

MUDSHARKS' NEWSLETTER



東京

TOKYO AMERICAN CLUB
ТОКІО АМЕРІКАНСЬКИЙ КЛУБ

Coming Events

2019

26th May: Mudsharks Awards Dinner 2019,

2nd June: TAC All Comers 2019, entries due 29th May

10th June: Swim Team Extension, more details to come.

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

Team

Achievements

We are lucky enough to have support from Dominos again and the coaches selected a couple of swimmers each for their efforts. Than you to Dominos for the Pizza vouchers.



(L-R), Eliot Williamson for his gutsy efforts, competitive attitude and hard work at practice. Marina Roces for her never give up attitude and consistent hard work at practice. Finya Lang for also working hard at practice and her quiet determination to improve. Fumika Hoshino for her tireless efforts at training and improving so much in such a short time, even with her instructors ordinary Japanese language skills. Spence Kilimnik and Brandon Sato for their high attendance at practice, coming to 4 or 5 a week for the past two months and their consistent hard work in the pool. Well done swimmers.



Tatsumi, All Tokyo Spring Meet

On April 20th some of our very top swimmers competed in the All Tokyo MS/HS Spring Swim Meet. This is the top of Tokyo swimming competing to qualify for the JO National Titles. This long course meet was a great experience for our guys and they came out of it with a lot of experience and positive perspective looking forward. Please see the results below. These Tatsumi Meets are what swimmers should be setting their goals towards.

Leo Mizuno

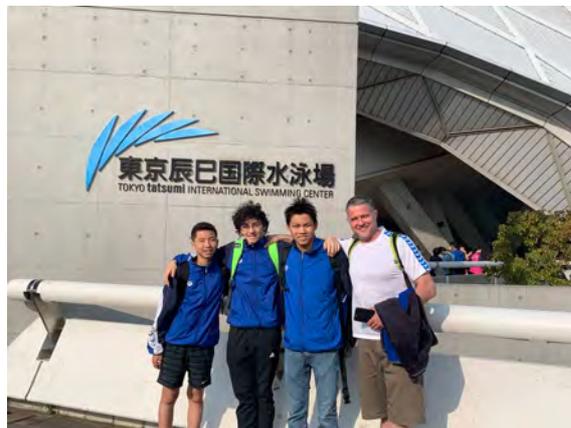
50m Butterfly	31.72	
100m Freestyle	29.99	1:03.92

Brandon Sato

50m Breaststroke	34:58	
100m Freestyle	27.15	57.37

Christopher Hathaway

100m Backstroke	33.83	1:12.37
100m Freestyle	29.38	1:01.65



Session 3 Sign-ups

Please make sure you sign up for Session 3 before Monday August 19th. 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.

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>