



ATHLETE NEWSLETTER

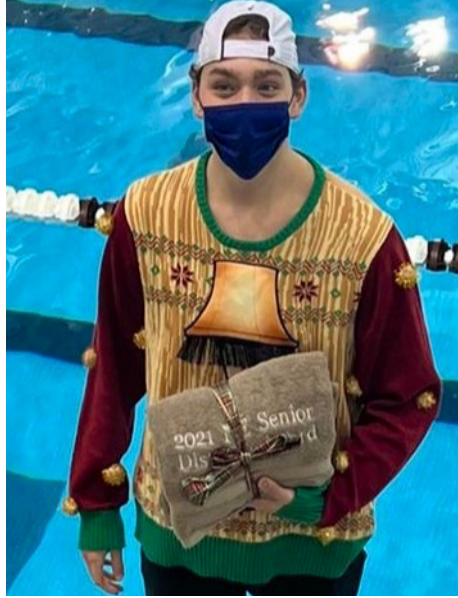
December 2021 Issue



ATHLETES OF THE MONTH



SEPTEMBER: BECCA SIEGEL (GS)
for swimming best times in practice



OCTOBER: JOSH PARENT (ABF)
for competing at the FINA World Cup



NOVEMBER: QUINN WHITE (CRIM)
for being a positive person on deck



DECEMBER: IRENE YANG (CRA)
for having positive affirmations and being a great influence in practice

NE SENIORS

Just before Christmas break began, New England Swimming geared up for its annual Seniors meet at Brown University in Providence. Spread over 4 days, swimmers competed in a trials/finals meet format showcasing the very best our LSC has to offer. NES thanks Gator Swim Club for hosting this successful meet, and we are excited to see what this season holds!

Highlights:

Team Scores(Combined):

1. Bluefish Swim Club 1,570
2. Phoenix Swimming 1,317
3. Commonwealth Swimming 1,030.5

Women's Highpoint:



1. Natalie Mannion (CS) 140
2. Aislin Farris (ABF) 113
3. Malia Amuan (PHX) 99

Men's Highpoint:



1. Josh Parent (ABF) 137
2. Mitch Dubey (ABF) 112
3. Thomas Hagar (CS) 100

Athletes are chosen through a nominations process that takes place on our instagram (@neswim)! Be on the lookout in the coming months for the chance to nominate your teammates/friends!



NES RECORDS @ SENIORS

Jacqueline Zipagan, Bluefish Swim Club, broke the 1996 11/12 50 yard freestyle record set by Jenny Thompson! Jacqueline clocked at 23.89 which bettered Jenny's record of 23.96!!

The Phoenix Swimming 200 Medley Relay, Malia Amuan, Katherine Handley, Michaela Chokureva, Caroline McCurdy, broke the 15/18 and Open record by swimming a 1:42.58!

Jenny Thompson's NE 17/18 100 Freestyle Record was broken by Natalie Mannion from Commonwealth Swimming. Natalie swam the event in a 49.32, bettering the 49.51 record Jenny set in 1990!

Congratulations to the SOLO relay of Daniel McLaughlin, Christopher Xia, Anna Boemer and Sydney Kang for breaking the Mixed 200 Medley Relay record with a time of 1:36.72!

FINA WORLD CUP



Congratulations to ABF's Josh Parent who represented the USA at the FINA World Cup stops in Berlin and Budapest from September 28-October 10th. Parent, recently named to the USA National Junior Team, placed 7th in the 400 IM in Berlin, and in Budapest, he came in 5th in the 400 IM and 5th in the 1500 free.

TIPS FOR NUTRITION AND REST

As many of us may have been overwhelmed with swimming from holiday break training, it is important to keep in mind how important proper recovery and nutrition is to stay energized and strong while you may start to feel tired or fatigued. Some nutritional tips to help stay strong are: eat lots of carbohydrates before and after practices; they help fuel your muscles and will prevent yourself

from feeling super tired in the water. Additionally, proteins are super important to aid with muscle repair, growth, and soreness. As always, fruits and vegetables are also very important to help these processes occur, and they have lots of nutrient in them to help your body grow. Many people tend to forget how important



hydration is, but it is the key to efficiency during exercise. Always try to stay hydrated during practice; it will help your body to function smoothly. In addition to nutrition, sleep and proper rest is also very important around heavy training schedules. Since many athletes may have early morning practices or multiple practices a day, getting a sufficient amount of rest is necessary to help your brain and muscles recharge. Ultimately, while these may seem like small tweaks, they will significantly impact the way you perform as training gets more intense. The more you improve yourself out of the water, the more improvement you will start to recognize in the water.

CHANGES TO THE NES BOARD OF DIRECTORS

Since our last newsletter, there have been numerous changes to the New England Swimming Board of Directors structure. Please note the following changes listed below.

General Chair: Matt Soska (UN) resigned from his position as NES General Chair in late November. At our December Board of Directors meeting, Betsy Russell (UN) was nominated as General Chair; this will remain in place until the May House of Delegates meeting.

Vice Chair of Programs and Operations: In early November, Ray Grant (BGSC) resigned from his position as Programs and Ops Vice Chair. At the December BoD meeting, Patrick Hunter (UN), also an official, was elected to fill his spot. This again is effective until the May House of Delegates meeting.

Treasurer: Betsy Russell, now General Chair, was formally the treasurer for NES. Long time Office Manager, Carol Healey (UN), will now take over as Treasurer.

Admin Vice Chair: Brian Crawford (ESC) resigned from his position as Admin Vice Chair in early December. This position remains vacant.

Diversity, Equity, and Inclusion Chair: In June, Lauren Riedel (PHX) resigned as DEI Chair. This position remained vacant until November 2021, when Jesse Ford (WSY) was elected as our newest DEI Chair. She was a previous NES athlete and a NES coach since 2014, and we are looking forward to working with her in the coming months to support DEI initiatives.



WINTER JUNIOR NATIONALS

NATIONAL SELECT CAMPS



Congratulations to all the New England swimmers who competed at the 2021 East Speedo Winter Junior National Championships. Our LSC was represented by swimmers from Commonwealth Swimming, Crimson Aquatics, Gator Swim Club, Kingfish Swimming, Phoenix Swimming, SOLO Aquatics, and Upper Valley Aquatic Club. Shout-out to Phoenix Swimming for placing 2nd in both the 200 and 400 freestyle relays (both of which were NES records), Anna Boemer (SOLO) for earning 3rd place in the 100 fly in an NES record, and to Natalie Mannion (CS) for earning 2nd place for Women's high point and several top-3 finishes.

Congratulations to Malia Amuan (PHX) and Megan Reich (PHX) for being selected to attend the USA National Select Camp and Alan Zhang (BGSC), Michaela Chokureva (PHX), and Dana Li (CS) for being selected to attend the USA National Diversity Select Camp.

NATIONAL DEI COMMITTEE

Congratulations to Sam Brabeck (SOLO) and Diya Ackerman-Vallala (CRIM) for being named to the USA-Swimming National Committee for Diversity, Equity, and Inclusion. NES is so proud of you and the committee is lucky to be gaining two amazing voices.

ATHLETE LEADERSHIP SUMMIT

US OPEN

On November 6th and 7th, the NES hosted its first Athlete Leadership Summit. Athletes from all over New England were introduced to new

Aislin Farris, Zuri Ferguson, Josh Parent, Katie White and Ella Smith of Bluefish swam at the US Open, held in Greensboro, December 1st through 4th. Each one of them placed in the top 16 in at least one event. Congrats on all of your amazing swims!



ways of becoming leaders in their local community, while engaging in team building activities to help familiarize themselves with athletes from other teams. These team building activities showcased each individual's strengths and weaknesses when it came to being a leader and taught

OTHER MEETS

athletes important skills that are necessary for successful team leadership. Members from the LSC board of directors were also able to speak to the athletes about their positions and how easy it is to get involved in your local swimming community. Additionally, a presentation was given by three-time Olympian, Elizabeth Beisel, on what it takes to be a good leader and how she implemented those skills into her swimming career. Lastly, we worked alongside Rise Against Hunger to package 10,152 meals for children in need!

The month of December has been filled with many fast, fun and exciting meets! There have been many fast swims across all age groups, and it has been amazing to see all of the hard work that the athletes put in to finally pay off! On December 9th through December 12th, a trials finals meet was hosted by Charles River Aquatics at the Boston Sports Institute. This was a very fast meet and gave many athletes an opportunity to compete! On December 12, Crimson Aquatics hosted a 12 and Under Specialty Meet at the Whitinsville Community Center. This was a great opportunity for our younger athletes to race and have some fun!

