



SEATIGER TIDE Newsletter

December 2024



Announcements & Reminders

SAVE THE DATE: WAC SWIM-A-THON will be held on **January 12, 2025** in the afternoon. Details to follow.

December 20, 2024 – Elf Swim (Details Below)

Holiday Break Swim Schedule starts around December 23 (to be announced)

Dates to Know



December 6-8:

DSA Diamond Invitational
Rawstrom Natatorium.
Final/Prelim for 13 and Over

December 12-15:

NCAP Winter Invitational
Rawstrom Natatorium
(11 and Over)



Last Call



THERE'S STILL TIME TO BUY

WAC POP-UP SHOP

Details:

- Price per T-shirt: \$15
- Payment: Venmo @WAC-Backers. Deadline for payment is Monday, December 2.
- Available sizes: Youth MEDIUM-ADULT 3XL
- Designs Available: Sea Tiger Santa OR Our Team Sleights
- Delivery Date: Shirts will be delivered to practices starting on Wednesday, December 4.

only \$15



Sea Tiger Birthdays



Liam A.	12/2
McKenzie L.	12/7
Kaelin B.	12/10
Damien G.	12/13
Isabella S.	12/15
Taylor A.	12/15
Hailey H.	12/16
Elizabeth J.	12/24
Virginia G.	12/25
Gavin S.	12/26





Reminder

On Meet Weekends
WE WEAR...

BLACK



GOLD



Like Us, Follow Us

Like & Follow our Social Media
Pages:



@Wilmington Aquatic Club

@WAC Backers



@wilmington.aquatic.club



Sea Tigers of the Month

Developmental: Rhyan F. & Angel J.

Age Group: Hailey H. & Maria T.

Junior Elite: Jayden G.

Senior: Abby H.

Elite: Ben K. (November) & Alaina H.

Game Time

HOW MANY WORDS CAN YOU
MAKE FROM THE WORD
“REINDEER”? EMAIL YOUR LIST
OF WORDS TO
WACBACKERS2011@GMAIL.COM
FOR THE CHANCE TO EARN A
PRIZE

Fun Fact

Breaststroke is the oldest
swimming stroke dating back
to the ancient Egyptians.

WAC BACKERS

Elf Swim December 20

Drop off your swimmer at
Pilot on December 20 from
5:30-8:30 p.m. and finish
up your Holiday shopping,
wrapping or enjoy a night out while your
swimmer enjoys pizza, pool time and a craft
with some friends. The first child is \$35, the
second child \$25, and the third child \$15. All
proceeds benefit WAC Backers. See attached
flyer. Volunteers needed.



Pancake Breakfast over Holiday Break
(More information coming soon.)



Meet Qualifiers

Congratulations to the following
swimmers for qualifying for NCAPS:

Taylor A	Cierra H
Aubrey A	Alaina H
Logan B	McKinley J
Lila C	Eliza J
Nathan C	Maverick J
Emma C	Thomas K
Brody C	Ben K
Jason D	Jack K
Keira D	Leah N
Mia D	Zoey R
David F	Sebastian S
Gabby F	Mia T
Rory F	Analiese W
Jayden G	Sammi W
Megan H	Mila V

WHAT TO EXPECT AT A PRELIM/FINAL MEET

Every so often we are presented with the tremendous opportunity to swim in a meet that has prelims and finals sessions. These meets are structured so as to present the fastest 8, 16, or 24 swimmers from the morning or afternoon prelims sessions with another chance to swim again at finals in the evening. The number of swimmers advancing to finals in this fashion depends on the meet, their age group, and sometimes the events themselves. Some meets offer finals for all age groups, except for the 10 and under swimmers. Some meets offer one heat of finals for 11 and 12 swimmers, but two heats of finals for 13 and older swimmers. Distance events are usually swum just one time, and sometimes the 11-12 200 fly, 200 back, and 200 breast are Timed Finals also. Occasionally, the fastest 8 seeded swimmers swim at night in finals. These types of meets provide a valuable learning experience for our swimmers and encourage them to swim at a high level of competition.

These types of meets are valuable tools to prepare our swimmers for their end-of-season championships. Either they get a taste of swimming finals, or get a better appreciation of what it takes to qualify for finals next time.

Swimming the same event twice in one day is quite a challenge; making finals in two events doubly so. And you can imagine qualifying for three. Yet we don't want to wait until our biggest meet to face this challenge. The more experience you can get trying to qualify for finals, and swimming finals, the more confidence you will have, the faster you will swim, the stronger you will be.

A swimmer should enter a prelim race with the goal of making finals. To expect anything less would be to sell yourself short. To expect not to make finals would be self-limiting. If your swimmer makes it back to finals and plans to scratch (meaning to not come back to swim at night), he/she must speak with a coach immediately. Most likely, we will ask that you (the parent) meet with us to discuss the situation.

Continued on next page...



Enter the Contest

Championship T-Shirt Design Contest

Swimmers, we need your help designing this year's WAC championship t-shirt.

Entries should be submitted by scanning this QR code.
Entries DUE **January 10, 2024.**



Thank You!

WAC Backers thanks everyone who came to Parents Night Out.

A special shout out to Jen Kalinowski and Tori Haynes for donating proceeds of the pop-up spirit wear shop to WAC Backers.

Coaches Corner

As a swimmer develops and reaches this level of competition, we would like you to keep the following information in mind:

What is Involved: Be prepared! Clear your calendar for the entire weekend. When participating in prelims/finals meets, just expect to be there all day. Ideally, we would like our swimmers to go home to rest and refuel between prelims and finals. This is where getting a hotel room can be helpful. Swimmers need to be back in time for warm-ups in order to prepare for their final race(s). Please plan accordingly to assure a successful swimming experience for your athlete.

Atmosphere: The atmosphere at prelims is very different than during finals. The fastest swimmers have a hard time swimming best times during prelims especially knowing that finals will take place only a few hours after their initial, qualifying race. The goal is to swim fast enough to make finals.

Pressure: After a long day of swimming the athletes return one more time to the pool for the final races, the fastest races. Who will touch the wall first? Though the pressure is intense, athletes handle it better when participating in these types of meets more frequently. Therefore, when a swimmer qualifies, participation is a must. In addition, the team spirit among the athletes can alleviate some of the pressure. So, even if your swimmer doesn't make it back to finals, coming to cheer on his/her teammates is highly encouraged.

Reaching Goal Times: Prelims/finals meets create an environment for our swimmers to reach their goal times. Representing your team in a final race, scoring points for your team, and getting the goal time you worked so hard for, is all part of the learning experience.

Seatigers cheering on one of their own in her last swim as a Seatiger



Sea Tigers of the Month

