



SEATIGER TIDE Newsletter

December 2025



Announcements & Reminders

REMEMBER TO COMPLETE YOUR USA SWIMMING REGISTRATION BY THE END OF DECEMBER.

Don't forget to register for our second annual Elf Swim: **December 20th 4-6:30 pm.**

WAC Pictures will be taken at Claymont on **January 20 and January 21**, from 5-8:15 pm. A Sign Up Genius will be circulated.

WAC Swim-A-Thon will be held on **January 10, 2026**. Seniors and Elite will swim during morning practice. JE/Dev/AG will be in the afternoon.

Holiday Practice will begin **December 22**. We will be hosting a Pancake Breakfast over break. Schedule to follow shortly.

WAC BACKERS BLOG



Thanks for everyone who participated in our first Dining Out of the season and a huge thank you to Burgers by Wildwich! December is a busy month with meets and team-building events, so be on the lookout for updates. Happy Holidays!



Dates to Know



December 5-7: Diamond Invitational, *University of Delaware Final / Prelim for 13 and Over*

December 11-14: Katie Ledecky Invitational, *University of Maryland*

December 19: Westtown Aquatics Holiday Developmental Classic, *West Chester University*

December 20: Elf Swim, *The Pilot School*

ELF SWIM



ELF SWIM!!

Drop your swimmer at Pilot on **December 20 from 4:00-6:30 p.m.** and take some time to finish your holiday shopping, get your gifts wrapped, or simply enjoy a night out! Meanwhile, your swimmer will have fun with pizza, pool time, and a holiday craft with friends.

Cost:

- First child: \$35
- Second child: \$25
- Third child: \$15



All proceeds benefit WAC Backers. Volunteers Needed! Register [here](#) or see the website for more details.



Sea Tiger of the Month

Congratulations to our **Sea Tigers of the Month!**

Developmental: Jack F. and Audrey C.

Age Group: Amiya D. and Ryan H.

Junior Elite: Ellie D. and Sebastian S.

Seniors: Lily K.

Elite: Sarah J.



Meet Qualifiers



Congratulations to the following swimmers who qualified for the **Katie Ledecky Invitational:**

Taylor A.	Cierra H.
Aubrey A.	Alaina H.
Jackson B.	McKinley J.
Kaelin B.	Maverick J.
Nathan C.	Thomas K.
Emma C.	Ben K.
Maggie C.	Maren K.
Brody C.	Jack K.
Logan C.	Justus M.
Elizabeth D.	Ellia M.
Keira D.	Chase N.
Mia D.	Iviana O.
Rory F.	Jacob R.
Josie F.	Mia T.
Nathaniel F.	Samantha W.
Virginia G.	Anna W.
Megan H.	
Sara H.	
Mikey H.	



WAC is sending the largest group of qualifiers ever to this meet. Great job!



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Like & Follow our Social Media Pages:



@Wilmington Aquatic Club
@WAC Backers



@wilmington.aquatic.club



@wilmingtonaquaticclub

Sea Tiger Birthdays



Liam A.	12/2
Maggie C.	12/4
McKenzie L.	12/7
Olivia N.	12/8
Kaelin B.	12/10
Greyson E.	12/10
Coach Chris D.	12/12
Josie F.	12/12
Damien G.	12/13
Andrew L.	12/14
Coach Alicia	12/15
Taylor A.	12/15
Hailey H.	12/16
Elizabeth J.	12/24
Antonio D.	12/24
Dewey D.	12/25
Virginia G.	12/25
Gavin S.	12/26
Santino K.	12/27
Kylina O.	12/29





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.

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.

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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

you can do
ANYTHING
you just have to be
DETERMINED

STAY
STRONG &
POWER ON

Swim-A-Thon Update



On **January 10, 2026**, right after the holidays, we'll host our Annual Swim-A-Thon—our biggest fundraiser of the year! Head over to TeamUnify to set up your personal fundraising page and start gathering pledges over the next few weeks. Awards will go to the top three fundraisers.

Our Swim-A-Thon plays an essential role in supporting our team by helping provide championship gear, funding our social events, and supplying important training tools. With limited pool space, rising rental costs, and a projected USA Swimming budget deficit, it's more important than ever for our community to come together. Thank you for helping us keep our team #WACStrong.