



Dear Members,

We hope this newsletter finds you and your swimmers well and enjoying this mild, snow-free winter season. Since our last newsletter, our swimmers have been training hard and this hard work has been paying off with some great swims and a bunch of personal bests by our swimmers at some high-level meets. Please join us in congratulating our swimmers that took part in the **2023 IM Xtreme Games**, **2023 Catholic High School Swim Championships** and **2023 Ivy League Championships** and all swimmers that have competed at various meets throughout this winter season. Keep training hard and swimming fast!

REMINDERS

- Our annual Spring Training Trip will be held from April 10th thru April 14th in St. Petersburg, Florida. Click [here](#) for more info or to register
- We will be holding our annual Team Dinner and Awards night this spring. Please keep an eye out for the announcement.



Parent Tip of the Month



WHAT success is.

Only one swimmer can win the race. Often in the younger age groups, the winner will be the one who has bloomed early, not necessarily the swimmer with the most talent or the most potential to succeed in senior swimming. It is expected that every parent wants their child to succeed, and wants them to have a good learning and valuable experience with swimming. Every child can succeed – only make sure you define success correctly: being the very best you can be and striving for improvement in every aspect of swimming. That leads to lasting success. And lasting enjoyment.

Welcome

Please join us in welcoming newly appointed BSC parents James Yu, Pedro McGeary, and Tatsiana Drazdova to the Freedom Aquatics Parent Committee. Thank you for your commitment to Freedom Aquatics and our swimmers.

CONGRATULATIONS!

Congratulations to James Yu, Harry Chuck, Tayna Lerner and Maria D'Amelio on receiving their "Stroke and Turn" Officials credentials. Thank you for taking your "volunteering" to the next level.

HIGHLIGHTS

[2023 Public School Athletic League "A" champs and CHSAA State Championships](#)

[2023 Catholic High School Swim Championships](#)

[2023 IM Xtreme Games](#)

[2023 Ivy League Championships](#)

[Winter Birthdays](#)



Upcoming Meets

- 2023 Senior Mets - Feb 16, 2023 - Feb 19, 2023
- 2023 Silvers Champs Central - Feb 24, 2023 - Feb 26, 2023
- 2023 Freedom Spring Challenger - Mar 04, 2023 - Mar 05, 2023
- 2023 MR 8 & Under Championships - Mar 04, 2023 - Mar 05, 2023
- 2023 MR Junior Olympics - Mar 10, 2023 - Mar 12, 2023
- 2023 Team Challenge - Mar 10, 2023 - Mar 12, 2023
- 2023 ISCA International Senior Cup - Mar 21, 2023 - Mar 25, 2023
- 2023 Metro Bronze Championships Central - Mar 24, 2023 - Mar 26, 2023
- 2023 Short Course Age Group Championship (ZONES) - Mar 29, 2023 - Apr 01, 2023
- 2023 ISCA East Coast Elite Showcase - Apr 05, 2023 - Apr 08, 2023
- 2023 Freedom Aquatics Spring Training Trip - Apr 10, 2023 - Apr 14, 2023



QUICK TIPS

As championship season quickly approaches, the dreadful process of putting on tech suits lies ahead. For a better fit and understanding of the tech suit world, follow these **five tips**:

1. Size down into the smallest suit possible/The tighter the better
2. It should take you at least 30 minutes to put on
3. Tech suits are stroke specific
4. Sizing is based on what you wear in practice
5. Your suit should be uncomfortable



The Management, Coaches and Staff would like to wish everyone a Happy President's Day!

