



## What's Going On?



## Upcoming Events

### Winter Junior Championships

- Wednesday 12/10 - Saturday 12/13 in Indianapolis, IN
- This is the highest level meet for 18&Under athletes USA Swimming has to offer. If you'd like to see Lily and Kyle compete, you will have to download the USA Swimming Network app.
- Lily is swimming the 50 Free, 100 Free and either the 100 Back or 100 Fly (to be determined!). Kyle is swimming the 50 Free, 100 Free, 200 Free, 500 Free and 100 Backstroke.

### Triad Tropic

- Friday 12/12 - Sunday 12/14 at GAC, Greensboro
- Sign ups are closed. Follow along to see how we do!

### Team Charlotte Dual Meet

- Sunday 1/4 at MCAC, Charlotte
- Sign ups close Monday December 22nd.
- This will be year 2 of us doing this. Last year was a lot of fun and kick-started the new year with some fast swimming. This is highly recommended for all groups on the competitive team (SD, AGD, AG, AGP, Senior, SP and Nat'l).
- We will need volunteers to help run this meet. If your child is attending, please plan on dedicating some time to help volunteer.

### TEAM Western Open

- Friday 12/12 - Sunday 12/14 at GAC, Greensboro
- Sign ups are still OPEN & close on 12/16.
- This is recommended for SD, AGD, AG & AGP. For athletes in Senior, SP and Nat'l, please discuss signing up with coach.

## Newsletter Highlights

---

UPCOMING EVENTS

---

USA SWIMMING

---

YMCA REMINDERS

---

SWIMSTRONG

---

TEAM STORE

---

WINTER BREAK  
TRAINING SCH.

---

BREAST CANCER  
CAPS

---

ADOPT-A-FAMILY

## USA Swimming Registration - Action Required

As we get close to 2026, returning USA Swimming members need to renew their registration before the new year. Please take care of this sooner rather than later since most of us will be competing right away on 1/4 at the Team Charlotte Dual Meet. You should've received an email from USA Swimming with renewal instructions. We'll also send reminders as we close out December.

## YMCA Membership Reminder

Take some time to review some of the YMCA's policies:

- Please ensure your swimmer has the ability to scan in
- The YMCA drop-off zone is not a walk-in entrance for our athletes under 12.
- Swimmers under 12 must be accompanied inside by a parent or guardian to check in at the front desk.
- In the event practice is canceled, unaccompanied children who are not YMCA members may not be recognized by staff - putting them in an unsafe situation.

Thank you for helping us maintain a strong partnership with the YMCA and for ensuring our athletes' safety and eligibility.

## SwimStrong Info

As we move into mid-season champs - and the stretch of the year when sickness ramps up - it's even more important for swimmers to take care of themselves. It takes a village, and having the right resources helps.

Swimmers and parents can access SwimStrong's mental health, mobility/pre-hab, and nutrition libraries at [www.swimstrongdryland.com](http://www.swimstrongdryland.com) under the Athletes section. Password: Habits>Motivation.



Team Store



Instagram



Facebook

## Winter Break Training Schedule

Take a look at the practice schedule for Winter Break. It is subject to change, but for the most part this is what we are rolling with. [CLICK HERE](#)

This time of year is all about balancing family and swimming. If your swimmer has end-of-season goals, staying consistent in the water is important - even while enjoying the holidays with friends and family. If you're traveling, our coaches can send quick workouts to keep them on track.

And don't forget: your child's YMCA membership works nationwide, so you can access Y pools wherever you go.

This winter we're shaking things up with Winter Training Teams – groups made up of swimmers from across all competitive groups. It's a fun way for athletes to meet teammates outside their usual practice group and take on winter-break challenges together. Teams will compete in things like underwater dolphin kick sets, attendance, trivia, and more. The goal is simple: keep training fun, connected, and competitive during the holiday stretch. They will be meeting their groups on Monday 12/22.

Monday 12/22 Schedule (Modified):

- Senior, Senior Performance, National: 3–5:15pm
- Stroke Development, Age Group Development, Age Group, Age Group Performance: 5:15–6:15pm for team meet-ups plus a mix of dryland and in-water work.

More details on team assignments and challenges will be coming soon.



[Team Store](#)



[Instagram](#)



[Facebook](#)

## Breast Cancer Awareness Caps

This fall our team set a goal for cap sales to support the Susan G. Komen Foundation, and thanks to your generosity, we met it. We're proud to share that the full donation has been made in honor of Regina Seymour, a former Sailfish parent who recently passed away after her fight with breast cancer. Regina was a bright presence in our community, and we're grateful to honor her memory in this way. Thank you to every family who contributed - your support helps make a meaningful impact.

## Adopt-a-Family.

Sailfish Aquatics is excited to partner once again with Cooperative Christian Ministries to adopt a family for Christmas. We are adopting a lovely single mom of five kids, who finds herself in an especially difficult situation since the dad of the older kids recently passed away, to make their holidays brighter. We will be giving gifts to all of the kids and their mom.

For Concord swimmers, gifts can be dropped off at the front desk at the Y anytime between December 2-16. For Stanly swimmers, please give your gifts to Coach Jonathan by December 16. Please label your gifts with YOUR last name and the age of the child the gift is for (if applicable). Gift receipts are appreciated and will be wrapped with individual gifts when possible. For gift cards, please make sure the amount is clearly labelled.

[CLICK HERE](#) to see what items are still needed!



[Team Store](#)



[Instagram](#)



[Facebook](#)