

TMEC NEWS

HOLIDAY EDITION

Parent Information from Your All-Volunteer Team Board

December Board Meeting

The 2016 Board of Directors welcomed the 2017 Board Elects to the December meeting at which time they conducted an overall brief of the status of the Club. The new Board was brought up to speed concerning current conditions, financials, communication, and any foreseen events.

- Jon Eyler
- Justin Fender
- Don Lindemann
- Scott Parrott
- James Schneider
- Jim Sullivan-Douglass
- Ericka Van Wick
- Blake Wettlaufer



Congratulation to new Board Elect Members for 2017.

Coming Events

FAC IMX Challenge Short Course Meet
January 14, 2017 - January 15, 2017
Registration Deadline December 30, 2016

Senior Meet @ RMDA
January 14, 2017 - January 15, 2017
Registration Deadline January 14, 2017

Eastern Committee R/W Festival @ HILL
January 28, 2017 - January 29, 2017
Registration Deadline January 14, 2017

Eastern Committee B/R Championships
February 17, 2017
Registration Deadline February 17, 2017

HAPPY HOLIDAYS



Recent Events

The Temecula Tritons Swim Club competed at Winter Age Group Championships this December in Palms Springs and finished 11th place out of 32 teams. Congratulations to all our WAG swimmers and families.

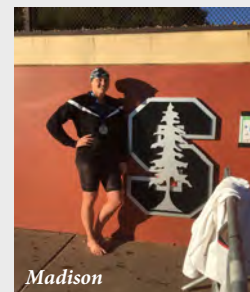
The Senior Elite had five athletes attended Winter Junior Nationals at College Station, Texas. Under the direction of Coach Nathan, TMEC had two swimmers **Liberty Gilbert** and **Madison Frederick** finished top 20 in the 100 & 200 backstroke.

Liberty (Libby) made finals in the 100 backstroke and Madison made finals in the 200 backstroke. In addition to their success all of our women's relays dropped significant time and two other swimmers achieved best times and team records.

GO TMEC!



Libby



Madison



IMMEDIATE RELEASE: (Tuesday, 12/20/2016)

Temecula Tritons Swim Club was recognized as a Bronze Medal Club on USA Swimming Club Excellence List. Gold, Silver, Bronze recognition is awarded to the top 200 clubs Nationwide out of 3200 total for performance excellence.

Temecula, CA – For the first year, Temecula Tritons Swim Club has been awarded the top honor of a Bronze medal ranking in the USA Swimming Club Excellence program, recognizing the organization’s highest-performing clubs in the development of athletes 18 years and younger.

USA Swimming Club Excellence program points are earned by attaining summer Junior National Qualifying times. Over the past four years the Temecula Tritons Swim Club has qualified to be a USA Swimming Medal Club. However, this is the first year that we have been awarded Bronze Medal Club. We cannot thank our previous Junior National Athletes enough for helping raise the bar to make this recent achievement possible. These athletes and coaches compete against the top 18 and under swimmers in the country. In the last year Coach Nathan Wilcox has had multiple swimmers finish with in the Club Excellence programs requirements. The following athletes helped TMEC Tritons finish with in the top 200 in country; Hayden Cornellison, Madison Frederick, Liberty Gilbert and Claire Fische. The Temecula Tritons Swim Club is extremely proud of all these athletes have achieved.

“Temecula Tritons Swim Club is honored to be named as on of the top 200 Swim Teams in the Nation” said Nathan Wilcox, TMEC Tritons Head Coach. “I’m extremely proud of our swimmers for helping TMEC be one of the twelve So-Cal Swimming teams selected and the only Eastern Section team selected as a Medal Club” said Nathan Wilcox. “This achievement was reached because of the dedication of our top 18 & Under athletes, their coaches and parents. It’s truly a ‘coaching staff effort’ for us to help every young athlete in our program reach their highest potential. I would like to thank USA Swimming for the recognition of Bronze Medal Club”.

In its 15th year, the Club Excellence program identifies clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes. The top 20 clubs earn Gold level ranking and those rated 21-100 are designated as Silver honorees. The next 100 clubs are recognized at the Bronze level.

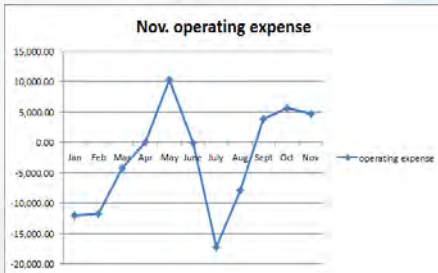
“Earning a Gold, Silver or Bronze ranking has become a highly coveted honor for our club teams. The competition to earn a Club Excellence ranking continues to be more and more challenging.” said Pat Hogan, USA Swimming’s Club Development Managing Director. “On behalf of USA Swimming, I want to congratulate each of 200 clubs that have earned a ranking in the 2017 program.”

Coach Jennifer Beech

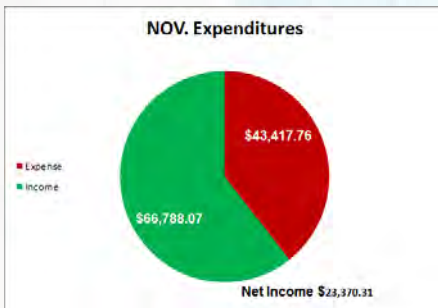




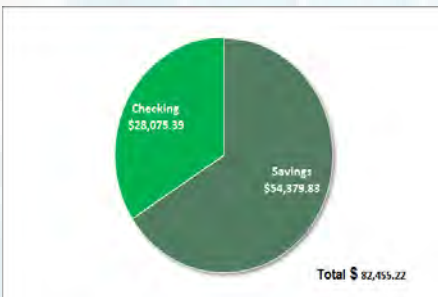
Financial Report



Includes water payments through 12/31



Bank Statement as of Dec. 8th



Policies Update

The New Parent Orientation PowerPoint presentation is on our website under Library/Info/2016 New Parent Orientation

Swimmer Spotlight

We would like to acknowledge some of our TMEC swimmers who are in a multi-sport training during this season. We have swimmers who are simultaneously swimming and into other sports or activities after school like soccer, baseball, cross country, basketball, football, band, dance. We encourage parents to inform the ENewsLetter of any activities of your swimmers so we may recognize them also.

Kuddos to these kids who have time for these after school activities and still manage to show up in the water and ready to train hard, Go TMEC!

Transition Group

Alayna Anaya - Dance

Alexa Neal - Theatre

Kaitlyn Nguyen - Piano/Science Olympiad



Group 1

DJ Costes - Soccer

Raul Gutierrez - MTB



Group 2

Madison Parker - Soccer

Sophia Costes - Volleyball

Leonardo Gutierrez - MTB

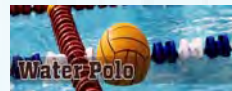


Pre Senior

Zachary Shoaf - Soccer

Ava Wettlaufer - Cross country

Abby Lynch - Water polo



Senior Group

Emma Wettlaufer - Water polo

Allison Parra - Cross country



Volunteer Recognition

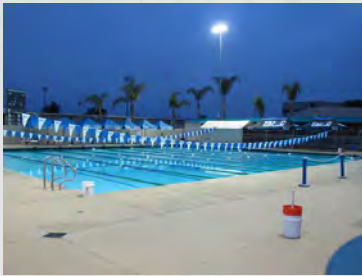
The 2016 Board of Directors wish to acknowledge and thank all Group Parents for their outstanding efforts and voluntarism. TMEC as a whole would not be able to function without you. Special thanks for all you do for the swimmers, families and TMEC.

- Sherry Yang.....(Planning Committee, GP Pre Senior, GP Age Group 3)
- Yavonne Santhanam.....(GP Pre Senior)
- Paty Serrano.....(GP Pre Senior)
- Valeria Zepeda-Ochoa.....(GP Pre Senior)
- Camille Wettlaufer.....(GP Senior)
- Kristen Cornellison.....(GP Senior Elite)
- Katie Sinclair.....(GP Age Group 1)
- Jordan Yan.....(GP Age Group 1)
- Kristy Parker.....(GP Age Group 2)
- Stefania Richmond.....GP Age Group 2)
- Ana Cotton.....(GP Age Group 2)
- Stacie Woodward.....(GP Age Group 2)
- Vicky Constein.....(Transition Group)
- Mireya Perzabal.....(Transition Group)



December Hosted Meet

The December Hosted Meet was a wonderful event. We handled 500 swimmers and managed round 2000 people in a single day.

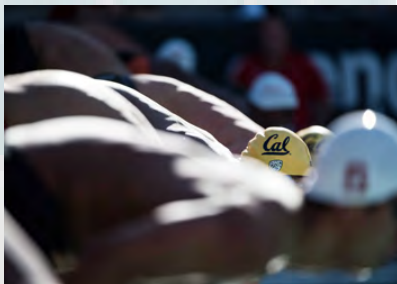


The meet was conducted in (3) sessions, lesson learned from our May Hosted Meet which contributed to a less congested better flowing event.



A big shout out to our volunteers from the Armed Forces, (17) Sailors from the US Navy stationed at Camp Pendleton donated their time and were a pleasure working with in every aspect They helped out as timers, in the snack bar, running errands; where ever help was needed they pitched in with kindness and politeness.

In all aspects, the meet was a success. The next TMEC hosted meet will be in March.



Coaches Corner



8 Ways to Make This Your Best Swimming Year Yet

It's 2016, time to step it up. Here are eight ways to make this your best year yet.

1. WARM-UP LIKE A BOSS EVERY DAY.

When you get your core warmed up, and your joints and muscles loosened up there really is no better feeling. One word of caution here, you will feel so amazing when you dive into the water, having been per-warmed up, that your body will wanna fly. Oh, and warming up tends to lead to less injuries, which is a nice little side bonus.

2. UNSUCK AT SOMETHING.

We all have parts of our swimming that we resist doing because we feel like we aren't as good at it. Whether it is butterfly, breaststroke kick, streamlining when you are tired, decide to tackle that suckiness with everything you got this year. There are fewer things more rewarding than mastering (or at least significantly improving) something you previously felt inferior at.

3. CHALLENGE YOURSELF ON THE REGULAR.

One of the best parts about swimming and sport is the ever-growing change of what we believe ourselves to be capable of. "10x100 on 1:10? No way." And yet it's barely two weeks later and you are doing them on 1:05. This growing process gives you the warm and fuzzies in your belly, and I am not talking about the warm and fuzzies you get the next day after eating 500 grams of lunch meat at 2:14am in a sleep-hunger stupor. (I know I am not alone on this one... right?)

4. SHARE YOUR GOALS, ERR, "STUFFS" WITH YOUR COACH.

Phelps wouldn't have gotten where he was without Bowman, so don't feel that you need to keep your goals to yourself. Our goals can be a weighty burden, so unload yourself a little bit and expound on your ambitions for the year with your coach. (Who is there to, like, help you out with these types of things).

5. BE PROACTIVE ABOUT STAYING HEALTHY.

You've probably noticed this before... After a sequence of tough workouts you feel a faint tickle in the back of your throat while your nose begins to go for a little jog. After a solid night of rest, however, you are back to normal, having narrowly dodged the cold/flu/SARS. If you're hunch was that you were on the breach of getting sick because you're training your posterior off, you are correct. Megan Fischer - Colbrie wrote a good blog post over at Bridge Athletic which outlines the increased susceptibility high performance athletes face to illness when training over-time.

It can be challenging with all the commitments athletes have with school, swimming and what little of a social existence they have to properly take care of themselves. Generally swimmers begin cutting corners with things like sleep and diet when stressed or over-trained, putting them in a prime position to get sickie. Stay ahead of the sniffles by clocking in for a solid night of rest each night and fueling yourself properly.

6. BREAK DOWN WHAT IT IS GOING TO TAKE FOR YOU TO SWIM FASTER THIS YEAR.

What are you specifically going to have to do to achieve your goal? Writing down "work hard" is a step in the right direction, but ultimately, what does that mean? It's way too vague and open to endless number of interpretations.

Split down your goal into meaningful, actionable chunks. "I need to improve my start by XYZ seconds. Here is what I am going to do to accomplish this: Do 10 timed dives at the end of practice on Monday and Wednesday, improve my jumping ability by XYZ, etc."

7. BE AN AWESOME TEAMMATE.

I feel the need to point out that being a rad teammate isn't about being overly peppy and cheery all the time. In fact, you will find forcing that type of attitude will have the opposite desired effect. Make your support authentic, without being overbearing.

A simple, "Let's do this" is more effective than ten minutes of "You can do it, Bob! You can do it, Tiff! Come on guys only nine more sets..."

8. SHARE YOUR KNOWLEDGE WITH THE YOUNGSTERS.

No matter where you are at with your swimming, there is someone that looks up to you. Unless you're a baby. At which point you have other pressing things to deal with. Like drunkenly stumbling around while parents coo at you.

What? Anyways. The point is... There will always be kids that look up to you regardless of where you are in the swimming circle-of-life, so use your knowledge and experience and share it! What are your goals and stuffs for this year?

Farewell

Dear TMEC Community,

As you know all Board positions are voluntary and the 2016 Board of Directors have faithfully served TMEC for the better part of this year helping to organize and structure the Club to succeed.

For the Club to flourish we have laid the foundation, implemented and recommended policies, and all the pieces in place. We are proud of the communication that now exists within the Club.

TMEC has been recognized as a USA Swimming Bronze level club and very close to securing Level 2 USA Recognition. The future is bright for TMEC.

It has been a group effort and we could not have been successful without you, the Coaches, Liaisons, Group Parents, Board Support and all other volunteers who supported us.

The December Board meeting was primarily a briefing of the new Board Elects as to the status of the Club and anything expected in the near future. We leave TMEC poised to succeed and will help the new Board to transition into their new roles. The Club is also in the good hands with two Head Coaches who are dedicated to the Club and its success.

It has been an honor and privilege to serve TMEC as your 2016 Board of Directors. We thank you all for your loyal support and we wish the Club well.

Best Regards,
2016 Board of Directors

