



SEATIGER TIDE Newsletter

November 2024



Announcements & Reminders

The 2024-2025 WAC Fall/Winter Practice Schedule (DIAA High School Swimming season) begins on **November 12**. See schedule attached below

SAVE THE DATE: WAC SWIM-A-THON will be held on January 12, 2025 at noon.

Dates to Know



November 16-17:

BHA Fall Splash A/BB/C Meet
Rawstrom Natatorium

November 17:

BHA Fall Splash Mini Meet
Rawstrom Natatorium

November 24:

WAC Parents Night Out
Bellefonte Brewing - 3PM

WAC BACKERS BLOG

WAC BACKERS IS BACK!

After a few dormant years, I am pleased to announce the return of WAC Backers. We had a fun night dining out with our friends in September and Pretzel Tuesday was a success for October.

November is all about the parents as we head out to Bellefonte Brewing Company. We will continue to engage in social and fundraising events this season. If you have any questions or ideas, please reach out to Susan Hauske at wacbackers2011@gmail.com

Coach Q & A



Meet Coach Denise

Fun Fact: Ms. Peggy taught her to swim

Favorite Stroke: All - She was an IM-er!

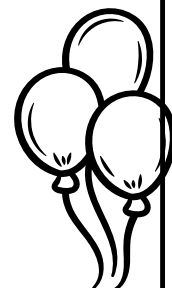
Favorite Swimming Memory: All the friends she made swimming at WAC. She and Coach Eric were BFF in high school



Sea Tiger Birthdays



Emerie W	11/9
Cohen B	11/12
Brody C	11/12
Katelyn H	11/15
Sara H	11/15
Keller H	11/16
Violet R	11/16
Zachary L	11/17
Yuyao L	11/19
Cameron A	11/26
Beau D	11/27





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Like & Follow our Social Media Pages:



@Wilmington Aquatic Club
@WAC Backers



@wilmington.aquatic.club



Sea Tigers of the Month

Developmental: Rose D & James W

Age Group: Zoey C & Cohen B

Junior Elite: Lila C & Jack K

Senior: Nathaniel F & Alex E

Elite: Gabby F



WAC BACKERS FUNDRAISER 💰

Join us November 24 at 3 pm at Bellefonte Brewing Company on Marsh Road for a WAC Backers Fundraiser. A percentage of proceeds will go back to WAC Backers. This is our time to come out and socialize with other parents away from the pool. Feel free to invite others to join in the fun. Slices of pizza will be available for sale.

WAC Backers will be raffling off a YETI cooler and we are asking for your help filling the cooler. Please bring a bottle of alcohol, wine, beer or some alcohol themed accessory to contribute to the cooler. We will be selling tickets for \$5. Winner takes the cooler and all the goodies!

Fun Fact 💡

The first swimming goggles were made from tortoise shells.

🌟 Babysitters Needed

Any Elite, Senior or HS swimmer OR families who are interested in babysitting or need a babysitter for the Bellefonte Brewing Co. Fundraiser should email WAC Backers at wacbackers2011@gmail.com. We will sign off on volunteer hours for this event.

THE 2024-2025 WAC FALL/WINTER PRACTICE SCHEDULE

	Wilmington Aquatic Club 2024-2025 Fall/Winter Practice Schedule (DIAA Winter Swimming Season 11/12/24-2/22/25)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Developmental	5:15-6pm, 6-6:45pm, 6:45-7:30pm	5:45-6:30pm	5:15-6pm	5-6pm	6:30-7:30pm	9:30-10:30am	11am-12pm
	Fraim	Pilot	Pilot	Pilot	Fraim	Pilot	Fraim
	Mechanics	Mechanics	Mechanics	Training	Training	Training	Training
Age Group	5:15-6pm, 6-6:45pm, 6:45-7:30pm	5-5:45pm, 6:30-7:15pm	4:30-5:15pm	6-7:30pm, 7:30-9pm	5:15-6:30pm (1:15 ONLY)	8-9:30am	12-1:30pm
	Fraim	Pilot	Pilot	Pilot	Fraim	Pilot	Fraim
	Mechanics	Mechanics	Mechanics	Training	Training	Training	Training
Junior Elite	5:30-7pm	5:30-7pm	6-7:30pm	7:30-9pm (w/ AG)	Off	8-9:30am (9-11 y/o ONLY)	Off
	Pilot	Claymont	Pilot	Pilot		Pilot	
	Training	Training	Mechanics/Dryland	Training		Training	
						11:30am-1:30pm (12 y/o ONLY)	
						Claymont	
						Training	
Senior	7:30-9pm	5:30-7pm	7:30-9pm	7:30-9pm	Off	11:30am-1:30pm Claymont	Off
	Claymont	Claymont	Claymont	Claymont			
Elite AM	Off	5:30-7am Pilot	Off	5:30-7am Pilot	Off	6:30-8:45am Claymont	Off
Elite PM	5:30-7:30pm Claymont	7-9pm Claymont	5:30-7:30pm Claymont	5:30-7:30pm Claymont	5:30-7:30pm Claymont	Off	Off
Indicates changes from September/October practice schedules							



CONGRATULATIONS

Sea Tigers of the Month



The Importance of SafeSport in Swimming: Protecting Our Athletes

If you have ever timed at a meet you have heard the starter tell you that cell phones are not allowed behind the blocks because of cameras due to the Minor Athlete Abuse Prevention Policies (MAAPP) and Safe Sport. But did you ever wonder why? As with any sport, the well-being of swimmers should always be the top priority, both in and out of the water. The SafeSport initiative, a program designed to create safer, more respectful environments for athletes, plays a crucial role in achieving this goal. In swimming, SafeSport is not just about protecting athletes from physical injury—it also focuses on safeguarding them from abuse, harassment, and misconduct, ensuring that they can train, compete, and grow in a positive and supportive atmosphere.

What is SafeSport?

SafeSport refers to a set of policies, training programs, and resources aimed at reducing and preventing abuse, misconduct, and inappropriate behavior in sports. SafeSport programs are implemented by the U.S. Center for SafeSport (USCSS) and are endorsed by organizations like USA Swimming. These programs address physical, emotional, and sexual abuse, as well as bullying and harassment in sports settings.

SafeSport focuses on educating coaches, athletes, parents, and administrators about appropriate behavior, creating safe environments, and ensuring that there are clear, accessible channels for reporting misconduct. Here's why SafeSport is so vital in swimming:

1. Protection Against Abuse and Misconduct

Swimming can be an intense and often personal sport, with coaches and athletes spending significant time together. Unfortunately, this proximity can sometimes create opportunities for abuse—whether physical, emotional, or sexual. SafeSport policies address these issues by educating and training coaches, swimmers, and other stakeholders on proper behavior, recognizing red flags, and providing resources for reporting abuse. By educating all participants about the signs of abuse and misconduct, SafeSport creates an atmosphere where individuals feel empowered to speak out if something is wrong. This is vital in preventing harmful situations before they escalate.

2. Ensuring a Respectful and Inclusive Environment

A central tenet of SafeSport is fostering an environment of mutual respect. Swimming is a sport where teamwork, mentorship, and trust between coaches and athletes are critical to success. SafeSport emphasizes the importance of positive coach-athlete relationships based on mutual respect and clear boundaries. This helps ensure that athletes are treated with dignity and that their personal well-being is prioritized.

Additionally, SafeSport promotes inclusivity, ensuring that all swimmers, regardless of gender, race, or background, are treated fairly and given equal opportunities to succeed.

Coaches Corner

3. Improving Mental Health and Well-being

Swimming is an individual sport, but its culture often places great demands on athletes, who may experience intense pressure to perform. The mental and emotional well-being of swimmers is just as important as their physical fitness. SafeSport programs encourage coaches and support staff to be aware of mental health issues, to recognize stressors, and to be sensitive to the pressures that swimmers face. By training those involved in swimming to prioritize athletes' mental health, SafeSport helps to create a more supportive, understanding environment. When athletes feel emotionally safe and supported, they are more likely to reach their full potential, both in the pool and in their personal lives.

4. Providing Clear Reporting and Accountability

One of the most essential aspects of SafeSport is the creation of a clear and accessible system for reporting any form of misconduct or abuse. In the past, many athletes may have felt that they had nowhere to turn if they experienced mistreatment. SafeSport changes this dynamic by providing athletes, parents, and coaches with tools to report concerns anonymously or through official channels, ensuring that complaints are taken seriously and investigated thoroughly.

Moreover, SafeSport's approach includes accountability measures that hold perpetrators of misconduct responsible for their actions. By upholding these standards, SafeSport ensures that there are consequences for abuse, helping to deter future incidents and maintain the integrity of the sport.

5. Promoting Long-Term Athlete Development

SafeSport not only protects athletes during their competitive years but also supports their long-term development. Athletes who are emotionally and physically safe are more likely to have a positive experience with the sport, leading to increased participation, enjoyment, and longevity in swimming. This is particularly important for athletes who wish to make swimming a lifelong pursuit, whether as a competitive swimmer or in recreational settings.

Furthermore, SafeSport advocates for balanced training regimens that avoid overtraining and burnout, ensuring that athletes can continue to thrive in the sport for years to come.

Learn more about SafeSport at the USA swimming University at <https://university.usaswimming.org/landing>

Don't forget to visit our Spirit
Wear store.
You can access it [HERE](#).