of the meet - "more information" - open the attachments for more details of the meet - choose events from the list - fill in the "entry form" - click submit. I cannot accept any late entries or entries via email.



After You Have Signed Up

RPN's

You should receive an automatic receipt that you have signed up
 A program will be sent out and posted on the calendar lunchtime on the day of the meet.
 Scratches will be put down as No Shows(NS), there is not enough time to make changes to the program.
 Results will be posted the night of the meet or early the next day

Away Meets

You should receive an automatic receipt that you have signed up
 Entries will be sent out for checking and available on the calendar shortly after the deadline.
 If you do not receive an email, please check the calendar.
 If you are not on the list send us an email ASAP.
 After entries have been finalised, information on the meet will be sent out.
 Entry fees will still need to be paid for no-shows or late scratches.

Overseas Meets

We have had a little bit of interest in the overseas meets that we have been invited to, thank you to those that responded, but not enough to warrant sending a team. If you are interested please email me at mudsharks@tac-club.org with your expressions of interest.. We have been invited to a number of overseas meets please see the list below of possible meets and dates in 2019.

Songdo Spring Swim 2019	5th - 7th April (Chadwick Int'l School)
Hong Kong Stingrays (Hong Kong)	10th - 12th May
Hong Kong Mantas (Hong Kong)	8th & 9th June (still TBC)

I am looking at the Hong Kong Mantas meet in June to attend, please let me know if you are interested. On the other hand, if you would prefer another meet, please let me know and we may change if we have enough interest.

We will keep everyone updated with all information.

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, even with entry forms for the RPN and St Mary's meets. Please refer to this for upcoming events and scheduled meets, instead of relying on reminder emails. All meet results are also posted onto the calendar within 2 days of the meet. 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; mudsharks@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&tz=Asia/Tokyo>