

# TAC SWIM TEAM NEWSLETTER

## Coming Events 2025

**11th March:** RPN #13, entries due: 11th March 12:30pm

**9th April:** RPN #14, entries due: 9th April 12:30pm

**19th April:** YIS Spring Splash, entries due 8th April 20:00.

**6th & 7th May:** TACST Championships, entries due 1st May 20:00

**13th May:** RPN #15, entries due: 15th May 12:30pm.

**17th May:** St Mary's Jolly Roger Meet, entries due: TBC.

**23rd -25th May:** HKIS Stingrays Invitational, entries TBC.

**31st May:** TACST Summer Team Championships, entries due 23rd May 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*

## Winter Sprinter 2025

Congratulations on another successful TAC Winter Sprinter to all our Sky Pool competitors.

We had 76 athletes entered over all age groups and 264 entries for the meet. The meet showed our TAC community really supporting each other for the morning events and many swimmers walked away with personal best and there were 31 Records broken at the meet.

The swim team has a number of meets in and outside TAC throughout the year but these ones are open for all the swimmers in TAC. Start setting some goals now and preparing for the next intra-club meet.

Outer next Club meet will be the TAC All Comers on the 7th June so, keep an eye out for the sign-up.

## St Marys March Age Group Championships 2025

Our team of 50 plus swimmers did a fantastic job at the recent meet at St Mary's. All swimmers have had a pretty busy first couple of months but, still put in a tremendous effort to come away with a heap of medals ribbons and trophies. Outstanding swimming from;

Our High points trophy winners were Kiko Kanai (8) and Linea Furber (12). Second Place Trophy winner were Luc Maury (7) and Senna Sekiguchi (10). Third Place Trophy winners were Kallen Joyce (8), Emily Schamisso (12) &





Kenny Schamisso. And Forth place going to Juliette Crum (8), Kate Asari (9), Simon Moro (11) & Marina Roces (15).

The two day event saw some great swimming and support for our team. The combined efforts from all of our swimmers managed to win TACST the Second Place Team Points Trophy again this year, against some very strong competition from the other 19 teams. Awesome effort from our swimmers.

## Tokyo Junior Short Course Records Meet and Tokyo JOC Spring Qualifier Meet

Our top tier swimmers put in some excellent swimming at the International Aquatic Center on the 1st and 2nd February 2025. We had a total of twenty two swimmers qualifying for events at this meet, our largest representation. A lot of first time swimmers getting the chance to compete at a world class facility

against some of the fastest age group swimming in Tokyo. All swimmers came away with more top level swimming experience and most with huge gains on their previous best times.

Emma Kurokoshi (pictured right) also managed to qualify for the JOC Japan Age Group National Competition in March in the 9 & Under 50m Breaststroke time of 39.50 and came 3rd place overall for the event (over 160 participants).

Well Done Emma!



## Swim Team Relays

At most away meets there will be relay events included in the program. These events are the fun and team component of any meet. It is often an opportunity for swimmers to be part of a winning team. Being part of that winning team can mean a lot to a young developing swimmer.

We enter relays depending on how many swimmers for each age group has signed up. Most of the relay team lists are sent out prior to the meets and swimmers that are listed are expected to show for those spots. If you have a prior commitment please make sure you let us know when signing up.

## Swim Team Parents Social

The 24th April will be the Swim Team Parents' Social, an opportunity for parents to get together and discuss, ask questions, offer feedback and converse about all things swim team. The parents are the driving force behind every swimmers so, please join us for some refreshments and good company. Sign-up coming out soon.

## Nutrition

Our competitive swimmers swim between 2500m and 4500m each practice. Which burns a lot of calories. We put these bodies under stress at practice so they adapt and develop to perform at extremely intense levels (competition).

It is very important that these growing bodies receive enough recovery and enough of the correct types of foods to refuel for the next practice and to replace cells, build muscle and develop bodies to handle the stress.

There is plenty of information around on nutrition for young athletes and many varying opinions on what is best. Below are just a few points that might help.

- Try to eat within 30 - 40 minutes of completing exercise to help the replenish specific muscles groups and help recovery,. Home made energy bars immediately after competing are a great small snack at meets.
- Volumes of food need to be controlled depending on the time between races.
- Chocolate isn't a good pre-workout or pre-race food. The peak of energy is hard to predict and there is a greater drop of energy after the peak.
- Be careful of sports drinks , they often contain a lot of sugar and caffeine. They should never replace a proper meal or healthy snacks.

- You probably only need one energy drink at a meet. If you have been training properly and have a healthy diet from all food groups leading up to the meet, your body is already tuned for intense efforts.
- Keep hydrated with water, possibly a weak solution of electrolyte powder mixed in.
- Eat a light breakfast with plenty of fibre, carbohydrates, yoghurt, fruit, cereal. 2-3 hours before competition.
- The night before a meet, swimmers should load up on protein and carbohydrates. Things like pasta, rice, bread, chicken, eggs, potatoes, corn, peas and fruit.
- Foods high in processed sugars and fats are not recommended, flavored milk, diluted juice are better for you

Keep your diet fresh, varied and don't miss any meals and you will be developing a body to take on anything you put it through.

#### ***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>*