

TAC SWIM TEAM NEWSLETTER



Coming Events 2020

**25th May 10:00AM:
Summer Program Sign-up
opens.**

**6th June: TAC All Comers
2021** (Sign-up through the
website or link, due date 3rd
June midnight.

*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*

TAC All Comers 2021

It's been a long time since we have had any meets at the club, so its great news that we have put the TAC All Comers into the calendar. You would have already got an email with all sign-up information, so please get your entries in. Please note, unfortunately there will be no official award ceremony and all awards will be collected by swimmers at the end of the meet, we are trying to work out a way to recognize the outstanding efforts. We may possibly ask certain swimmers to pose for photos with their awards. More information about the meet proceedings will be out closer to the date.

<https://www.tokyoamericanclub.org/index.php/en/event-calendar/event/13533-all-comers-swim-meet>

Summer swimming 2021

You will all be happy to here that we will be continuing the swim team June 7th to July 29th 2021 (no swimming Japan National Holidays). Due to other demands on the pool during the summer months, there will of course be limited spaces and spots will probably fill up fast. Levels 4, 5 and Junior should not be too affected and run as normal. Intermediate and Bronze Level will be combined and have limited places, Silver and Gold will also be combined with limited places.

Sign-up starts May 25th 10:00AM

<u>Level 4</u>	Mon/Wed or Tue/Th 16:45 to 17:30	2 per week
<u>Level 5 and Junior</u>	Mon/Wed or Tue/Th 16:45 to 17:45	2 per week
<u>Intermediate and Bronze</u>	Monday to Thursday 17:30 to 18:45	2 per week
<u>Silver and Gold</u>	Monday to Thursday 17:45 to 19:15	3 per week

Swimming during COVID 19

Thank you to everyone for cooperating with the swim team guidelines to keep our team safe. Due to the recent positive cases rising in Tokyo and new members to the team, it is a good time to refresh everyone with the necessary actions we all need to take to ensure that all swimmers, coaches and TAC members are as safe as possible and the program can continue to run.

We ask parents to pay special attention to their swimmer's condition, as well as the condition of all family members and stay home if you are not feeling well.

The guidelines below have been updated to hopefully reduce the risk of infection for everyone.

Swimmer Guidelines

- If a swimmer or any member of their family feels unwell at all, has cold or flu like symptoms, please refrain from coming to the practice/club until fully recovered.
- If a swimmer or family member is a "Close Contact" of a person with a suspected or confirmed COVID-19 infection, please refrain from coming to the practice/club and seek medical advice.
- Swimmers will need to wear a mask while moving through the club and right up until just before they enter the pool.
- Anyone without a mask will not be permitted into the pool area. A towel over your face is not enough.
- Swimmers will need to wash their hands with hand sanitizer before entering the pool area.
- Swimmers will need to bring a ziplock bag with their name on it and put the mask into it just before they enter the pool. Leave the ziplock bag and mask nearby, so it can be quickly put on at the end of practice.
- Swimmers must refrain from any contact with other swimmers at all times.
- Swimmers will need to keep at least one meter apart when and where possible. We suggest swimmers come to the pool just before the start time so there is no groups gathering.
- Swimmers must bring their own drink bottles.
- Swimmers will need to put their mask on immediately after they get out of the pool and keep it on as they move through the club.
- Swimmers will need to leave the pool area quickly after practice and remember social distancing in all other club areas.
- We suggest, if possible, swimmers arrive and leave in their swim wear to avoid using/overcrowding change rooms.
- The coaches will also be refraining from contact and practicing good hygiene and social distancing.
- If you wish to communicate with the coaches about anything please do so by email at tac.swimteam@tac-club.org , not face to face on the pool deck.
- We ask all parents to refrain from coming onto the pool deck.

Group Time Trials

We have managed to run a couple of sets of Time Trials for each group during their normal practice time. It has been great to see all the younger swimmers getting into the racing. All results would have been sent out already, but if you missed them they are available on the swim team calendar, just open the date it was run and there will be an attachment with all the results for that night.

Younger swimmers will be able to see how they are improving by checking their previous best times that are listed next to their names in the program (also on the calendar). If a “NT” is in the program this means we do not have a previous time for them for that event.

We will try to run these once a month from now on.

Calendar Link:

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

Dry-Land Training

Dry-Land will continue to run every Monday, Wednesday and Friday 17:00 17:30 until the end of Session II, open to Intermediate and above. Unfortunately we will not be running dry-land during the summer program. We are only getting low numbers turning up for the dry-land so will be reviewing it over the summer and let you know if it will continue in Session III and IV. Social Distancing - Wearing a Mask - Wash/Sanitize Hands Frequently - Stay Home if Unwell.

Swim Fins

Just a reminder that we require swimmers in Level Bronze and above that they need to purchase some decent swimming fins for practice. The fins on borrow from TAC, although can be used for Braestroke, are not as strong as other training fins and swimmers wont get the same power or speed. We recommend the Hydro Tech 2 (as seen in the picture, link below). The fins below are used by many top swimmers and swim teams and well reviewed and recommended worldwide. They can be purchased online or from stores like “Zyuen” in Ueno. <http://z-b.co.jp/shop/ameyoko/>



HydroTech 2 <https://www.hydrosportz.com/fins>

Swim Snorkel

In addition to the swim fins we would like all swimmers in Gold and Silver only to purchase a swim training snorkel. Some of the benefits of snorkels are balancing the stroke, improves kick rating, better technique through habit and visibility, feel for the water at max speed, especially with fins, and swimmers can feel the correct position for the head. I also think that it is a new skill to develop and helps break up the monotony of practice, new different activities stimulate minds and help focus, especially as practice is all we have these days.

We have no preference to which snorkel swimmers should buy, it probably comes down to personal preference, but FINIS is rated quite high. We would like everyone to have their snorkels by the beginning of the Summer Program. We will use them often during summer and going forward from Session III.



TAC Swim Team's Competitive Swimming

Please note that all future meets are on stand by at the moment.

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 RPN's, TACST Championships and Away Meet deadlines are 20:00 (8:00pm) on the specified deadline date.**

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. 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: tac.swimteam@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&ctz=Asia/Tokyo>