



# What's Going On?

# 2026

## Upcoming Events

### TEAM Western Open

- Friday 1/23 - Sunday 1/25 at MCAC, Charlotte
- Sign ups are CLOSED
- Follow along that weekend via socials to see how we're doing!
- If you are attending, timers are needed. I recommended signing up if you plan on being there as this will be a very large meet: [CLICK HERE](#)

### North Carolina Swimming Senior Champs

- Thursday 2/19 - Sunday 2/22 at TAC, Cary
- Signups occur if cut time achieved; swimmers will be notified.
- If your swimmer has qualified, please be sure to declare them via our website or the sportsengine app.

### North Carolina Swimming Age Group Champs

- Thursday 2/26 - Sunday 3/01 at TAC, Cary
- Signups occur if cut time achieved; swimmers will be notified.
- If your swimmer has qualified, please be sure to declare them via our website or the sportsengine app.

### Mini Meet #3

- Sunday 3/1 at the West Cabarrus YMCA
- Signups are open! They close on 2/25.
- This is the last Mini Meet in our Mini Meet Series. We encourage Academy Level 1, Level 2 and Level 3 swimmers + those in Teen 1 and Teen 2. Swimmers in Stanly, please reach out to Coach Jonathan for applicability.

### Team Travel - Southeastern Meet of Champions (SMOC)

- Wednesday 3/04 - Sunday 3/08 in Augusta, GA
- We reached out to qualifying families earlier this week. We encourage all those emailed to attend.
- Please see the event info on our website/sportsengine app and/or the email sent out earlier this week.

### MSA March Madness

- Friday 3/7 - Sunday 3/08 at MCAC, Charlotte
- Sign ups are open! They close on 2/16
- This is our last meet of our short course season! We encourage all swimmers not attending SMIC in Augusta to attend. \*\*\*This is also open to select Academy swimmers, please reach out to your child's coach prior\*\*\*

## Newsletter Highlights

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UPCOMING EVENTS

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CHAMPIONSHIP  
MEETS INFO

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WINS&LESSONS  
TEAM VS SAIL

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SUPPLEMENTAL  
COACHING

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USA SWIMMING

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SPRING BREAK

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PROSPECTIVE LC  
MEET SCHEDULE

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SUMMER TRAVEL  
TRIPS

## Championship Meets Information

### North Carolina Short Course Senior and Age Group Champs; TAC, Cary:

Coach Brody sent an email asking for your apparel sizes and whether you'd like to take advantage of the 25% discount on Arena tech suits for qualifying swimmers. ***Please respond promptly, as our order will be placed on 1/21.***

### Southeastern Meet of Champions (SMOC)- Augusta, GA

Coach Brody also emailed regarding your child's apparel sizes and whether you'd like to take advantage of the **35% discount on Arena tech suits.**

As a reminder, this is a team travel meet, so **we need a non-committal yes/no response by 1/21** to help with transportation and hotel planning. If your child has qualified, we strongly encourage them to attend.

### MSA March Madness; MCAC, Charlotte

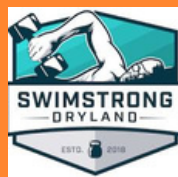
This is our end-of-season championship meet for swimmers who did not qualify for SMOC. We recommend this meet for all competitive groups, and we're also opening it to Academy swimmers (except Level 1). We strongly encourage all swimmers in these groups to attend.

### Summary:

We're at the point in the season where the short course season can feel long, but the work we've put in matters now more than ever. **Practice attendance, attention to detail, and commitment are key as we approach the final 6–7 weeks.** This is an important time for swimmers to dial in, showcase their skills, and finish the season knowing they gave it their all.



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# Wins & Lessons: Sailfish vs Team Charlotte Dual Meet

## Wins:

We were really proud of how the team came together after winter break! Focusing just on swimming, this was a tough meet given a mix of circumstances - many swimmers had taken time off during the break, others were battling seasonal sicknesses, and practices over the break were intense. Considering all that, we were thrilled with the effort.

One of the ways we track progress is by looking at overall time drops versus adds (just one of several metrics we use, since results alone this time of year don't tell the full story). Out of 320 swims, our swimmers dropped time in 55% of their events. While that may not sound huge, given the challenges above, it was a strong showing for this point in the season. Off the deck, the team also did a fantastic job stepping up in volunteer roles - timers, marshals, runners, officials - and showing true team spirit. From motivational posters to cheering and even sticking around to shake hands with Team Charlotte, our athletes demonstrated the kind of community and character we're proud of.

## Lessons:

While we don't want to single anyone out for missed practices or getting sick, it's clear that time in the water matters - and the impact grows as swimmers get older. Speaking from personal experience, I (Coach Jon) got sick at the start of winter break, which highlighted the importance of consistent hydration, sleep, nutrition, and overall care leading into the season. While these habits aren't a guarantee against illness, I'm actively applying what I've learned to stay healthy and to be at my best all year long.

In the water, the meet reinforced the importance of sharpening our race strategies, something we intentionally planned to focus on as we flip the calendar into 2026. Details like breath patterns, turn approaches, and turn exits are areas we've mapped out to refine, and this meet underscored why those strategies are so critical as our swimmer's progress.

## NEW Motivational Times Achieved!

**B:** Joey Sinicropi - 400fr, Annika Swenson - 400fr, Hudson Konawalick - 400fr, Jazzy Dominguez - 400fr, Tinley Briggs - 50fl, Patrick York - 50fl, Nathan Bailey - 50fl, Meryem Sever - 50bk, Riley Morrison - 50bk, Harper Stone - 50bk, Cassidy Stewart - 50br, Alessandra Rabarozzi - 50br, Lexi Lane - 50fr, Lily Vincent - 50fr, Jackson Stone - 50fr, Austin Hogan - 50fr, AJ Morgan - 50br, Thomas Ball - 50br, Hayden Kies - 50br, Brighton Stanford - 50br

**BB:** Carson Walsh - 400fr, Ashley York - 400fr, Bennett Michalski - 400fr, Annika Swenson - 50fl, Katy Jones - 50fl, Meryem Sever - 50fl, Craig Depkin - 50fl, Thomas Ball - 50fl, Barron Bell - 50fl, AJ Morgan - 50fl, Callie Pratt - 50bk, Bryce Golden - 50br, Noah Brumbaugh - 50br, Caden Pratt - 50fr

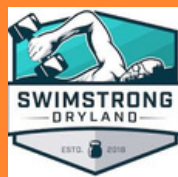
**A:** Saylor Vitale - 50fl, Natalie Van Poppel - 50fl, Andrew Velazquez - 50fl, Hayden Kies - 50fl, Blake Eversley - 50bk, Vlad Roman - 50bk, Jazzy Dominguez - 50br

**AA:** Whitney Johns - 50fl, Charlotte Greenway - 50fl (& Champs!), Joey Sinicropi - 50fl, Vlad Roman - 50fl, Carson Walsh - 50fl, Katrina Michalski - 50br, Carson West - 50br

**AAA:** Kyle Wilburn - 50fl, Michael Spokas - 50br



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## 1:1 Supplemental Coaching

Sailfish is offering one-on-one coaching sessions to give swimmers an opportunity to focus on specific skills, receive detailed feedback, and set a clear practice focus. While these sessions provide valuable guidance, progress happens when athletes continue to apply what they learn in regular practice and take ownership of their training outside the session.

### Session Details:

- When: Typically Sundays between 1–5 PM (West Cabarrus YMCA) or 2-5pm (Stanly YMCA) (other days/times may be possible)
- Length & Pricing:
  - 40 minutes — \$50
  - 30 minutes — \$40 (recommended for younger/Academy swimmers)
- Billing: Fees will be charged through your regular Sailfish billing cycle

### Important Notes:

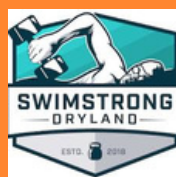
- These sessions are focused skill development, not a guarantee of results.
- Younger swimmers benefit from shorter sessions to stay comfortable, as extended time in the big pool can get chilly.

If this is something that could benefit your swimmer, please fill out the form below to get started:

***Sign Up for 1:1 Coaching***



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## USA Swimming Registration

Thank you to our returning families for renewing your USA Swimming registration so promptly. We know it's one more thing to manage this time of year, and we really appreciate you taking care of it quickly. We're already looking at ways to make the process even easier next season.

## Sailfish Spring Break

We're doing our best to structure the season around the needs of the majority of our families. In past years, our final meets fell after Cabarrus County Schools' spring break, which became more challenging after the school calendar shifted. To account for that, we're scheduling our spring break earlier than many other clubs and have adjusted our end-of-season meet dates accordingly.

***Our spring break will run from 3/9–3/22, with our first day back being Monday, 3/23.***

We recognize that not every family follows the Cabarrus County calendar. For those with a later spring break, we'll just be getting back in the water and beginning long course preparation, so missing a few days at that point will not put your swimmer at a disadvantage heading into summer.

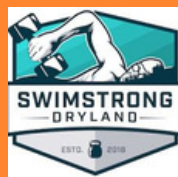
## Prospective Long Course Meet Schedule

This is very tentative, but we wanted you to get a sense of what weekends to carve out. We will solidify the schedule come spring break.

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# Summer Travel Trips

## UNC Wilmington Swim Camp 6/18-6/21

This camp is open to 11–14-year-old swimmers in our Competitive Team (no Academy swimmers). We'll travel together by charter bus with Team Charlotte, with dual meet fundraising helping to offset costs. Final pricing depends on participation - more swimmers = lower cost - with an estimated range of \$750–\$1,000.

Seahawks Swim Camp at UNCW combines high-level training with a true coastal experience:

- Led by Coach Bobby Guntoro, former NC State sprint coach and Olympic-level developer
- 7 combined conference championships since his arrival at UNCW
- High-performance training with UNCW's staff
- Sailfish coaches attend and travel with the group
- Surf lessons, on-campus housing, and dining with dietary accommodations

A strong opportunity for swimmers to train at a high level while staying connected with their coaches and teammates.

If you're interested, please [\*\*RSVP here\*\*](#). There will be no charges until final pricing is confirmed

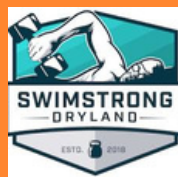
## Summer Travel Meet ~ 6/18-6/21

While details are still being finalized, this trip will take place in conjunction with the UNC Wilmington Swim Camp. We are targeting June 18–21, though travel days may shift the schedule by a day or two. We wanted to share this early so families can block off the weekend.

This meet will have specific eligibility requirements, including age (we are working with staff to determine whether this will be 13&O or high school athletes only), attendance, and accountability. Final details will be confirmed after Spring Break.



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