



SEATIGER TIDE Newsletter

January 2025



Announcements & Reminders

Championship T-Shirt Design Contest:

Entries DUE January 10, 2025.

WAC SWIM-A-THON: January 12, 2025:

12:00–2:00pm: Elite/Seniors/JE 11–12 year olds

2:00–4:00pm: Dev/AG/JE 9–10 year olds

See emails for additional information.

Dates to Know



January 12:

Swim-A-Thon

January 24:

SJAC Friday Night Sprints

January 25:

SJAC Treasure Chest Mini Meet

WAC BACKERS

Thank you to all the Elves who came out to swim, eat and craft, all the Elite swimmers who joined in the fun, and the volunteers that made the event possible. We look forward to making more memories next year.

It's now time to shift gears to fundraising. Our Swim-A-Thon is our largest fundraiser, and requires participation from everyone. So get out there and find sponsors and let's raise some funds to keep WAC successful.

Sea Tiger Birthdays



Coach Abby – January 1

Kirah I. – January 1

Leah N. – January 5

Ellia M. – January 5

Brooks H. – January 7

Carter B. – January 9

Greyson P. – January 11

Jason D. – January 11

Justus M. – January 13

Michael H. – January 14

Thomas K. – January 16

Jack K. – January 16

Luke J. – January 18

Coach Meg – January 19

Madalyn G. – January 19

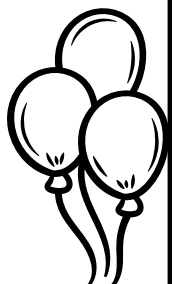
Hannah B. – January 26

Jane K. – January 26

Jayden G. – January 27

Rory F. – January 27

Alex A. – January 27





Happy
New Year



Like Us, Follow Us

Like & Follow our Social Media Pages:



@Wilmington Aquatic Club
@WAC Backers



@wilmington.aquatic.club



Sea Tigers of the Month

Developmental: Ellowyn TD

Age Group: Yuyao L.

Junior Elite: Megan H. and Brody C.

Senior: Penny J. **Elite:** Mia D.

Congrats to Seniors Penny J., Alex E. and Zach J. for perfect attendance over winter break

Championship T-Shirt Design Contest:

Swimmers, we need your help designing this year's WAC Championship T-Shirt.

Contest Rules:

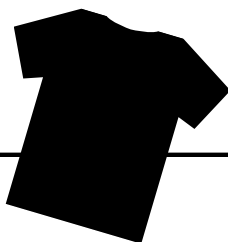
- 1) Entries are open to all ages of swimmers.
- 2) Designs should be simple (modifications to entries may be required).
- 3) The design must include the name Wilmington Aquatic Club and/or WAC
- 4) Designs should be hand drawn.
- 5) Designs must be uploaded as a .pdf, .jpeg or .png.

All designs must be submitted by January 10, 2025.

Enter your design by emailing:

wacbackers2011@gmail.com Please include swimmer's name when emailing your entry.

Any questions, please email Jody Beck at jemcdol2@hotmail.com



Meet Results

Congratulations to the following swimmers who achieved 100% best times at our midseason championship meets:

Diamond Invitational

Sylvia A.	Sarah J.
Will A.	Zach J.
Aubrey A.	Thomas K.
Jackson B.	Yuyao L.
Cara B.	Milena M.
Charlotte C.	Milani N.
Logan C.	Ivy O.
Keira D.	Kylie O.
Gabby F.	Violet R.
Nathaniel F.	Sophie R.
Alaina H.	Loren W.

NCAP Invitational

Nathan C.	McKinley J.
Brody C.	Ben K.
David F.	Leah N.
Rory F.	Sebastian S.
Megan H.	

Record Breakers

WAC Team Records Broken:

13-14 50 Breast	Ben K.	28.97
13-14 50 Fly	Ben K.	24.61
13-14 100 Fly	Ben K.	52.77
13-14 200 Fly	Ben K.	1:57.80

Way to go

Save the Date

March 2, 2025 - Last Chance Meet at Claymont (pending approval from Mid-Atlantic). This will replace the DST Last Chance meet currently on the calendar.

April 9, 2025 - WAC Night at Oasis

Fun Fact

Swimmers use every major muscle in their bodies.

yummy



Meet Results - Top Time Improvements



Diamond Invite Top 3 Time Improvements						
9-10 Girls			9-10 Boys			
Kylie Odom	50 Free	29.0%	Conrad Gehret	100 Breast	11.7%	
Cara Borja	100 Fly	20.3%	Conrad Gehret	100 IM	9.4%	
Kylie Odom	100 IM	20.0%	Nathan Cloud	100 Back	7.3%	
11-12 Girls			11-12 Boys			
Phoebe Moritz	50 Fly	10.5%	Lucas Hwang	100 Fly	9.1%	
Ivy Odom	100 IM	9.7%	Yuyao Liang	50 Back	8.7%	
Phoebe Moritz	100 Free	8.7%	Yuyao Liang	100 Free	7.2%	
13-14 Girls			13-14 Boys			
Violet Robbins	50 Free	10.1%	Logan Connell	200 Fly	8.8%	
Keira Devlin	100 Breast	8.3%	Alex Moritz	50 Free	6.6%	
Sophie Rohrbach	200 Free	6.5%	Alex Moritz	200 Free	5.0%	
15-18 Girls			15-18 Boys			
Sarah Johnson	200 Free	6.8%	Jackson Bluemle	200 IM	7.1%	
Milani Ng	500 Free	6.2%	Jackson Bluemle	200 Free	4.1%	
Sammi Weinert	500 Free	6.2%	Jack Cole	200 breast	3.6%	





NCAP Invite Top 3 Time Improvements					
9-10 Girls			9-10 Boys		
Cierra Hill	50 Free	4.4%	Nathan Cloud	50 Free	8.5%
Cierra Hill	100 Free	3.9%	Sebastian Sedar	50 Fly	6.9%
Cierra Hill	50 Back	3.9%	Nathan Cloud	100 Free	4.7%
11-12 Girls			11-12 Boys		
Megan Hauske	200 Fly	7.4%	Thomas Kalinowski	200 Breast	2.7%
Megan Hauske	100 Fly	5.1%	Thomas Kalinowski	50 Breast	2.3%
Lila Chan	200 Breast	3.8%	Maverick Jubb	200 Breast	2.0%
13-14 Girls			13-14 Boys		
Keira Devlin	50 Free	2.9%	Ben Kelly	100 Breast	5.3%
Gabby Fillioe	100 Back	2.3%	Ben Kelly	200 Breast	4.8%
Keira Devlin	100 Back	1.3%	David Fallon	50 Free	3.9%
15-18 Girls					
Alaina Hoffman	1650 Free	4.5%			
Mia Devlin	100 Breast	4.0%			
Ellie Johnson	100 Breast	3.2%			



January Volunteer Opportunity



During the month of January, we will be collecting can food to support the Food Bank of Delaware. We will be placing collection boxes at Claymont, Pilot and Fram.

In addition, be on the lookout for a volunteer activity for our 13 & older swimmers with the Ronald McDonald House.



Swim - A -Thon: Help Wanted!

WAC Swim-A-Thon: January 12, 2025

Sign up to donate a raffle basket here:

<https://www.signupgenius.com/go/8050E4EA5AE2CA75-53731497-wacswim#/>

Please sign up here to donate a sundae topping:

<https://www.signupgenius.com/go/8050E4EA5AE2CA75-54146622-wacswimathon>

Sign up below to volunteer for the Swim-A-Thon:

(This counts towards your mandatory volunteer hours.)

<https://www.signupgenius.com/go/8050E4EA5AE2CA75-54146834-wacswimathon>

FUELING FOR SWIMMERS

BY COACH ABBY

Happy New Year swimmers and families!

As we move into the new year and look forward to the championship season of 2024-2025, let's talk about how to best fuel up for practices and swim meets to perform at your best. Your best fuel for tough workouts and long swim meets is carbs! No surprise here.

When training is tough, you need energy for your body so you can do your best. This means plenty of hydration with plain water during the day, a small snack, such as dried fruit or trail mix, prior to practice, and be sure to have an electrolyte drink with you for during practice. This keeps your energy high as you work hard. Avoid eating large meals prior to practice as this can lead to feeling sluggish or nauseous during swim practice.

During swim meet weekends, fuel up with complex carbohydrates and small amounts of protein the nights before you race. For example, pasta is a great carb option. This can be prepared with vegetables, either raw or cooked in an oil or butter for healthy fats, a small amount of cheese for healthy fats and protein, and a lean protein source such as, chicken, beef, or turkey.

About 2 hours before you race, be sure to have a good breakfast with carbs and a small amount of protein. For example, a breakfast sandwich with egg and cheese on toast or a bagel will both taste good and provide you with optimal carb-protein content. About 1 hour before you race, a small snack of carbs will help rev up energy for optimal performance. Dried fruit, trail mix, or pretzels are great options. During meets, swimmers should be staying hydrated with plain water and with drinks that contain electrolytes. Some of the more popular brands recommended by nutritionists now are Body Armor, Vitamin Water, and coconut water.

Try these methods during your training days to find the right balance for you prior to race days. Reach out with any questions, and remember nothing can replace hard work in training, proper nutrition, and good sleep.

