

THE DRY SIDE



COACH BOBBY

- Married to wife April Knowles since 1996
- Dad of Maddie (2024 graduate of the University of Georgia) and Lily (Freshman at Christopher Newport University)
- Has worked in education for over 20 years
- Worked as a Lead Coach at CGBD for 15 years
- Coached for WAC for 3 years
- Middle School Principal in Prince George County for 7 years
- Currently works as principal of Matoaka Elementary School
- Joined 757swim as an Assistant Coach in 2021 after a 7-year hiatus from coaching
- Assists with various groups, tryouts, and meets - his vast experience makes him a huge asset to the team!



SWIM-A-THON IS THIS SATURDAY!

Our swimmers' biggest fundraiser of the year is just a few days away!! The Swim-A-Thon is an annual initiative of the USA Swimming Foundation - the philanthropic arm of USA Swimming - and helps raise funds each year for our team as well as for the foundation. This event allows our swimmers to share their passion and dedication for their sport while raising awareness and funds. Swimming is the only sport that can save a life.

In addition to setting up your fundraising portal on our team site (please see email from Oct. 24 for more information), consider filming a short video of your athlete sharing why they love swimming, a short story of a recent accomplishment in swim that they are proud of, a goal they have for this year, a favorite memory they have because of swimming, or something unexpected that swimming has given them (new friends, confidence, etc.). Send this video to friends and family who would love to hear about your child's passion for swim and invite them to partner in supporting your athlete.

Gold 2 parent and owner of Stalnaker Virtual Solutions, Tonisha Stalnaker has

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COACH'S CORNER WITH BOBBY KNOWLES

5 questions, 5 answers with two of our fantastic coaches:

Q. Coach Bobby - you wear a lot of hats these days! Can you share with us what you're doing when you're not coaching?

A. When I'm not at the pool coaching, I am at my other job. I am the proud principal of Matoaka Elementary School. I enjoy spending time with my family, April, my wife and my two daughters, Maddie and Lily, exercising, watching college football, GO Clemson Tigers, and playing my drums.

Q. How did you get into coaching swimmers and why have you continued to coach?

I started coaching in 1996 with the Coast Guard Blue Dolphins. There are so many reasons why I continued to coach, but I would say my main reason is

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COACH'S CORNER WITH BOBBY, CONT'D FROM PAGE 1

the relationships I have developed over the many years with swimmers and their families. It is awesome to see swimmers grow and develop over the years, and I enjoy being a part of that growth.

Q. As a former swim dad yourself, do you have any advice for parents of swimmers? Is there anything you wish you'd known?

A. I wasn't a swim dad for long. Both of my girls chose different sports and activities. As a coach, I wanted to see my girls swim, but as a dad, I wanted them to enjoy whatever sport or activity they wanted without feeling guilty that did not choose swimming. My advice is simple, whatever sport or activity your child chooses, be there in

a supportive role. My girls loved seeing my swim dad excitement at their track meets, dance recitals, or gymnastics meets.

Q. What has been your proudest coaching moment?

A. There are too many to list. I'm so blessed to have worked with so many wonderful swimmers.

Q. What excites you most about this season with 757swim?

The culture of 757 is awesome! I'm so excited seeing how well we swim at our championship meets! At all levels of 757, I see swimmers working hard each day to become the best swimmer he or she can be. Let's go 757!!!

SPOTLIGHT ON OUR VALUES: SERVICE

Service is a core value for our swim team because it encourages each member to **step up for yourself and others**, fostering a supportive and inclusive environment. By offering help, sharing knowledge, and showing kindness, each of us not only strengthens the team but also **makes our mark** on the culture we create. We believe in **leading by doing**—showing commitment through action, setting a positive example, and inspiring others to follow suit. In this way, we build a team that thrives both in the pool and as a community.

DATES TO NOTE

- Nov. 6 - Everbowl Spirit Night 4pm-8pm (pg. 3) TONIGHT!
- Nov. 9 - Swim-a-Thon (pg. 1)
- Nov. 23-24 - Website Migration (tentative, below)
- 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.

WEBSITE GLOW-UP!

Our digital home is in the midst of a transformation and we're excited to announce that www.757swim.com will soon take you to our beautiful new website! The new-and-improved site is designed to act as a virtual lobby for anyone interested in any of our programming and will direct them appropriately. Please take a moment to bookmark our [team unify/go motion site address](#), as this will continue to be the hub for all things 757swim Team-related. To see the new site prior to the migration, or to refer a friend who may be interested in learning more about our organization or programming, go to www.757-swim.com. From there, to access the team site, simply click on "Team" in the top menu bar. After November 24, 757swim.com will re-direct to 757-swim.com.

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.



Halloween fun - Coach Emma was a wizard for her special Gold 1 Halloween practice which included a zombie leg set and other Halloween themed workouts. The other Gold and Silver groups also participated in the festivities by dressing in costume, having special practices, and racing.

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!

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 \$\$!

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.

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!

VOLUNTEERING

Now that we're three months into the season, with two of our six hosted meets under our belt, it's a great time to check your volunteer hours in Team Unify to ensure you're on track. If your highest-group swimmer is in Copper, you're on track to fulfill your hours if you've logged at least 1.5 hours. If your highest group is Bronze level or above, you are on track with at least 3.33 hours.

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!

LOST AND FOUND

The 757swim Aquatic Center's lost and found is located just before the bleachers in the brown bin to the right. The ledge above it is frequently used for smaller items. Please take a moment to look through these items for any that may belong to your family and if you find that your swimmer has mistakenly brought home an item that is not theirs, please return it to the lost and found.

MEET REPORTS

Meet reports for IMR/IMX and the Fall Fiesta have been posted on our website [here](#). Big thanks to parent volunteer and team statistician Meredith White for all her hard work compiling these!

APPLAUSE FOR A CAUSE GALA

The Applause for a Cause Gala is our largest - and most fun - event of the year! Mark your calendars now for Jan. 31, 2025 and invite any and all of your friends who love to spend a fun evening for a terrific cause. Funds raised last year have given 8 families the life-saving gift of swim lessons, helped send numerous Paralympic swimmers to Paris for the Paralympic Games, and helped to fund the goals of 757swim as a non-profit organization, namely keeping dues low for our families.

EVERBOWL SPIRIT NIGHT

Join us at Everbowl (on Monticello Ave. across from Target) TONIGHT, 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!

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 November 20th at 6:30pm.

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**, our current session just began and we have gift certificates available (swim lessons make terrific holiday gifts)! 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.

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!

USA SWIMMING REGISTRATION

Current USA Swimming registrations expire at the end of the year, and all renewals will be processed in November. Families who are new to USA Swimming this year have active memberships through the end of 2025, but all returning families will be charged the \$88 renewal fee this month. This is a change that began last year, where, instead of parents registering and paying for your USA Swimming membership during team registration, the teams are required to handle all USA Swimming renewals in bulk. If you have any questions about this, please email Erin at payments@757swim.com.

SPONSORSHIP OPPORTUNITIES

Do you or does someone you know own a business? If so, consider asking them too sponsor 757swim! Sponsorship is a terrific way to support a local organization that provides valuable programming to the community. It's also a great way for a business to get the word out to our over 400 families who utilize our aquatic center and programming. When you secure a sponsorship, it also satisfies your fundraising obligations for the year. For more information about sponsor opportunities and levels, please see the Sponsor tab on [our website](#).

SWIM-A-THON, CONT'D

participated in numerous swim-a-thons for daughter Gabby, and she has this tip for successful fundraising.. Prior to the event, she shares Gabby's passion for swim in a fun, conversational way and asks for their support. She includes a link to Gabby's dashboard for donations and ends with a question (like "How many laps should she swim?"). The key for Tonisha is that she goes live on facebook during the swim-a-thon to share how Gabby is doing and give updates on her progress. She's gotten extra donations for Gabby each time she's done this, and it keeps the focus on Gabby and her hard work.

If you're not comfortable going live on facebook or another platform, consider video-calling family and friends to keep them updated on your swimmers' progress. Alternatively, take a short video showing your swimmer and post to social media with a caption like "lap 85 and looking strong! How many more do you think she/he will do? We are grateful for each donation and <swimmer> has the biggest smile when I tell him/her about each new supporter!" In this way, you can invite others to join you in cheering for and supporting your dedicated athlete.

We're looking forward to seeing everyone for the festivities on Saturday! Remember that each athlete will need someone to count their laps, so pull up a chair and prepare be amazed at your child's endurance and tenacity! Please refer to the email sent Oct. 24 for details and timelines and email stephanie.g.kessel@gmail.com with any questions. Thanks for all your hard work on this event Stephanie!!



Jose Aponte chats with coaches during the IMR/IMX meet

SPOTTED WORKING TOGETHER

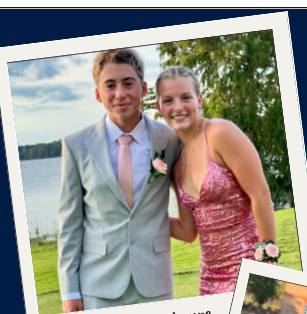
Our volunteer superstars for November are **Lisa Schroth, Shauna Wilkins, Jose Aponte, and Joseph Boates!** Together these 4 logged over TWO HUNDRED volunteer hours in the month of October!! Lisa has generously acted as hospitality coordinator for both October meets, ensuring that our coaches and officials have snacks and meals to help them focus and be their best while they ensure a great for our athletes. Shauna, Jose, and Joseph have all worked as officials at both meets, committing selflessly to make sure that our meets run smoothly and efficiently. Shauna is also a group captain and our Shop with Scrip coordinator. Jose serves as the Officials Chair and is instrumental in the execution of each meet. Joseph's family is new to the team and Williamsburg but has wasted no time exemplifying our motto of "Working together to make everyone better." Thank you!!

TYR TIP

Check out the new custom merchandise in the TYR portal! Go to Teams.TYR.com and use code 757SWIM25 to join our team portal. Click on "Custom" to see great team merch including new sweatshirt, t-shirt, beanie, and tank top offerings! All custom items are 10% off through the portal and other apparel and swimsuits are discounted even further!

SWIMMERS CLEAN UP WELL

Local high schools recently celebrated homecomings and got a chance to exchange their swimsuits and caps for dresses and ties. Proving that swim friends make the best friends, many Gold swimmers, even from different schools, accompanied one another to Homecoming festivities. We love to see the connections they've created with each other and with their school communities!!



Cole and Natalie before Jamestown Homecoming



Lucas, Bella, Bella, and Justin ran into Coach Anne



Juniors Lucas Landers and Bella Levin Warhill High School



Alyssa White Bruton High



Senior Holly Brundage and Sophomore Brooke Quinn



Jimmy, a friend, Cole, Taraneh, Moira, and Natalie



Peyton Cleary Bruton High School



Three-fourths of the "brochados" - Lucas, Justin, and Mason (missing Bob)