

# TAC SWIM TEAM NEWSLETTER

## *Coming Events 2024*

**4th September:** RPN#7,  
entries due 3rd September

**14th September:** TACST  
Fall Invitational Meet,  
entries due: 5th September  
20:00

**19th September:** RPN  
#8, entries due: 18th  
October 20:00

**29th September:** St  
Mary's Fall Meet, entries  
due: 25th September 20:00

**1st October:** RPN #9,  
entries due: 30th September  
20:00

**16th October:** RPN #10,  
entries due: 15th October  
20:00

**20th October:** Yokosuka  
Red & Black Meet, entries  
due TBC.

**26th & 27th October:** St  
Mary's Buccaneer  
Invitational, entries due:  
15th October 20:00

*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 Back

Welcome back everyone and we hope you all had an enjoyable Summer Break. A big welcome also to all our new swimmers to the team. We have a very large group this Session and we are looking forward to some good competition and representation at meets. As many swimmers are still returning from Summer Break there will be a little bit more shuffling around in the lower levels. Please make sure you sign up for Session 3. We will be talking to any swimmers that have advanced up a level in the team.

## Parent Volunteers

Our swim team relies a great deal on parental volunteers and support to keep our swimmers motivated through the different types of swimming events that we run. These meets can't be run without sufficient parental support and volunteer assistance. While we have our usual parents always volunteering at most meets, we really need more help from parents of swimmers in our team. With a team of over 150 swimmers we should easily have enough help for timekeeping, judging, starting and for the timing console/computer.

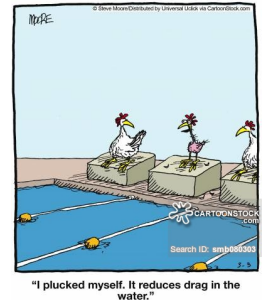
While we encourage the swimmers to take ownership of their swimming, we also need parental support to run our home events. If you haven't helped out at one of our Race Practice Nights or All-TAC meets, please do so, your children will appreciate your involvement and support. None of the positions are complicated and a brief explanation will be given beforehand. It's a great way to get involved in your child's swimming and meet some like minded swimming parents.

# TACST Fall Invitational 2024

This is our inaugural one day meet. Please make sure you get your entries in before the 5th of September. This meet is open to all swimmers in the TAC Swim Team who have some swim meet experience. Those looking to get some racing experience before the 14th should sign up for the "Race Practice Night" (RPN #7) on the 4th of September (see below). Please see all details for the Invitational Meet on the calendar.

## TACST'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.



## TAC Meets

We run a number of meets through the year that are open to all of the TAC swimming community and TAC members. TAC All-Comers, TAC Winter Sprinter, TAC Endurance Open are a few. All meet details will be available on the TAC website and you will need to sign-up through the TAC website for these meets.

## Race Practice Nights

Friendly intra club meets run on the last week of every month alternating Tuesday, Wednesday and Thursday. All entries are due the day before the RPN.

Warm-ups from 5:30pm races start 5:45pm to approx 7:15pm.

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.

## Away Meets

TACST competes at a number of meets run by outside schools and swim teams, these meets range in competitiveness and are both Long Course (50m pools) and Short Course (25m pools). Some events require swimmers to meet qualifying times to participate or to receive points and medals. Those new to swim meets and competition should check with their coach before signing up.

## 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.

## Overseas Meets

We try to attend one overseas meet per year. In the past we have attended meets in Bangkok, Hong Kong, Beijing and Taipei. These meets are open to all swimmers with a descent amount of competition experience and are committed to TACST. TACST will book accommodation and transport while on the trip. Families fund their own airfares and pay for the accommodation. these are great trips to go on and a great experience for young keen swimmers. Information will be sent out well in advance.

## Signing Up

All sign ups are through the Google Forms available on the TACST's 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.



## 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

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.

## Level Requirements

To get the most out of each level we expect swimmers to attend all practices, wear proper swim suits (not board-shorts), caps (optional for boys) and goggles to each practice.

Development swimmers bring all training equipment. Turn up on time and be ready to focus, receive instruction and behave appropriately. Our goal is to improve each individuals swimming skills but, have a bit of fun doing it. We encourage all swimmers to take part in our Race Practice Night competitions (RPN)

### **Level 4**

Swimmers swim twice a week, either Monday & Wednesday or Tuesday & Thursday 4:45 to 5:30pm. We can be flexible with different days, and if you need to do a make-up practice if you miss one, please contact us.

### **Level 5 & Junior Level**

Swimmers swim twice a week, either Monday & Wednesday or Tuesday & Thursday 4:45 to 5:45pm. We can be flexible with different days, and if you need to do a make-up practice if you miss one, please contact us.

### **Intermediate**

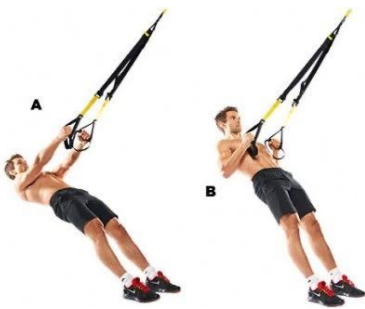
Swimmers swim twice a week on any day, Monday to Thursday 5:30 to 6:45pm. We are flexible with which days swimmers swim week to week, they can choose their own schedule.

### Competitive Development Level (Gold, Silver, Bronze)

Swimmers need to swim a minimum of 3 practices a week to be able to progress with the squad. Swimmers choose their own schedule from Monday to Friday 5:45 to 7:15pm and Friday morning 6:00 to 7:20am

We have been reminding all the swimmers over the last few weeks that they need to attend a minimum of three practices a week to stay in good standing. This creates a strong team feeling, ensure swimmers attend a variety of different practices (broad development of skills), a sense of commitment, builds confidence, improves focus and develops good habits and time management. And obviously will produce a better swimmer. This is also a minimum and swimmers that can attend more should. Swimmers attending less than 3 practices a week regularly will be asked to swim with the Fitness Level until they can commit to 3 a week.

## Dry Land and Stretching



We have a space on the pool deck for stretching and dry-land workouts. There are TRX Suspension Trainers and a number of resistance bands, none of which put young bodies at risk of any injury.

This is for Development Silver and Gold, please check with coaches if unsure. Dry-land exercises and stretching will run from 5:30 to 5:45pm. I know it is hard for some swimmers to get there that early but, if they could come as early as possible and join in.

## Training Equipment

Development swimmers are required to have Fins and Snorkels in a mesh bag (see below examples), paddles and pull buoy optional. A number of swimmers still haven't got snorkels, please get them. We have ordered a couple of lockable cages so, swimmers can leave their equipment bags in the storage (no single items).

Any brand will do as long it can fit all their fins, snorkels and any other equipment they wish to keep at the pool.

## Swim Fins

Level Bronze and above will need to purchase some decent swimming fins for practice. We recommend the Hydro Tech 2 (as seen in the picture, link below). 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, all swimmers in Gold and Silver only must 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,



We have no preference to which snorkel swimmers should buy, it probably comes down to personal preference, but FINIS is rated quite high.

\*Swimmers having trouble with the snorkel may wish to buy the nose peg to help with the breath control\*

# 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 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?***

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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=tacmudsharks%40gmail.com&ctz=Asia/Tokyo>*