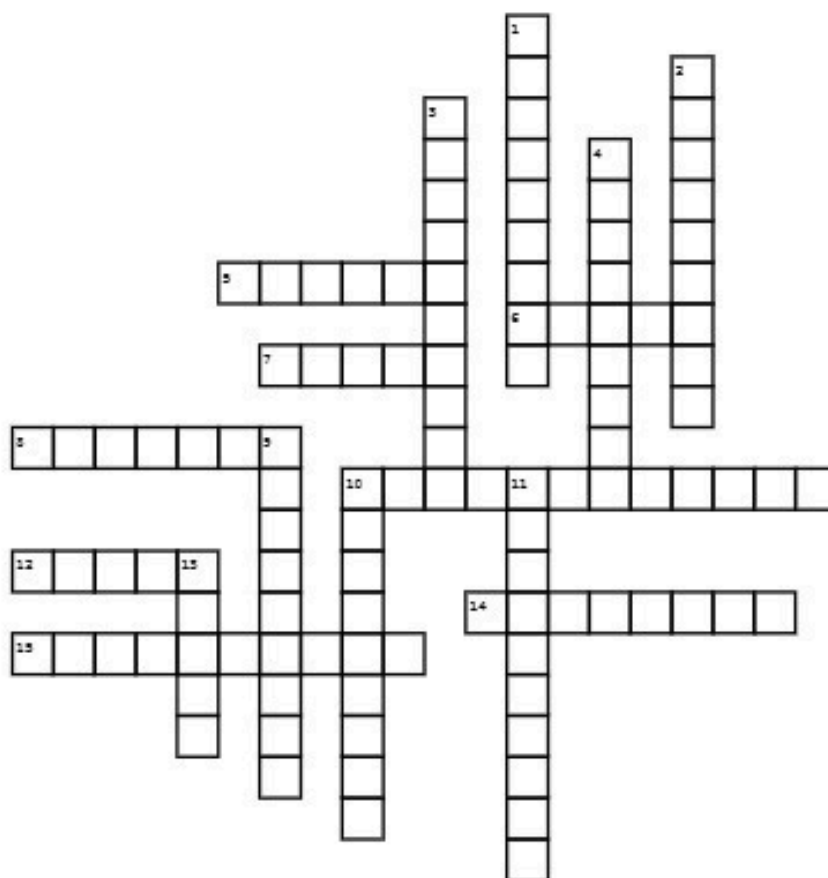




NEwsletter

Winter 2025 Edition

Crossword Puzzle



Down:

1. Equipment used to isolate and strengthen the kick
2. Fastest competitive stroke
3. Stroke swum on the swimmer's back
4. Floating dividers that separate lanes in a pool
9. Poolside timer used for intervals
10. Stroke using simultaneous arm pulls and dolphin kick
11. Position used to reduce drag after a start or turn
13. Transitions from one lap to the next

Across:

5. The beginning action of every race
6. Event where multiple swimmers race in succession
7. Reduced training before a big meet
8. Eye protection worn while swimming
10. Only stroke with a legal glide phase
12. Time for one segment of a race
14. High-performance racing swimsuit
15. Phase after a start or turn where swimmers do dolphin kick

Look out for the answer key in the next Newsletter edition!

Word Search

- BREASTSTROKE

MEET

SWIMMING

POOL

UNDERWATER

PULL

RACE
- BREASTSTROKE

DIVE

BUTTERFLY

FREESTYLE

GOGGLES

KICK

D	G	J	M	R	V	I	Q	C	M	S	V	J	P	E
G	W	A	E	L	O	O	P	I	E	N	Z	G	L	L
L	B	K	E	I	G	K	K	L	B	I	P	B	B	Y
Y	S	R	T	L	I	M	G	X	Y	Z	T	R	B	T
S	L	N	E	N	C	G	V	S	R	L	E	E	N	S
L	H	F	Q	A	O	I	W	B	L	A	S	T	Y	E
X	O	I	R	G	S	I	R	U	S	L	R	A	K	E
K	I	C	K	E	M	T	P	T	F	Q	S	W	O	R
W	K	Q	L	M	T	J	S	E	V	I	D	R	I	F
R	W	U	I	T	X	T	P	T	R	A	C	E	J	M
Q	Q	N	W	M	R	Z	U	G	R	Q	C	D	A	R
R	G	D	P	O	A	X	K	B	W	O	M	N	X	W
G	T	V	K	Z	K	C	F	H	N	A	K	U	X	R
H	Q	E	Z	E	P	M	H	N	H	J	A	E	H	S
H	C	R	A	G	J	P	H	J	O	N	L	V	V	L

Can you spot 5 differences between these photos?



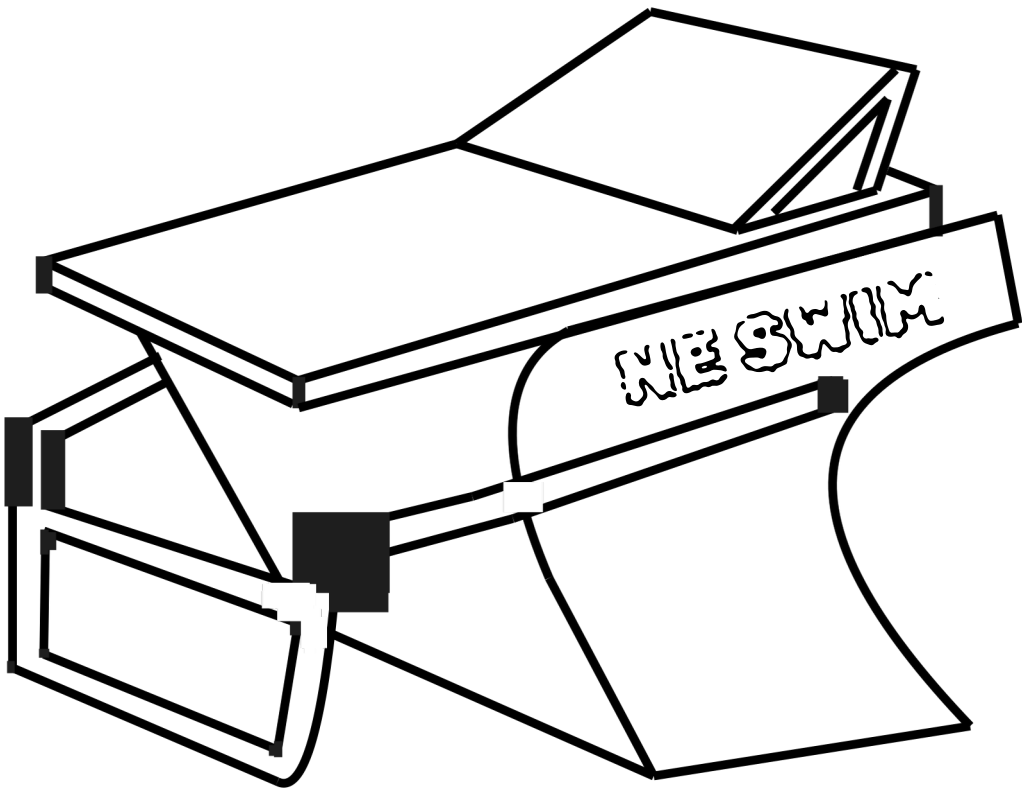
Fun Fact!

Butterfly was created in 1950 as a faster way to swim breaststroke!

Did You Know?

Swimming made its Olympic debut at the 1896 Olympic Games in Athens, Greece. Only 13 people competed!

How do you START your season?



I start by...

TECH SUIT DRIVE

LOOK OUT FOR A TECH SUIT DONATION BOX AT MEETS NEAR YOU!



The New England Swimming Athletes Executive Committee will be running a Tech Suit Drive starting at the Seniors Championship in December.

At the 2025 Seniors Championship this year, there will be a donation box at the officials table along with plastic bags and sharpies to label. To donate your tech suit, we would love you to put your dry tech suit in a clear ziplock bag and we will provide a sheet where you can fill out the

- type of tech suit (brand and style)
- size of the suit
- estimated time the tech suit has been worn
- any rips (yes, ripped tech suits may be donated)
- 12 and Under eligibility
- Other necessary information

We will be accepting all tech suits, including those with minor rips as well as 12 and under eligible tech suits. These tech suits will be brought to future meets such as Bronze, Silver, Gold, and Age Group Championships. Anyone can come up and take a tech suit - no purchase necessary. You can take the tech suit as your very own, bring it to a teammate, or even for a dreaded last minute scramble after a tech suit rip. We also are going to be sending out an order form to coaches, on which they can indicate tech suit need on their team, and we can be sure to send it directly to teams or being the necessary tech suits to an upcoming meet.

Our goal of this initiative is to help everyone have access to tech suits, as well as just having available tech suits for people at championship meets. To make this possible, we would greatly appreciate your donations!

MINDSET TIPS

RELATIONSHIP WITH SWIM MEETS

For families new to the world of competitive swimming, the first few meets can feel exciting—and a little overwhelming. From remembering goggles to understanding how events work, there's a lot to take in. But at its core age group swimming is about something far more important than winning: it's about having fun, building confidence, and learning to love the sport.

Positive mindset Having a positive mindset is key to your swimmers success and enjoyment. Parents, young swimmers take their cues from you. Before the meet, emphasize that the goal is to do *their* best and *enjoy* the experience, not win their heat or beat a teammate. Kids at this age develop skills at different speeds. A positive, pressure free attitude helps swimmers stay relaxed and excited to race!

Arrive Early Next, arrive at the pool early. Getting to the pools early gives your child time to check in, find their team, and ease into the atmosphere. The pool deck can get very busy very quickly, so it is always good to get there early, particularly for your first few meets. Warm-ups can look chaotic, and at times they are, but they serve an important purpose: helping swimmers get comfortable in the pool and shake off any nerves.

Celebrate Effort, Not Outcome It can be tempting to constantly be on Meet Mobile comparing times and results, but at the age group level, that's really not important. It's about learning new skills and small victories: a legal flip turn, making a technique change, a good start, or simply trying something new.

Let the Coach Co the Coaching During meets, coaches provide technical feedback and instructions. Your best role is to be your child's cheerleader. Keep conversations focused on encouragement. Kids feel most supported when parents and coaches work as a team rather than one trying to be the other.

It's just swimming At the end of the day, it's just swimming. Keep things lighthearted and fun. Encourage your kids to do their best, but also remind them that success is not everything, it's the process. Swimming is a lifelong sport, and the best way to help kids grow is to make meets something they look forward to, not something they worry about.



ATHLETE HIGHLIGHTS



NAME: JACK NADELSON

AGE: 8

HOMETOWN: EAST GREENWICH, RI

TEAM: RHODE ISLAND AQUATIC CLUB

FUN FACT

I love doing Legos and have completed more than 40 Lego sets!

FAVORITE

Michael Phelps

WHY YOU LOVE SWIMMING

Because I love being in the water. I love swimming with my friends and I love the confidence that it gives me in the pool and out of the pool.

FUN FACT

I love swimming 500 freestyle and improved every time I had swam it. Right now I am ranked 4th in the 500 free for 8 and under in New England and look forward to crushing my next 500.

FAVORITE ATHLETE

My favorite Athlete is Katie Ledecky because she is a Distance swimmer and I love distance swimming. She was 15 when she first went to the Olympics and I want to be just like her.

WHY YOU LOVE SWIMMING

I love swimming because it motivates me to be a better version of myself in and out of the pool. I love working hard and being with my coaches and teammates. They are like family.



NAME: MAKAYLA MANTHO

AGE: 8

HOMETOWN: LYNN, MASSACHUSETTS

TEAM: INSTINCT SWIMMING

ATHLETE HIGHLIGHTS



NAME: MIA KOULOPOULOS

AGE: 18

HOMETOWN: DANVERS, MASSACHUSETTS

TEAM: YMN TRITONS

FUN FACT

I don't go to a regular High School! I attend what's called an Agricultural and Technical High School. Where I major in a trade such as Carpentry and gain skills from that field. I'm able to read and analyze blueprints, drawings and more! I hope to use these skills to go to design school and in the future!

FAVORITE POST MEET MEAL

It would have to be Chipotle. My teammates and I would do anything for a Chipotle bowl after some good racing. And if I ever got famous for swimming you know the first thing I would do is make Chipotle a sponsor.

WHY YOU LOVE SWIMMING

I love swimming because it's an outlet where I can relax and have fun in a competitive way from everything that's going on in life. I'm glad my team and this sport makes me feel this way every time I'm in or out of the pool. My goal as an older athlete is to allow younger swimmers who want to join in feel that way too. The love I have for this sport has only going kept growing. And of course, I love getting to play competitive mermaids everyday.

FUN FACT

Growing up I always played basketball but decided to join the great sport of swimming in high school.

FAVORITE PRE RACE SNACK

Honey Nut Cheerios

WHY YOU LOVE SWIMMING

I love swimming because of its competitive yet rewarding nature. Finishing a demanding race against fast swimmers and getting a personal best makes the hard hours of training and persistence worth it.



NAME: ROCCO CZAJA AGE: 17

HOMETOWN: COVENTRY, RHODE ISLAND

TEAM: KENT COUNTY YMCA SEA OTTERS

NEwslEttEr

December 2025 Letter From the Editors

The NEwslEttEr is a collaboration between the Athlete's Executive Committee and the Board of Delegates. We wanted to make an exciting and accessible way to get out information about the happenings of New England Swimming, while also highlighting the incredible athletes of New England.

Each issue will highlight recent athlete accomplishments through the athlete highlight. We will also have information on important upcoming events LSC-wide. We will also have photo submissions that demonstrate athlete leadership. And we will always have swimming themed games and puzzles!

What to look for in our Next Edition

In our next edition, we will dedicate a whole page to our "Big Buddy Little Buddy" Initiative. Please submit a photo of you and a little buddy that you have on the team, either at a meet, during practice, or at a team function. We love seeing older swimmers helping excite our younger NES swimmers. If you would also like to shoutout your big buddy or little buddy, we would also love to hear it! You can send your photo and optional shoutout to the link in our Linktree on Instagram, or here at the link below.

<https://form.jotform.com/253354688526064>




Thank you so much for making our sport more inclusive and exciting for everyone! -The 2025-2026 AEC



We would love your input!

If you have any opinions or ideas for future articles or any comments about the current issue, we would love to hear your feedback! Contact us via the information below. Thank you for taking the time to improve the NEwslEttEr and we will consider all feedback when creating our next issue!

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