

# TAC SWIM TEAM NEWSLETTER



TOKYO AMERICAN CLUB  
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## Coming Events

2020

**6th January:** Practice for Level 4, 5 and Junior only pool closes at 6PM.

**29th January:** RPN #1, entries due 27th January (8PM)

**1st February:** St Mary's Buccaneers' Winter Kanto Plains, entries due 22nd January (8PM)

**28th February:** TACST & SMST dual meet, team to be selected, more information to follow.

**7th & 8th March:** St Mary's Buccaneers' March Age Group Championships entries due 22nd April (8PM)

**16th May:** St Mary's Buccaneers' Jolly Roger Meet, entries due 29th April (8PM)

**31st May:** Yokosuka Seahawks swim meet, entries due 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*

## Happy Holidays

Dear Parents and Swimmers, apologies for the long time between newsletters, but this is just a quick one to wish everyone a very Merry Christmas and a Happy New Year and to share some important information for the upcoming season 2020.

## New Team Name?

As you may have gathered from the Newsletter title our new team name is "TAC Swim Team" thank you to all those that voted, results are below. I know this is a pretty generic name but basically represents what we are, the swim team at the Tokyo American Club. We may be able to bring the "Shark-A-TAC" in as a slogan on our team T-Shirts.

We will of course be changing all the branding of the team, including the email address and we will let everyone know as we roll the new name out and try to make the communication and contact side of things as smooth as possible. The total votes on the top three names were; TAC Swim Team (39), Sharks-TAC (17), TAC Torpedoes (21).

## Parents' Group

We have had some interest from parents but would like to know if any other parents are willing to get involved with the Parents Group (name TBC) together to help with our swim team. Such things as team procedures, social events and outside, non-swimming related activities, organizing timekeeping rosters or gathering volunteers for our swim meets, be a point of contact, help explain the way the team works through a parents eyes, meet sign-ups and provide feedback to coaches and administration staff. If you would like to be involved please let me know. We will get the group started right from the beginning of the 2020 season to discuss a number of topics.

## Swim Team Changes

We had some concerns with some aspects of the swim team in 2019 and will be making some changes to the way that we run the swim team in 2020 to address these concerns. This will take some time to set up and we welcome any constructive feedback to any areas that you feel need improving. The swim team is there for the swimmers and they're interests and the team as a whole will be our priority. We will be working with the parents and management to make communication and the processes within the team fail-proof and strike the best balance of competitiveness, participation and fun.

## Session 1 Sign-ups

Please make sure you sign up for Session 1. We have spoken to many parents and will be contacting any swimmers that have improved enough to advance up to the next level in the team. Of course if you would like to discuss your child's level or how they are doing in their current level please don't hesitate to contact us.

## First Day of Practice

The first day of practice is the 6th of January, this is also the staff New Year's Party and the club will be closed from 18:00 (6:00pm). **Therefore there will be no practice for the Intermediate Group (17:30 to 18:45) or Development Group (17:45 to 19:15) on that day.** Level 4 (16:45 to 17:30), Level 5 and Junior (16:45 to 17:45) will still run as usual. This last group will be getting out a little earlier to allow swimmers to changed by 18:00 (6:00pm)

## Coaches' Feedback

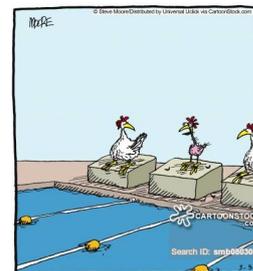
Our coaches are more than happy to give feedback to parents on their swimmer's development. We will be setting up some more tools in 2020 for parents (and swimmers) to view a swimmer's improvement. Our coaches are constantly giving feedback to the swimmers throughout and after the practices and one of the best times to get coach- swimmer feedback is during the away swim meets.

If you wish to discuss with the coach about something in particular, please ask the coach when he or she would be available to chat and set up a time/day both are free. Of course if it is just a quick query we are happy to give you a quick answer in passing on pool deck, otherwise it is best to chat after practice. But please remember coaches have homes and families too and may not always be able to go through things on the spare of the moment.

# 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 meet deadlines are 20:00 (8:00pm) on the specified deadline date.**

I would like to apologise to the swimmers that missed out on the last Snowflake meet due to inaccurate deadline information, changes to the deadlines and the failure to send any reminder about the sign up deadline. We will now be putting our full attention into making sure that this doesn't happen again and we communicate clearly all information about meets in the future.



## 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.

## 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

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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

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You should receive an automatic receipt that you have signed up.  
The "Entry Form" will be removed after sign-up has closed.  
Entries will be sent out for checking to those that signed up before the deadline 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, entry forms for the RPN and St Mary's meets will be up shortly. 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?*

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*Please send any queries to; [tac.swimteam@tac-club.org](mailto:tac.swimteam@tac-club.org)*

### *Meet & Event Information*

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

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