

THE DRY SIDE



SCHOLARSHIP AWARDED

757swim awarded Senior Holly Brundage with a scholarship at the Applause for a Cause Gala Jan 31. Holly had this to say upon receiving the scholarship:

"Over the past eight years, 757swim has played a pivotal role in shaping who I am today. The lessons I've learned both in and out of the pool have been truly transformative, influencing not only my athletic abilities but my character as well. From developing the discipline of consistent training to the importance of teamwork, I've gained invaluable skills that I know will serve me for years to come.

Early on, I learned that swimming was just as much of a mental challenge as it is a physical one. Whether it's working through a shoulder injury, competing at meets while being sick, or simply trying to balance my rigorous schedule between school and swimming, I proved to myself that I was strong enough to overcome these obstacles. The mental toughness I have developed has been crucial in helping me to stay focused

(continued on page 3)



CHAMPIONSHIP SEASON IS UNDERWAY

Congratulations to our 8 & under swimmers and families as well as our 9-12 swimmers and families on 2nd place finishes at 8 & Under Champs and 9-12 Districts last month!! All the dedication each of your families has made to prepare for championship season is culminating in a terrific outcome. Our 12 & under swimmers all have so much to be proud of themselves for!

Congratulations to our 15 & over athletes on an outstanding performance at Senior States last weekend as well as to our younger athletes at Age Groups this weekend!

With championship season in full swing, you may find your swimmer in need of a new tech suit. **Right now you can save 40% off new TYR tech suits!** This applies to those that are U12 compliant (as well as those for 13 & over. There are two ways to order: go to teams.tyr.com (use code 757SWIM25 to register), select "men" or "women," "swimwear" and then "technical suits" for qualifying items, and check out with code TECH25; OR go to tyr.com, select the "techsuits" menu option for qualifying suits, and use code EJEM2TJ08 at check out. If you have any questions or need help with ordering, please email Margaret Keithley at margaret@757swim.com or Joe Eiden at jeiden@tyr.com.



Coaches Jake, Graham, and Lindsay accept the 2nd place plaque at Districts

RUN THE DOG 5K

We're taking a short break from the Coach's Corner to give our coaches full focus on championship meet preparation!

Our annual chance to see how fast our athletes are outside of the pool is just around the corner! The Run the Dog 5K is on Saturday, April 19. 757swim has won the title of "Largest Team" several of the last 10 years, and the race is a terrific opportunity for our swimmers to join their friends in a community event! Use the Discount code: 757Swim25 for \$5 off 5k race registration at <https://runsignup.com/Race/VA/Williamsburg/RunTheDOG> This code is valid through April 7, 2025, so register early to take advantage of the discount. **Be sure to join the 757swim 5k Team when registering** so your swimmer will receive the exclusive 757swim Run the Dog t-shirt!

Prior to the race, we will take a photo of our runners. We'll also gather at the finish line and at the 757swim tent after the race to celebrate our participants. More details will be forthcoming via email!

APPLY FOR THE BOARD

The window for applying for the 757swim Board of Directors is now open! There will be several open positions this year. Interested parties should complete a board application ([found here](#)) and email to secretary@757swim.com.

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.

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!

SPONSORSHIP OPPORTUNITIES

Do you or does someone you know own a business? If so, consider asking them to 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 sponsorship opportunities and levels, please see the Sponsor tab on [our website](#).

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 board meeting will be March 19th due to Sectionals.

SPOTLIGHT ON OUR VALUES: CONNECTION & GROWTH

At 757swim, we know that growth is a journey—one that takes dedication, resilience, and a willingness to learn. Success isn't just about winning races; it's about improving every day. We fail forward, using challenges as opportunities to grow stronger. But we don't do it alone. One lane, one team, one family means we support each other, push through tough sets together, and celebrate each other's progress. To succeed, we must be innovative, creative, and coachable—always open to new techniques, strategies, and feedback. The best swimmers never stop learning.

Above all, in everything we do, be kind. Encouragement, respect, and sportsmanship matter just as much as speed. When we uplift each other, we build a team that thrives.

Let's commit to growing, supporting one another, and giving our best—every practice, every race, every day.

DATES TO NOTE

- April 19 - Run the DOG 5K
- May 31 - Run Swim Run

HOTELS

Team hotel and block information has been updated and posted on the team unify website under "Events" > "Team Hotel Reservations" - [click here](#) to view the team hotels for the VA Senior State and Sectionals meets in Richmond and Christiansburg, respectively.

THANKS TO OUR SPONSOR!

Huge thanks to our sponsor Jenna Heuser!! Whether you're looking to purchase a home, sell a property, or both, contact Jenna! She is an award-winning realtor in the area and wants her clients to know that, while buying & selling a home can be a stressful process, she is dedicated to helping you every step of the way. Give Jenna a call today!



NEWSLETTER UPDATE

In order to streamline communication, please look to the weekly coach updates & news section of the website for all the news you need to know! We will be taking a break on publishing this newsletter as we re-evaluate communication methods to best serve you!

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.

VOLUNTEERING

Now that we're seven months into the year and approaching the end of short course season, 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 4 hours. If your highest group is Bronze level or above, you are on track with at least twelve 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!

SCHOLARSHIP, CONT'D

and positive, even when the results aren't immediate.

I have also learned to navigate transitions, whether it's coaches moving on or teammates heading off to college. These changes have taught me resilience, adaptability, and the importance of staying connected to our team's core values.

Most importantly, 757swim has taught me the utmost importance of having a supportive team. The bond I share with my 757swim teammates is something I will cherish forever. My teammates make the hardest practices feel enjoyable and fulfilling. We celebrate each others' successes and lift each other up through struggles, creating an environment where we all grow together. Without the encouragement and strength of one another, we would not see the same level of success. The growth I have experienced here is nothing short of monumental, and I am confident that the foundation 757swim has helped me to build will carry me through whatever challenges lie ahead. Through all of these experiences I have come to understand that it is not about reaching the finish line, rather it is about the journey, the growth, and the connections I've built along the way.

I would like to say a special thank you to 757swim for awarding me this scholarship and express my gratitude to Coach Amy, Coach Matt, and the rest of the coaching staff for their help along the way. I can't wait to start my next chapter at Emory University!"

Congratulations Holly!

MEET REPORTS

Meet reports for WAC Fall Classic, 757swim Grand Illumination Invitational, and TAC Titans Blizzard Blitz have been posted on our website [here](#). Look for reports on championship season meets to be uploaded soon! Big thanks to volunteer statistician Meredith White for all her hard work compiling these!

REFER A FRIEND - SUMMER CAMP!

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 **summer camps**, registration is now open for 4 sessions this summer! Our Splash & Play summer camps were wildly popular last year with several families adding sessions for their camper(s) after they raved about how much fun they had! [Register today here to secure your spot\(s\)](#) and spread the word! We will begin advertising to the local community soon and expect spots to fill quickly.

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!



Swimmers ready to compete at Districts February 16

SPOTTED WORKING TOGETHER

Our volunteer superstars are **Mike Bermudez, Rochelle Hamilton, Chris McKinney, and the Norkunas family!** Mike has dedicated many hours as an official at meets the past few months, while Rochelle and Chris stepped in as Meet Directors for several meets so far this season, but most critically on our makeup day after the snowy Splash 'n Dash sessions were rescheduled. Thank you all so much for ensuring things go well!

We'd also like to extend a huge thank you to the **Norkunas family** for their help throughout the winter with treating sidewalks and snow removal as well as for their generous donations of prizes to the gala! Additionally, we extend a huge 757swim thank you to **Jose Aponte** for his years of service as our officials chair and **Shana Wilkins** for taking over the duties - we are so grateful!