

The Wave

March 2023

Executive Director

Mike Switalksi



As the City Swim Project looks at our services and we continue to grow, we are very excited about our contract with IXL Learning and our ability to offer online tutoring. The exciting part is the growth we will see in our members academic performance. In order to report accurately the academic progress of our kids, we need to start collecting report cards from all our families. The current report card will give us a baseline that we will be able to compare future performances to. **Your child's participation in our academic program will be a mandatory condition in order to receive swim lessons.** If our academic tutoring program is at the location your child attends, it will be expected that your child participates in the academic program as well. The potential academic funding that may come from these services will allow the City Swim Project to continue providing our services as free and reduced costs to your family.

Those financial support opportunities do not happen without your child's active involvement in the IXL Learning Opportunity and you submitting your child's report card to either myself, Coach Patti, Coach Rick or Miss Sue.

Our academic program is known as Team ACHIEVE. With the new academic offering, the door will be opened for the organization to pursue other financial support opportunities that will help us with sustaining the program.

Additionally, we will be announcing a parent's only meeting in the near future to discuss the importance of the new programming. Please plan on attending.

Once again, the way the City Swim Project will be able to continue its services at free or reduced cost is through your active participation and support.

Thank you.



Please help us make all these opportunities a reality by doing the following:

1. Bring your child in for two hours that will include tutoring and a swim lesson.
2. Submit your child's report card as soon as possible so our staff can start the tracking process. Hard copies are acceptable or please take a photo of the hard copy and email it. Please make sure your child's name is on the document.
3. Sign the permission form in this link for each child. Here is the link to the electronic consent form [OST CAP Parent/Guardian Consent For Child to Participate in a Research Study](#) (uchicago.edu).

Learn to Swim Director

Patti Nabinger

Dia dhuit!



It has been nearly 6 months since we have had a chance to share with you all the great things the City Swim Project has been working on. As I look back on the last few months, I am reminded how blessed our organization and its members have been. As we recover from the long cold winter that mother nature has brought upon us, we are also looking towards warmer weather to come.

This autumn started with Coach Sarah and I receiving recognition as Outstanding Coaches from Project Play and The Ralph Wilson Jr. Foundation. We were two of the 3 females that were recognized this past year. It included a visit to the Bills Stadium and meeting Buffalo Bills great Fred Jackson. I just want to thank all those that nominated Sarah and me.



We are humbled by this recognition. After the event, Project Play and The Ralph Wilson Jr. Foundation started a group featuring women coaches. Coaches Sarah, Shaday, Syble and I attended an event at the Sabers Arena. This event was a discussion of women coaches in sports and the stereotypes and future trends. This was a great event encouraging female coaches in all sports. Girl Power!!

We have had a long-standing partnership with the William Emslie Family YMCA, and it has continued to be a very positive one. Just before the Thanksgiving holiday they blessed many of our swim families with turkeys for their Thanksgiving Day dinner. At the end of the evening, I was able to secure another 12 and bless even more families. Again, at the Annual William Emslie Community Christmas Party many of our swimmers were allowed to attend, meet, and take pictures with Buffalo Bills player, Stephon Diggs. We are so thankful for our partnership with the YMCA.

Christmas also brought a new partnership to our organization. The Buffalo Black Nurses Association, who blessed 20 youths from the City Swim Project with a complete Christmas. They pulled up with a RV full of gifts and just handed them out to swimmers coming in and out of swim. One parent picking up gifts for his sons was so overwhelmed by the abundance of gifts, he was moved to tears. I must say thank you to these great nurses for reaching out and coming along side our program and families.

As much as we work to teach children to swim. Our hope is they can enjoy all water sports. Again, the YMCA invited us to participate in the Experience Scuba Program. We had quite a few families take advantage of this opportunity at 3 locations. Others have gone on to artistic swimming and other water sports. Many pictures were posted on the City Swim Project Facebook page. I hope you follow us there.



We are currently working with a sponsoring partner, M & T Bank to develop a Financial Education workshop exclusively for our swimmers. Our hope is that these little workshops will help our children break the cycles of poverty that some may come from. We hope this is something you find as beneficial as we do.

Finally, from time-to-time parents approach me about the ways children are taught in the pool. Parents often say my child can swim, why are they on the kickboard or they can do all the skills why can't they get a yellow cap. What I can tell you is swimming is a process and is very repetitive. It's more than just swimming. I expect all the instructors to teach to a certain level of proficiency. It's about having strong swimmers, not just any swimmer. Trust the process!

Head Swim Coach

Rick Aronberg



Since September 2022, our program has grown in numbers, gotten faster and has been a lot of fun.

We have many new swimmers who have moved up from the Learn to Swim Program, which is our goal throughout the year.



Our instructors at those levels have done a wonderful job of motivating these young kids to reach new goals and I am very proud of each one of them. Many of our kids have dreams of swimming in high school and college and we **can** try to help make that happen.

Our coaches are running up and down the pool deck watching our swimmers smile as they achieve new best times, achieve new time standards and continue to foster great friendships. Since our sport is always a journey and they set goals each year and reassess those goals, so many smaller ones are always being met.

This could be from learning how to dive into the pool correctly, learning a new turn, developing better mechanics, coming to more practices, moving up to a higher practice group, showing up to practices 15 minutes early each day or whatever it might be.



Our season will take a short break which coincides with the Buffalo Public Schools. It is our goal that our athletes will commit as much as possible to come to as many practices throughout the year knowing when our breaks are. This teaches young kids (and their families) the value of commitment and dedication which are great lifelong values. The first break coming up is for two weeks.

We will be off the week of April 3-16, 2023. The second break happens in the last two weeks in August and then we come back in September.

I really want to thank all our assistant coaches: [Henry Heppner](#), [Sarah Hamden](#) and [Ryan Nebrich](#) for everything they do. We have a very dedicated staff and it shows at each practice with the amount of energy they bring to our swimmers.

So, what does all this mean to our TIDE swimmers? It means that we do things the right way from the beginning. In fact, our retention rate exceeds most teams in USA Swimming dramatically! Swimming fast is not the only reason why swimmers stay on teams. They also stay for the friendships as they get older. Buffalo TIDE offers these opportunities to our swimmers at each practice and we are proud to have every one of you as a part of the City Swim Project family.



**PLEASE REMEMBER TO SEND IN YOUR REPORT CARDS FOR
OUR TEAM ACHIEVE PROGRAM.**

THIS IS SUCH AN IMPORTANT PART OF THE ENTIRE PROGRAM.

Director of Support Services

Dr. Sue Baldwin



City Swim Project Team A.C.H.I.E.V.E. (Academics Can Help In Emotions, Values, and Education)

Team ACHIEVE is designed to support academic achievement, social emotional learning, nutrition and physical activity education, and character-building opportunities for City Swim Project swimmers. City Swim Project has purchased the IXL Interactive Learning education software to support math and ELA learning. IXL Learning software provides:

- Real-time diagnostics to assess what swimmers know and how to help each swimmer progress academically.
- Comprehensive K-12 math and ELA practice at each swimmer's own pace through fun and interactive questions, built in support, and motivating awards.
- A personalized feed of practice topics based on each swimmer's precise academic skill level.
- Up-to-date tracking on each swimmer's academic progress.



The City Swim Project purchased a supply of tablets for swimmers to use on location during tutoring sessions before or after their swim lessons. City Swim Project offers free tutoring on Tuesdays and Thursdays from 4:45 – 5:15 pm, 5:25 - 6:05 pm, and from 6:05 - 6:45 pm at the William Emslie YMCA for swimmers in grades 1 through 12. If you would like to sign your swimmer up for Team ACHIEVE, please watch your emails for the Sign-up Genius link each week. You must sign up each Monday before 5:00 pm for a spot on Tuesdays and/or Thursdays. Please make sure to be the first to sign-up! If you have any questions, please feel free to email Dr. Sue Baldwin at drbaldwin@cityswimproject.org.

Team ACHIEVE is in the middle of assessing swimmer social emotional learning (SEL) using the mini DESSA Social emotional learning provided through funding from the Cullen Foundation. SEL covers topics such as self-awareness, social awareness, positive relationship skill development, and self-management skills essential to student academic and swimming success. The second component required to pursue future funding to support free swimming lessons and tutoring is swimmer learning success measured via student report cards and IXL learning software tutoring reports. If you haven't sent Dr. Baldwin your child's report cards this year please email them to her at drbaldwin@cityswimproject.org or drop them off during the above tutoring hours at the William Emsley YMCA.

