

The Wave – December 2021

News from the Executive Director by Mike Switalski

As we near the end of 2021, this is the appropriate time to reflect, appreciate and celebrate the accomplishments City Swim Project has experienced this year. While COVID has continued to give the world challenges, our families, our sport and our team have met those challenges, found solutions and showed our resilience. We celebrate the following:

1. During our time away, the staff and Board of Directors went to work on improving our services and updating our identity. We are no longer recognized as Buffalo City Swim Racers. Our operational name for conducting business is the City Swim Project. Our Learn-to-Swim Program and Support Services are recognized as the City Swim Project while our competitive program is known as the Buffalo Tide.
2. City Swim Project staff worked with local officials and facilities to insure a safe restart for our program during COVID. Our families have accepted the challenge and continue to take the necessary steps to ensure the safety of all our members.
3. The website was redesigned. The site is now easier to navigate and has new elements including a team store, a resource section with information for our families from different cultural backgrounds, a section on how to get

involved and a way to register swimmers electronically.

4. After 10 months out of the water in 2020, through the help of one of our swim parents, Danise Wilson, Erie Community College came through with pool time for our program allowing us to restart in early 2021. Thank you Danise!

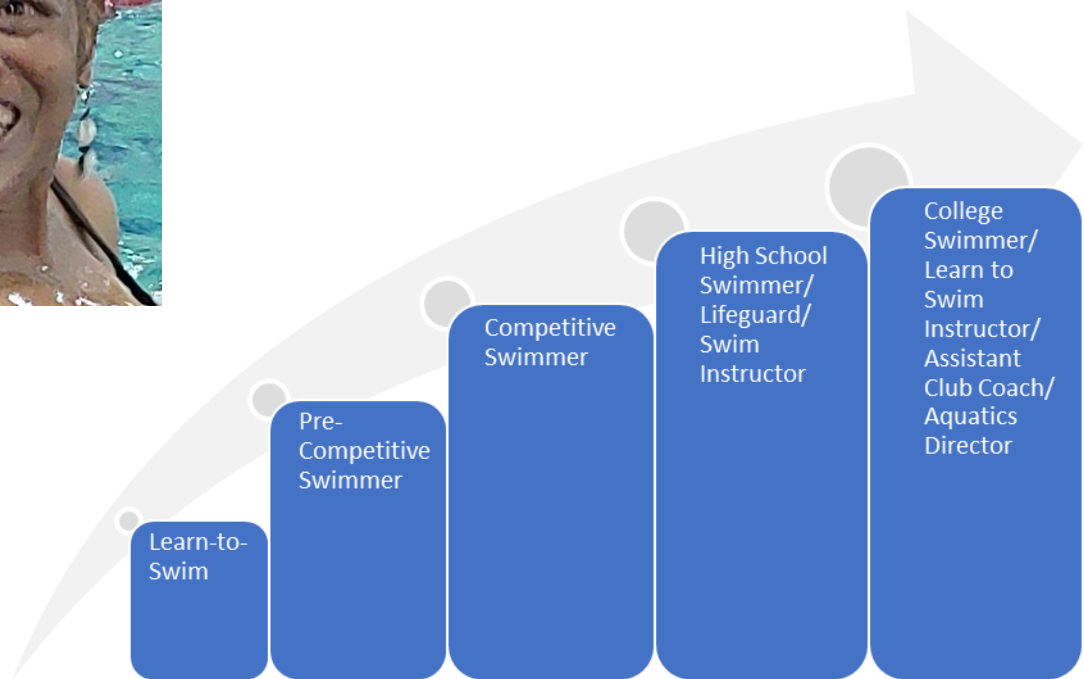


5. When our families returned to the pools, they saw newly created positions in the organization. Some positions were filled with new faces, other positions were filled with familiar faces. The positions created were Director of Business Development, Head Coach and Learn-to-Swim Director. These positions are full-time roles supported by the Ralph C. Wilson Jr. Foundation and increase our capacity to serve our communities. Thank you Ralph C. Wilson Jr. Foundation!
6. In late Spring, William Emslie YMCA reopened its doors to the City Swim Project. Danielle Roberts, the Executive Director for William Emslie, was in constant communication with us, providing updates and working behind the scenes to make sure we were among the first outside organizations allowed back into the building. Thank you, Danielle!

7. The Belle Center worked with us to bring our services back to the westside of Buffalo. Belle Center Executive Director Lucy Candelario and Program Director Jack Norton worked with us to make this happen. Thank you Lucy and Jack!
8. In the Fall, for the first time in our history, the City Swim Project expanded to a facility outside the city limits of Buffalo, NY. We worked with the City of Lackawanna Parks and Recreation Director Brian Lakso to bring swimming to the Town of Lackawanna. We expect this relationship to last for a long time. Thankyou Brian!



9. Through a grant from the Cullen Foundation, we added a Director of Support Services to the City Swim Project full-time staff. This is our first step towards providing services beyond the swimming pool, including academic support, mentorship, community volunteerism, nutrition education and workforce development. Thank you Cullen Foundation!
10. Lastly, and perhaps the most exciting part to the program is the first swimmers from the City Swim Project/Buffalo Tide program have been hired by us to work with the next generation of swimmers in the program. This progression is a critical element that will lead to the success of the program. Below is a diagram that can chart a child's direction and opportunities in the sport of swimming. Thank you to Irena, Alexa and Mya for being the first!



We look forward to the successes 2022 will bring for our program and our families. The contributions of many have led to greater opportunities for our members and their families.

From the desk of Patti Nabinger
Director of LTS

As we come out of the Thanksgiving Season, I wanted to make sure we thank those that have helped us a great deal to get back into the water during the pandemic. The staff at ECC Flickinger Center, Belle Center, William Emslie YMCA, and finally our newest location in Lackawanna High School partnering with the Department of Parks and Recreation.

In addition, I want to say a special thanks to our swim instructors that come out every day to give our children and adults the best experience possible. They have worked hard to become better instructors and all of them are doing this while holding down school schedules and other jobs as well. I want to applaud them. Also, the instructors and I volunteered our time to help the William Emslie YMCA host an amazing event for Halloween. Now, as we head to the New Year, we look over the last year. I have been inspired by the adults that have taken a step of faith and are learning to swim. We started to offer adult lessons as a pilot program and to understand the level of interest in our community. Our hope is one day having a master's team. We have not been perfect in the delivery of this program, but we continue to learn and adapt and grow.

As we continue to look for more pool space and time. We understand that ideally, we like children to swim twice a week but currently that's not current case. The instructors are still developing non swimmers to swimmers. Children are still moving from reds to yellows and then to blue. The instructors are seeing the smallest movement in blues. So going forward the blue swim time has been adjusted to one swim class for 75 minutes. In hopes this will help children move to the pre-competitive team.

In closing, as we begin to move through the holiday season and into the New Year. I am excited and I hope you are as well for the New Year may bring to

the City Swim Project membership and community. It is time to renew for the 2022 swim season you may do this at any time.



News from the Head Coach by Rick Aronberg

Thank you from all of us!

What an incredible first three months of practices and competitions we have had so far! The season started back in the middle of September and we have been going strong ever since.

Our pre-competitive team has been able to try a few swim meets and get their “feet wet” with how things work at them. They have really done well and the future for these kids looks promising.

Our competitive team was able to get back to where they were back in the late summer and have improved remarkably in such a short time. They are learning how to do race strategies as well as being responsible for how swim meets work.

The most important thing our swimmers can do so they can continually learn better techniques as well as get faster is to come to practice. We have many of our swimmers who do not miss at all and we can see

each day how much easier it is to learn those new skills. We also see their confidence grow and this is such a great life skill to have as they continue to get older and become young adults. Lastly, by coming to all the practices, they are bonding as a TEAM and are enjoying each other. They are laughing after practice, telling stories and pretty much everything a young kid likes to do. It has been a great pleasure to watch this evolve over the past 10 months.

The City Swim Project would like to congratulate our November Swimmer of the Month to
Pierson Schwartz – Bronze team

Favorite Stroke:
Freestyle

Favorite Movie:
Star Wars Rise of Skywalker

Favorite Food:
Avocado sushi roll

Favorite Subject:
Science

Favorite Animal:
Birds

