

MUDSHARKS' NEWSLETTER



東京

TOKYO AMERICAN CLUB

Coming Events 2019

11th March: National Holiday schedule practice

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

12th April: Swim Meet & Mingle, entries due; 8th April.

20th April: Tatsumi Tokyo South Block Spring Meet, entry by qualification

25th April: RPN #4, entries due; 23rd April.
(Thursday night RPN)

10, 11th & 12th May: HKIS Stingrays Invitational Meet

14th, 15th & 16th May: Mudsharks Championships 2019, entries due; 7th May.
(Date changed)

2nd June: TAC All Comers 2019, entries due; 24th May

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 March Age Group Champs

An awesome effort from everyone that attended the March Age Group Champs last weekend. The two day event had 21 teams including teams from China and the Philippines with over 500 swimmers, there was plenty of really good competition. We had so many swimmers achieve PB's there are too many for me to list. There were some outstanding efforts from our swimmers though; Justin Okopny winning 3rd place overall for boy's 8&Under, Nyla Deshpande came 6th for 8&Under girls, Leo Mizuno and Cameron Jamieson came 4th and 6th respectively in the 11&12 boys and Christopher Hathaway came 7th for 13&14 boys. Fantastic!



The performance that our swimmers gave over the two days was outstanding and good enough to get our team the 2nd place from the meet, behind St Mary's and 1 point in front of Shanghai Swim Club. To get such a high rank in a meet like this shows how strong we are becoming and the depth that we now have in our team. Lets keep up the momentum. All results are available on the calendar. Well done TAC.



RPN #3

Our Race Practice Night on the 28th of February was a very special RPN. We were lucky enough to have 6 Pizza vouchers from Dominos Pizza up for grabs. These were kindly offered to us from Josh Kilimnik (Spencer & Fraser's father). We awarded the vouchers to the swimmers that had the biggest drop in time from previous PB's. The winners were Nyla Deshpande, Mahanur Islam, Ren Nakao, Ricky Miller, Jack Roberts, Maria Salyards. Great stuff.



Thanks again to Dominos Pizza and we look forward to more support in the future to help us recognize outstanding efforts in our swim team. This was our first RPN on a Thursday night, we will be alternating Wednesday.

Thank you also to Nato Hamada, Hiroko Freeman, Eriko Soyama, Nikki Kilimnik, Babi Lang, Shantha Deshpande, Ellen Yang, Nagisa Nakao and Agnes Ouellette. We will alternate Wednesday and Thursday each month from now on, so all of our swimmers have an opportunity to participate. Please make sure you sign-up through the calendar.

Winter Sprinter

What a great meet last Sunday. Our annual Winter Sprint Meet was back better than ever after being missing since 2014. There were so many records broken which is great to see, with 62 swimmers in total adults and children, with a number of swimmers from outside the swim team. make sure you all sign up for June's TAC All Comers Meet.

The meet ran really smooth due to the help from all volunteers, so thank you to Francesco Fini, Shantha Deshpande, Junko Mizuno, Keli Okopny, Gabri Lang, Holly West, Géraldine Williamson, Ellen Lang, Nancy Ngou, Yuriko Lo and Agnes Ouellette. All results are available on the calendar and ribbons and medals are available from the pool office.



Session 2 Sign-ups

Please make sure you sign up for Session 2 before Monday the 25th March. We will be sending out notification to any swimmers that have advanced up a level in the team. We would also like to recognize these swimmers by putting a photo in the newsletter.

Changes for Session 2

We have made a couple of minor changes to the levels so we can accommodate the swimmers advancing in the program. We are very short of space at the top end of our swim team with our biggest group being the Competitive Development Group. Therefore we have decided to call all swimmers that attend the 5:30 to 6:45pm practice "Intermediates". All current Juniors have been promoted to Intermediates. We will make the adjustment for those that have signed up already.

We will then create a smaller "Junior" level in the 4:45 to 5:45pm time slot to cater for the JJ's moving up. Mini Muddies and JJ's will still remain at the 4:45 to 5:45pm time slot, "Juniors, JJ's and Mini Muddies" will have one lane each.

Intermediate swimmers can practice any days, Monday to Thursday, they are required to come a minimum of twice a week.

Competitive Development Group: M-F; 5:45 to 7:15pm F; 6:00 to 7:30am (minimum of 3 practices/wk)

Intermediate Group: M-Th; 5:30 to 6:45 (minimum of 2 practices/wk)

Junior, JJ's, Mini Muddies: M&W or T&Th; 4:45 to 5:45

2019 Stingrays' Meets

We are getting set to take off to the Stingrays Invitational Meet in Hog Kong on the 10th, 11th & 12th May. We have a good size team of 24 swimmers attending and spanning the whole age range 8 to 15 years. We are looking forward to the competition and are all setting goals for the meet.

Swim Meet & Mingle, Round 1

Yes, the grown ups have got the pool. This competition is open to all adult swimmers who would enjoy getting together for some fun competition and socialize with other like-minded swimmers.

The meets will vary in different swimming disciplines; sprints, middle-distance, distance, strokes, but with a great deal of fun thrown in, like relays and novelty events to keep everyone enjoying their swimming. You don't have to be interested in just PB's to join in, there is something for everyone.

The meets will be run 4 times a year, roughly every 3 months on Friday nights, 7:00pm to 8:30pm followed by a social get together after the races, venue to be announced.

Every Round will consist of a serious(ish) relay, a choice of selected individual events and a fun relay. Each Round will take approximately 1 ½ hours, depending on participants. Points tallied through the year for all participants of individual events and a proposed end of year get together with awards and prizes for different categories to be decided.

April 12th, 2019		
Round 1: Time Advantage Meet		
No.	Event	Description
1	4 x 50m Waterpolo Relay	Each swimmer dribbles a water polo ball for 50m.
2	100m Freestyle	Times will be recorded and used for Event 4.
3	8 x 25m T-Shirt Relay	Swimmers transfer a t-shirt between swimmers.
4	Time advantage 100m Free	Based on previous times swimmers will be sent off in staggered starts depending on their ranking eg. A swimmer that swims 1:05.00 will go 5 seconds before a swimmer that swims 1:00.00

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.

Signing Up for Meets

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 finalized, information on the meet will be sent out.

Entry fees will still need to be paid for no-shows or late scratches.

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%40email.com&ctz=Asia/Tokyo>