

THE DRY SIDE



GRAHAM THATCHER, AGE GROUP COACH

- Born & raised in Hampton, VA
- Still hold two school relay records and competed at US Nationals
- Had the privilege to swim at Old Dominion University, eventually earning a scholarship
- Graduated from ODU in 2017 with a degree in Parks, Recreation and Sports Management
- Was a 50 and 100 Freestyle specialist, occasionally the 100 Fly and 100 Back, terrified of 200s
- Most recently, worked as Head Age Group Coach and Assistant Head Coach, HVA Current (Hampton,
- Currently lives in Poquoson with his wife, Lisa, and three year old son, Elliot.



BACK IN THE POOL!

We've had a terrific start to the 2024-2025 season, highlighted by welcoming so many new and returning smiling swimmers, the terrific block party September 7, and the team-wide meeting on the 18th!

Thanks so much to all the fantastic volunteers and staff that ensured everything ran smoothly - from the Norkunas family who weeded the flower beds and re-painted the lines in the parking lot; to Coach Lindsay, Nicole Haas, and Maegan Rolando who planned the block party; to Josef Rosler for generously offering his photography skills; to the many volunteers who donated cakes and have eagerly pitched in to help with any and every need! You all are the epitome of Working Together to Make Everyone Better and our swimmers consistently benefit from the time and talents that our community of parents selflessly offers. Thank you!



COACH'S CORNER WITH COACH GRAHAM 5 QUESTIONS, 5 ANSWERS WITH OUR NEWEST COACH:

Q. Welcome to the team! How did you get into swimming and then coaching?

A. I started swimming summer league around 10, but I really committed when I was pressured into swimming for my high school since we had such a small team. That's when I started to love it and joined SEVA my junior year. As for coaching, it depends on what type. I started coaching soccer, competitive rock climbing and other small sports because I was passionate about them and wanted to teach kids the sport. I started coaching swimming through private lessons with a few very burnt out swimmers. They helped me choose to pursue it full-time because I wanted to coach in a style that prioritized racing and enjoyment of the sport in order to try and avoid burnout while still producing results. My goal is to build happy, fast swimmers.

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COACH'S CORNER WITH COACH GRAHAM, CONT'D

Q. What has been your favorite memory/lesson-learned as a swimmer?

A. One of my favorite swimming memories was racing next to Tom Shields at US Nationals in the 50 Free where he absolutely dusted me while swimming butterfly. Looking back it taught me to embrace failure, because it will happen, as long as you learn from it. More recently, a new favorite swimming memory was being able to compete at LC Senior Champs and swim in front of my wife and son for the first time as well as in front of my parents and extended family after a 7 year break.

Q. Outside of swimming, what do you like to do in your spare time?

A. I love to play sports and hotwheels with my son, Elliot and rock climb in my spare time which is how I met my wife, Lisa! We are also die hard Liverpool soccer fans!

Q. What moment stands out as one of your most rewarding as a coach?

A. The AH-HA look in a swimmer's eyes when something clicks. Last year I coached a group of about 15 swimmers and only one had previously qualified for Age Group Champs. They all thought it was crazy when I said their goal should be to qualify Age Groups. We attended a meet about midway through the season where four of them got their first ever cut and watching the group realize that it was possible together was an awesome experience.

Q. What excites you most about joining 757swim?

A. The community and general excitement about swimming. It's only been a couple of weeks but I feel supported and challenged here as a coach and I am so excited and thankful to be a part of this team.

SPOTLIGHT ON OUR VALUES: GROWTH

More than perhaps any other sport, swimming can prompt massive growth for athletes - both in and out of the pool. Understanding that **growth is a journey**, the best comparison is not the swimmer in the next lane, but the swimmer your athlete was yesterday/last week/last year. Even when their times don't reflect increased speed, they've likely revised their stroke for increased efficiency and poised themselves for massive time drops. Embracing failure as a part of reaching goals and encouraging swimmers to **fail forward** and always **be innovative, creative, and coachable** instills them with lessons that will serve them throughout their lives.

DATES TO NOTE

- Oct. 6 - 12 Swim Coach Appreciation Week
- Oct. 9 - Chick Fil A Spirit We Support Wednesday (pg. 3)
- Oct. 10 - Drip Drop order deadline (pg. 3)
- Oct. 10 - 757swim Towel Pre-order deadline (below)
- Nov. 6 - Everbowl Spirit Night (pg. 4)
- Nov. 9 - Swim-a-Thon (pg. 4)
- Jan. 31 - 757swim Gala "Applause for a Cause"

TEAM WATER BOTTLES & STICKERS

Don't delay in getting your 757swim water bottles! They are \$28 and come in orange and navy -- the perfect canvas for the achievement stickers your swimmers will have the opportunity to earn throughout the year! [Click here to secure yours today](#); we'll label it with your swimmer's name for pick up next time you're at 757swim. Your account will be billed.

LAST CALL FOR TOWEL ORDERS

[Custom 757swim towels can be ordered here through October 10.](#) This is the only time this season that towels will be offered. They are \$48 (billed to your account), which includes personalization, and will arrive in November in time for the holidays.

HOTELS FOR TAC BLIZZARD BLITZ

[Information about the team hotel block for the TAC Blizzard Blitz meet in Cary, NC Dec. 12-15 is now posted on our website here.](#) The deadline for reservations within the team block is November 20. This meet is open to swimmers 13+ with qualifying times - please email your coach with any questions about your swimmer's eligibility.



The swimmers in Gold 2 had a blast participating in a fun "Shirts, Shorts, and Shoes" practice in September at First Colony.

BRAG TO US!

Has a swimmer you know accomplished something brag-worthy, whether in or out of the pool? [Use this form](#) to tell us all about it! We love celebrating your accomplishments - it's part of our PASSION as a team!

The form is available for your swimmers to use to share their pride in their own growth as well! The link can also be found in our "About" section on Facebook and in our IG bio as well. Brag often - we love to highlight it!

CHICK FIL A GIVES BACK

Chick-fil-A Monticello has generously chosen 757swim as the non-profit recipient of their "We Support Wednesday" on Oct. 9! Place a **mobile-thru** order via their app from 5-8pm & we will receive a portion of all sales. Tell your friends and neighbors - it's a great day to eat more chicken!

SWIM SHOP

The next time you're at the aquatic center, take a few minutes to peruse our expanded offerings in the lobby. We're thrilled to be able to offer goggles, suits, bags, shirts, equipment, and swag so our swimmers and their families can find what they need locally and save some \$\$!

PAPA JOHNS

The next time you place an order with Papa Johns, use promo code "757swim" and 10% of your order will be donated back to our club!

PARENT HQ

Have questions about volunteering, fundraising, signing up for meets, or being a swim parent in general? [Check out the Parent HQ on our website!](#) This page has helpful videos, tips, and information and will be expanded and updated throughout the season.

BOD UPDATES

Minutes from board meetings (once approved at the next meeting) can be found on our website. Log in to your GoMotion account and go to About Us, By-laws and Minutes. The next meeting will be October 30th at 6:30pm.

MEGA AUTO SPA

Visit our sponsor Mega Auto Spa, enter code 9043, and a portion of your wash total will be donated to 757swim! You'll get a sparkling car AND help your child's team!

INTRODUCING DRIP DROP

The pre-order is **NOW OPEN** for our inaugural Drip Drop! Go [here to order](#). First, this dark lavender Bella+Canvas 3001 t-shirt has an exclusive, limited-edition 757swim space design and provides the chance to rep 757swim in a completely new color!

Our second item is sure to be THE comfy go-to item all fall and winter! Don't sleep on this navy ultra-soft, Bella+Canvas 3729 fleece pullover hoodie with our classic logo in inverted colors. Perfect for swimmers, parents, and everyone who loves a 757swimmer, this is simply a must-have!

Both garments are available in sizes youth small through adult 3X and may shrink after laundering so consider ordering a size larger than normal. **Orders close Oct. 10!**



front



front

TEAM MEETING RECAP

Thank you to everyone who joined us at Jamestown High School for our full team meeting! The evening was full of team updates and useful information. If you missed it, below are some of the highlights:

Treasurer Report: Our treasurer reported on year end and overall financial health of the club. Although we did end our fiscal year well below our budgeted projections, we had budgeted for positive cashflow, therefore the actual operating loss was approximately \$12,000. This was a result of excessive repairs at the aquatic center. We have altered the budget for the coming year to account for this. The club continues to have both a reserve fund and substantial equity in the facility.

Board Report: In response to member surveys the following actions have been taken: Streamline the volunteer process, offer more fundraising opportunities, Implement Parent HQ page to help new (and existing) parents learn more about policies, adding more fun to practices and meets.

Officials Report: Official's Chair Jose Aponte explained the importance of officials to hosting and attending swim meets. Anyone interested in becoming an official should reach out to him at officialchair@757swim.com.

Coach's Report: Coach Amy introduced the full time staff and went over club goals for the year including the team values and building strong character in and out of the water.

Breakout sessions were also offered on several topics. If you were not able to make the session, check out the videos on our Parent HQ page where most of this information is also explained.

Special thanks to our Secretary, Jenn Ericsson for coordinating the meeting. We are excited about the year ahead!

SWIM-A-THON

The biggest swimming event of the year is quickly approaching! To ensure your swimmer reaches their goals, be sure to set up their fundraising page now. To do this, [log in to your team account](#), click "view team website" in the bottom left corner, and click on the Swim-A-Thon banner. This will bring you to your athlete(s) page.

From here, you can click the red tab labeled "Set-up" where you'll want to enter your swimmer's fundraising goal, add a photo, and either customize the message displayed on your athlete's page with what your swimmer wants their supporters to know about their passion for swimming and how to donate, or simply use the template in the drop-down menu. Repeat for multiple athletes. Once this is complete, help your swimmer(s) promote their fundraiser! In the past, families have had great success with sharing videos of their swimmer(s) talking about why swim and reaching their Swim-A-Thon goals are priorities.

EVERBOWL SPIRIT NIGHT

Join us at Everbowl (on Monticello Ave. across from Target) on November 6 from 4-8pm for a delicious acai bowl or smoothie and a portion of the proceeds will benefit 757swim! Everbowl specializes in craft superfoods and offers dairy- and gluten-free options!

HELENE RELIEF

Our former head coach Morgan Cordle is delivering supplies to Charlotte, NC THIS FRIDAY afternoon to be air-dropped in Hurricane Helene's hardest-hit areas in Western NC. Please drop off donations in the marked bin at the aquatic center if you're able to help. [Needed and prohibited items can be found here.](#) Thank you for embodying our value of SERVICE!

UNOFFICIAL SWAP & SELL

If you are looking to buy, sell, or swap equipment, suits, or swag, check out the Unofficial 757swim Swap & Sell group on Facebook to connect with other parents!

REFER A FRIEND!

Did you know we offer swim-related fitness options for all ages and stages? These programs not only provide much-needed resources to our local community, but they help offset the costs of our dedicated 757swim Aquatic Center. If you know anyone looking for **swim lessons**, **registration opens for babies through middle school ages on October 21** (October 14 for team and returning families). For adults, we have open lap swimming 6 days per week and Aqua Zumba sessions. For more information about these programs or to enroll, please see our website or email info@757swim.com.

SPOTTED WORKING TOGETHER

Our volunteer superstars for September are **Nicole Haas**, **Maegan Rolando**, and **Krystle Snyder**. Nicole and Maegan planned our first ever Block Party with Coach Lindsay, and Krystle volunteered at Friday Night Lights as well as the Block Party!

We also want to give a special recognition and shout out to our summer volunteer superstars - these individuals invested nearly 30 combined hours to help us ensure that we started the season well! THANK YOU **Lora Long** for all your hard work as our volunteer coordinator and the **Parker family** for labeling and bagging the uniforms for all our swimmers!



Maegan, Michele Brenner, Amy Aponte, and Nicole at the Block Party

FAMILY FUNDRAISING OPPORTUNITY

Looking for an easy way to meet or reduce your family's fundraising obligation without selling a thing? Consider using Raise Right! This convenient platform allows you to purchase gift cards from a wide range of retailers, with a percentage of each sale going directly to your family fundraising obligation. It's a simple, everyday solution - buy gift cards for groceries, dining, or shopping, and help **raise** funds without spending extra money. Plus, you can involve friends and family in the process, making it a community effort! By participating in Raise Right, you'll have the ability to not only satisfy your fundraising obligations, but you can apply any overage to your family's monthly dues. Go to www.raiseright.com and use code 82DD83FB5729L to start today and watch how quickly your fundraising dollars add up!



Mark and Carlie Norkunas weeded, edged, and repainted our lot prior to the Block Party - thank you!!

VOLUNTEERING

We are blown away by the enthusiastic response of our volunteers! Thanks for your embrace of the [757swim Volunteer Hub](#) and for filling needs so generously. Login info can be found in your Sept. 3 email. Look for communication near the time your position is scheduled to begin if your role begins later in the season. While this site serves as a central point for a variety of volunteer opportunities, all meet-related volunteer positions will continue to be listed on our Team Unify 757swim site and should **not** be reported to the app.

To see your total number of volunteer hours logged, go to Team Unify, My Account, Service Hours. The balance listed will be your family's unmet hours **as of the end of the previous month** (they are updated once/monthly the first week of each month).

LOST & FOUND

Please take a moment to check the shelf and brown bin to the right as you walk into the aquatic center for any items that might belong to your family. All items that remain on Oct. 15 (after the IMR/IMX meet) will be donated.



Thanks to all the families who donated cakes for the Block Party! You were all incredibly generous and creative and the cakewalk winners were **THRILLED** by their prizes!

TYR TIP - EMAILS FROM TEAM TYR

If you've registered for our team tyr portal ([click here](#) and enter code 757SWIM25), you may have received emails from "Team TYR." These emails contain special flash sales and discounts that surpass or combine with our team discounts! Be on the lookout for these emails, sent from TEAMSUPPORT@tyr.com for extra savings. Later this week, they'll be sending an email with a tech suit discount that will be deeper than the 30% discount we receive with code EJEM2TJ08 on tyr.com.



SPECIAL THANK YOU

We'd like to extend a huge thanks to the Jacobs family for generously donating an American flag to the 757swim Aquatic Center! Your support means a lot to us, and as veterans, your dedication to our country is truly inspiring. This flag is a terrific reminder to everyone of the spirit of community and patriotism. We really appreciate it!

We'd also like to thank the Dameron family for donating a space heater for use at our First Colony practice location to help keep our coaches and athletes warm throughout the colder months. We appreciate your generosity and care for our swimmers and staff!

Scenes from the Friday Night Lights meet September 27

