

TAC SWIM TEAM NEWSLETTER



TOKYO AMERICAN CLUB
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Coming Events

2019

26th Sept: RPN #6, entries due 23rd Sept. (Please note this RPN will be on Thursday night)

28th Sept: St Mary's Fall Meet 2019, entries due 18th Sept

12th & 13th October: St Mary's Buccaneers' Invitational 2019, entries due 2nd October

30th Oct: RPN #7, entries due 28th Oct.

2nd Nov: ASIJ ES Mustangs Invitational, entries due 16th Oct. (TBC)

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

Welcome and welcome back

I would like to welcome all our returning swimmers and especially welcome all of our new swimmers to the team. We have been running for 3 weeks now and we certainly have a large group of very capable swimmers. I am looking forward to seeing them get stronger and faster and gain some good results at competition.

There have been some changes in our program, mainly to stream line them with the pool's group learn to swim program. We have simplified the levels that were previously Mini Muddies and JJ's to Level 4 and Level 5.

These levels are still swim team and are not just welcome, but encouraged to join in any "Race Practice Nights (RPN)", "TAC Swim Team Meets" and any other swim team events. Swimmers in these two levels should check with the coaches first if you wish to compete at Away Swim Meets.

New Team Name Competition

Along with the new level changes we have decided to drop the "Mudsharks" team name. We would like to run a small competition and we are looking to our swim team members to come up with a suitable new name. Please send your suggestions in via email. We will have a prize for the winner who chooses the best name.

In the meantime we are going with TAC Swim Team and quite happy to stick with this if everyone else concurs.

The current mudsharks@tac-club.org email address still works, but we will notify everyone when it is eventually changed.

Session 3 Sign-ups

Please make sure you sign up for Session 3. 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 gained from fun, friendly & fare 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.



Race Practice Nights

Friendly intra club meets run on the last week of every month alternating Wednesday and Thursday, **yes now on Thursdays too**. All entries are 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 ranges of swimmers, from beginners levels to Japan National championship level. 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 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. **Currently these meets are on hold until further notice.**

Japan Amateur Swimming Federation Meets

These meets require swimmers to have recorded equal to or faster than qualifying times. 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; 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. More details of the meet will be sent out closer to the meet date, only to those that have signed up. I cannot accept any late entries or entries via email. Signing Up for Meets



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; mudsbarks@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=tacmudsbarks%04@gmail.com&ctz=Asia/Tokyo>