

TAC SWIM TEAM NEWSLETTER

Coming Events 2024

31st October: RPN #11,
entries due: 31st October

12:00

9th November: TAC
Endurance Open, entries
due 6th November 23:00

12th & 13th November:
TACST Distance
Championships, entries due
10th November 20:00

20th October: Yokosuka
Red & Black Meet, entries
due TBC.

24th November: St
Mary's Buccaneer
Thanksgiving Meet, entries
due: 18th November 20:00

30th November:
Yokohama Int'l School
Winter Splash Meet, entries
due 20th November 20:00

4th December: TACST
Quad Meet, team to be
selected.

7th & 8th December:
JASF Tokyo Block Meet.

*All entries for meets through the
swim team calendar. Events
and dates are subject to change.
You will be notified by email of
any changes*

St Mary's Buccaneers Fall Invitational 2024.

With 18 teams competing at the meet from all over Japan and International teams coming from China, Hong Kong and the Philippines, there was a very high caliber of competition TACST was going to be up against. The two day meet saw a number of records broken, one of those being the Girls 11&12 years 4 x 50m Freestyle Relay. Emily Schamisso, Mina Roces, Jessy Fan & Linear Furber set a new Area Record of 2:04.81 (previously 2:06.19).



Our team did exceptionally well with trophy winners in nearly every age category. And many other swimmers being in the top eight points scorers of each age group.

Kiko Kanai (7yrs) - Third Place,
Luc Maury(7yrs) - Second Place,
Kallen Joyce (7yrs) - Third Place,
Emma Kurokoshi (9yrs) - First Place,
Kate Asari (9yrs)- Third Place,
Linea Furber (12yrs) - First Place,
Emily Schamisso (12yrs) - Second Place
Marina Roces (16yrs) - Second Place
Daniel Ouellette(16yrs) - First Place



With these outstanding efforts and the combined strength of our swimmers the Tokyo American Club Swim Team managed to secure the top spot for the Team Trophy.

Congratulations on one of the best efforts from our team I've seen in my time coaching at TAC.



St Mary's Fall Meet

Another fantastic meet at St Mary's. We are constantly getting more than 50 swimmers represent TAC at our away meets and this is building a very strong team feel. The swimmer team support on pool deck is great to see.

All of our swimmers gained Personal Bests (PB's) at the meet and brought home a bundle of medals and ribbons. Our youngsters, Kiko Kanai, Chenyi Jin, Emmilio and Juliana Vitalis, Lucas Sikora, Meiko Ishida, Taisei Foley, Emma Kurokoshi, Luc Maury and Kallen Joyce putting on a very strong performance.

Yokosuka Red & Black Meet

After an early departure and over an hour on the bus to get to the 50m pool at Yokosuka Naval Base, our team quickly started dominating their events with the team relays up first. The individual events were just as impressive with Joe Igari, Luc Maury, Emily Schamisso, Senna Sekiguchi, Linera Furber and Daniel Ouellette, taking gold in all of their events. There were of course so many other great achievements on the day. We also had a bunch of first time swimmers competing for our team. Congratulations TACST.



TAC Endurance Open

Saturday the 9th will TAC's Endurance event open to all club swimmers. The events are longer and open to all club members that wish to take on the challenge of the more gruelling events. We also have quite a few spots on our Records" Board that need names so get into some vents and see how much your body can handle. Please see all details and sign-up through the link below, on the TAC website or TACST calendar.

TACST Distance Championships

This is our annual distance championship event with our team swimmers only. The events are longer events and aimed at getting swimmers to step out of the comfort zone and challenge the tougher races. Run over two days, swimmers can swim all events on one day or spread them over the two days (swimmers can only swimmer each event once). Points awarded for events. High points trophies up for grabs as well as medals and ribbons. Please see sign-up and all meet details on the calendar.

St Mary's Thanksgiving Meet

Another fun meet hosted by St Mary's open to all levels of swimmers keen to get into competition. The meet is low key but still providing competition for those more serious swimmers.

Yokohama Int'l School Winter Splash

This is our first time to be invited to the Yokohama Int'l School for a swim meet and we are really looking forward to it. There is just something exciting about swimming at a new pool that brings the body alive and gets you swimming fast. This meet is open to all swimmers that have swim meet experience (either a couple of RPN, or competed at either Yokosuka or St Mary's) and can swim all four stroke proficiently. Please ask your coaches if you are unsure if your swimmer is suitable.

TACST Quad Meet

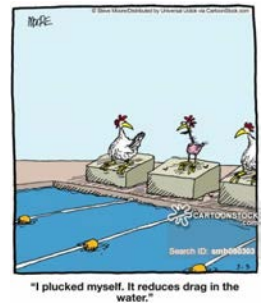
This is our annual event against St Mary's, Yokosuka, British School in Tokyo. As numbers are limited in this competition, the team will be selected to represent TACST against these teams. We will be inviting a couple of other teams this year. There will be no practice on this night due to the pool closure for this meet

Tokyo Block Winter Swim Meet (JASF)

December 7th & 8th will be another meet at the International Aquatic Centre. This meet has some very fast qualifying times and swimmers must equal or better these times to enter the meet. We will be sending information out to these swimmers that have qualified. All details are on the calendar (Japanese only) so please take a look at the qualifying times. These times are what swimmer should have in mind when they are thinking about setting goals for the future.

TACST's Competitive Swimming

Our swim team not only aims to produce competent swimmers, but encourages swimmers to compete and enjoy the successes gained from fun, friendly & fare competitions. There are competitions for all levels, from our friendly club Race Practice Nights to the highly competitive Japan Amateur Swimming Federation meets. Below is a brief introduction to the meets available.



TAC Meets

We run a number of meets through the year that are open to all of the TAC swimming community and TAC members. TAC All-Comers, TAC Winter Sprinter, TAC Endurance Open are a few. All meet details will be available on the TAC website and you will need to sign-up through the TAC website for these meets.

Race Practice Nights

Friendly intra club meets run on the last week of every month alternating Tuesday, Wednesday and Thursday. All entries are due the day before the RPN.

Warm-ups from 5:30pm races start 5:45pm to approx 7:15pm.

Swimmers choose from a selection of events. Swimmers that can complete a full 25m of any stroke are welcome to participate. I encourage all swimmers to participate. Swimmers must sign-up for these races so they get the full competition experience, from registering, through to racing. There is flexibility in getting swimmers in at the last minute but we do not encourage it.

Away Meets

TACST competes at a number of meets run by outside schools and swim teams, these meets range in competitiveness and are both Long Course (50m pools) and Short Course (25m pools). Some events require swimmers to meet qualifying times to participate or to receive points and medals. Those new to swim meets and competition should check with their coach before signing up.

St Mary's Buccaneers' Meets

These meets are open to all ages and ranges of swimmers, from beginners levels to Japan National championship level. Swimmers should have competition experience or swam at least one RPN before signing up for these meets. Meets run for the full day (Invitationals are two full days). Entry fees apply, competition is against the international swimming community and some Japanese teams

Yokosuka Swim Meets

These meets are run at the Yokosuka Naval base and require more paperwork than other meets. Open to all levels of swimmers with meet experience and who can swim 50m of any stroke. Our team travels to and from via bus. Fun full day trip down to the military base. Entry fees apply, competition is against the international swimming community and some Japanese teams.

Japan Amateur Swimming Federation Meets

These meets require swimmers to have recorded equal to or faster than qualifying times. Swimmers will be competing against local Japanese teams. Eligible swimmers will be invited by email to compete. This is a very high level of swimming competition, some of the best age groups swimmers in Tokyo.

Overseas Meets

We try to attend one overseas meet per year. In the past we have attended meets in Bangkok, Hong Kong, Beijing and Taipei. These meets are open to all swimmers with a descent amount of competition experience and are committed to TACST. TACST will book accommodation and transport while on the trip. Families fund their own airfares and pay for the accommodation. these are great trips to go on and a great experience for young keen swimmers. Information will be sent out well in advance.

Signing Up

All sign ups are through the Google Forms available on the TACST's Calendar. Click on; date of the meet - "more information" - open the attachments for more details of the meet - choose events from the list - fill in the "entry form" - click submit. More details of the meet will be sent out closer to the meet date, only to those that have signed up. I cannot accept any late entries or entries via email.



After You Have Signed Up

RPN's

You should receive an automatic receipt that you have signed up
A program will be sent out and posted on the calendar lunchtime on the day of the meet.
Scratches will be put down as No Shows(NS), there is not enough time to make changes to the program.
Results will be posted the night of the meet or early the next day

Away Meets

You should receive an automatic receipt that you have signed up
Entries will be sent out for checking and available on the calendar shortly after the deadline.
If you do not receive an email, please check the calendar.
If you are not on the list send us an email ASAP.
After entries have been finalized, information on the meet will be sent out.
Entry fees will still need to be paid for no-shows or late scratches.

Level Requirements

To get the most out of each level we expect swimmers to attend all practices, wear proper swim suits (not board-shorts), caps (optional for boys) and goggles to each practice. Development swimmers bring all training equipment. Turn up on time and be ready to focus, receive instruction and behave appropriately. Our goal is to improve each individuals swimming skills but, have a bit of fun doing it. We encourage all swimmers to take part in our Race Practice Night competitions (RPN)

Level 4

Swimmers swim twice a week, either Monday & Wednesday or Tuesday & Thursday 4:45 to 5:30pm. We can be flexible with different days, and if you need to do a make-up practice if you miss one, please contact us.

Level 5 & Junior Level

Swimmers swim twice a week, either Monday & Wednesday or Tuesday & Thursday 4:45 to 5:45pm. We can be flexible with different days, and if you need to do a make-up practice if you miss one, please contact us.

Intermediate

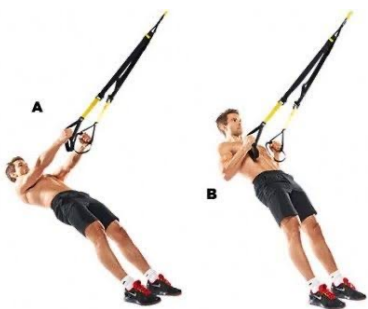
Swimmers swim twice a week on any day, Monday to Thursday 5:30 to 6:45pm. We are flexible with which days swimmers swim week to week, they can choose their own schedule.

Competitive Development Level (Gold, Silver, Bronze)

Swimmers need to swim a minimum of 3 practices a week to be able to progress with the squad. Swimmers choose their own schedule from Monday to Friday 5:45 to 7:15pm and Friday morning 6:00 to 7:20am

We have been reminding all the swimmers over the last few weeks that they need to attend a minimum of three practices a week to stay in good standing. This creates a strong team feeling, ensure swimmers attend a variety of different practices (broad development of skills), a sense of commitment, builds confidence, improves focus and develops good habits and time management. And obviously will produce a better swimmer. This is also a minimum and swimmers that can attend more should. Swimmers attending less than 3 practices a week regularly will be asked to swim with the Fitness Level until they can commit to 3 a week.

Dry Land and Stretching



We have a space on the pool deck for stretching and dry-land workouts. There are TRX Suspension Trainers and a number of resistance bands, none of which put young bodies at risk of any injury.

This is for Development Silver and Gold, please check with coaches if unsure. Dry-land exercises and stretching will run from 5:30 to 5:45pm. I know it is hard for some swimmers to get there that early but, if they could come as early as possible and join in.

Training Equipment

Development swimmers are required to have Fins and Snorkels in a mesh bag (see below examples), paddles and pull buoy optional. A number of swimmers still haven't got snorkels, please get them. We have ordered a couple of lockable cages so, swimmers can leave their equipment bags in the storage (no single items).

Any brand will do as long it can fit all their fins, snorkels and any other equipment they wish to keep at the pool.

Any Questions?

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Please send any queries to: tac.swimteam@tac-club.org

Meet & Event Information

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Go to the swim team calendar below and click on any date;

<https://www.google.com/calendar/embed?src=tacmudsharks%40gmail.com&ctz=Asia/Tokyo>

Swim Fins

Level Bronze and above will need to purchase some decent swimming fins for practice. We recommend the Hydro Tech 2 (as seen in the picture, link below). They can be purchased online or from stores like “Zyuen” in Ueno.
<http://z-b.co.jp/shop/ameyoko/>

HydroTech 2 <https://www.hydrosportz.com/fins>



Swim Snorkel

In addition to the swim fins, all swimmers in Gold and Silver only must purchase a swim training snorkel. Some of the benefits of snorkels are balancing the stroke, improves kick rating, better technique through habit and visibility, feel for the water at max speed, especially with fins, and swimmers can feel the correct position for the head. I also think that it is a new skill to develop and helps break up the monotony of practice, new different activities stimulate minds and help focus,

We have no preference to which snorkel swimmers should buy, it probably comes down to personal preference, but FINIS is rated quite high.

Swimmers having trouble with the snorkel may wish to buy the nose peg to help with the breath control



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Swim Team Calendar

The calendar is the most accurate and current source of information about swim team meets and events. The calendar has been updated as much as it can at this time. It also has all meet results and scores archived from previous years. We try to put as much information onto the calendar as we can; before and after each event, so please browse through it.