

TCA NEWS

October SWIM-A-THON Newsletter | Upcoming Meets & Events | Practice Calendar

Upcoming Events

9/30 TCA Movie & Fun Practice

10/28 SWIM-A-THON
This is our only direct ask fund raiser of the year.

Upcoming Meets

10/7 Santa Rosa Neptune Meet

11/3 TCA Swim Meet - Home Meet - **Job Signup Required!**

Be on the lookout for an email in mid-October when signups open

11/17 Mendocino Travel Meet (Age Group Swimmers)



Coaches Corner from Coach Tom

Congratulations to the TCA swimmers that competed in the Senior Open meet. The coaches are very proud of the times posted for the first meet of the season. It was also great to see so many best times achieved already in September.

Over 30 teams and nearly 800 athletes competed from all over the Bay Area. I cannot thank our parent advisory committee and all of our parent workers enough. So many compliments about the efficiency, hospitality and overall experience from visiting coaches, officials and families.

Thanks to the College of Marin for the continued support of TCA and our hosted meets and events.

Thanks to Coach Sarah Paoli serving as Meet Director, this job is constant busy work and lengthy hours during the event that start at 6 a.m and end after everyone is gone.

Looking forward to our November C/B/A meet at Miwok. This meet will be open for ALL TCA swimmers with no age requirement or time standards.

**Have you
subscribed to our
Google Calendar
Feed yet???**

Google Links:

[Senior Gold](#)

[Pre-Senior](#)

[Thunder Blue](#)

[TBolts 3](#)

[TBolts 2](#)

[TBolts 1](#)

iCal Links:

[Senior Gold](#)

[Pre-Senior](#)

[Thunder Blue](#)

[TBolts 3](#)

[TBolts 2](#)

[TBolts 1](#)



Coaches Corner from Coach Eric

TCA age group swimmers were off to a blistering start to their season at their first meet in Saint Helena. There were relays, root beer floats and over 90% best times.

The fierce 8 and under squad of Halia Scurti, Serafina Presta, Maeva Kapp and Gavin Schwartz set the tone for the team with multiple top three places, including a win in the 50 Fly by Gavin.

9 year old Jack Redmond had a particularly good meet, winning everything he swam and qualifying for Far Westerns in most of them. In the 500 Free he executed a perfect strategy and was five seconds under the qualifying time.

Great job, TCA!

Thank you to all the parent who helped time! We are looking forward to our next meet in Santa Rosa, October 6th-8th.

USA Swimming Registration & Safe Sport

If you have not done so already please complete the Safe Sport class on the USA Swimming website.

Click Login/Register

*If you have not completed the registration process do that first.

Click "Education"

Open "Course Catalog"

Scroll down and complete the appropriate Safe Sport Training, this should be completed for **Parents & Swimmers**

Parent Handbook

The parent handbook is always available on our website.

[Parent Handbook](#)



We will be kicking off SWIM-A-THON on October 2nd

Welcome to October also known as swim-a-thon month at TCA. This is TCA's major fundraiser for the year and we are hoping to get 100% participation from TCA families.

What is Swim-a-Thon?

TCA's only direct fundraising event of the year that runs throughout the month. On October 28th the swimmers will swim up to 200 laps to raise money for TCA. This event benefits both TCA and USA Swimming Foundation, and **your donation is tax-deductible.**

Please keep an eye out on Monday for all the details!

[TCA Personalized Swim Caps - ORDER NOW](#)

Please print the last page of this newsletter and hand order form into your coach if you would like to purchase new or additional TCA Swim Caps.

TCA PERSONALIZED CAP ORDER FORM



Choose design with # of orders (2 caps per 1 order)

Red w/Yellow TCA _____

Red w/Blue TCA _____

Blue w/Yellow TCA _____

Blue w/Red TCA _____

NAME EXACTLY TO BE PRINTED ON CAP

ORDER FORM DUE BY MONDAY, September 12th

Cost for personalized cap is \$28 per order

Payment options:

Bill TCA Account _____

Check made out to Thunder Coast Aquatics _____

Cash _____

MEMBER NAME TO BE BILLED
