

# UVAC Team Newsletter

WINTER - 2018

PRESENTED BY:  
THE UVAC PARENT  
COUNCIL



Photo by: Connor Koehler

## UPCOMING EVENTS

CVI Meet @ UVAC 1/21/18

Simmons Distance Meet 1/26/18

Swim-A-Thon Launch and Team Photo 2/2/18

NES Regional Championships @UVAC 2/9-2/11/18

NE 10&under Age Group Meet @ UNH 2/24-2/25/18

NE 15-18 Age Groups at WPI 3/2-3/4/18

NE 11-14 Age Groups at BU 3/8-3/11/18

NES Silvers Championship @ UVAC 3/16-3/18/18

Eastern Zone Sectionals in Ithaca, NY 3/22-3/25/18

NHSA State 12& Under Championships @ UVAC 3/24/18

NHSA State 13& Over Championships @ UVAC 3/30/18

Swim-A-Thon and End of the Year Banquet 4/7/18

## Mark Your Calendars!

### UVAC Swim Team SWIM-A-THON & BANQUET

The Swim-A-Thon will be held on Saturday April 7, 2018 from 9-11 at UVAC pool. Laps can be swum anytime during that 2 hour period or on an alternate day.

This is a great opportunity to raise funds for our team and for those in need. We will donate 5% to the USA Swimming Charitable Foundation and 10% to the Upper Valley Aquatic Club Scholarship fund. Last year we raised \$11,000.00!!!

On Friday, **February 2, 2018** from 4:40 -4:50 p.m. all swimmers, parents and coaches are invited to the **UVAC Swim-A-Thon 2018 Kick-Off and team picture.**

Representatives from UVAC Scholarship and Parent Council will present. Pledge sheets & flyers will be handed out. The yearly team photo will also be taken. Please send your swimmer with team suit and shirt.

The Celebration!!!

The **UVAC Swim Team Annual Celebration** will be held on **Swim-A-Thon day from NOON-2:00PM** at Sharon Elementary School. This is a GREAT event, more than 200 people attend and it is funded by the UVAC Swim Team Parent Council.

There will be Food (with vegetarian options), Fun, Music, (Dancing?), Slide Show and Awards for all (including the infamous Paper Plate Awards).

There is a SIGN-UP option on our website, so be sure to declare your attendance. Please submit an accurate number of attendees to help us in provisioning food and supplies.

## GET TO KNOW YOUR COACHES! WE ASKED, THEY ANSWERED!

### • What makes you happy?

**Dorsi:** Watching the team have an intense and mindful practice.

**Brian:** Accomplishing a goal and watching my daughter swim.

**Forrest:** Feeling needed and being out in the wild.

**Jen Haines:** I love seeing people achieve goals and being with my family!

**Signe:** Hiking with my family!

**Kristin:** Being with my kids.

**Erin:** Being with my family.

**Jocelyn:** Spending time with family and friends!

**Meghan:** Spending time with family and swimming!

### • What makes you bored?

**Dorsi:** My opinion is that boredom is a choice, so I just choose not to be.

**Brian:** The 200 back.

**Forrest:** Generally, I don't get bored. Sometimes I get anxious to move on.

**Jen Haines:** Lack of challenges  
**Signe:** TV

**Kristin:** Being in the car for too long.

**Erin:** Cleaning house

**Jocelyn:** Old movies

**Meghan:** Sitting still for a long time.

### • Favorite Music?

**Dorsi:** I love all music.

**Brian:** Rock and Roll

**Forrest:** I like something from almost any genre, but I would say good ole fashioned Rock and Roll.

**Jen Haines:** All types! I like to match my mood.

**Signe:** I am open to all types, but not a huge fan of rap or heavy metal.

**Kristin:** Hip Hop for working out/ or Classical

**Erin:** Christian

**Jocelyn:** Country

**Meghan:** My favorite band is Walk Off The Earth

**Did you know it's usually Brian's fun playlist playing before each meet?**

## SWIM MEET STRUCTURE & DEFINITIONS:

By: Suzan Ballmer, M.Ed

**Dual/Tri Meet:** Smaller swim meet at which two or three teams compete against each other. They are usually held at the pool of one of the competing teams on one day. Normally the teams competing are in our state league, in which case these meets count to help reach the required number of league meets necessary to be allowed to participate in the State Championship Meet. Individuals are generally restricted to swimming three individual events and two relays.

**Home Meet:** Technically this is a meet which we host and administer at our home pool, UVAC. Generally this term is not used for bigger meets, but is just used to refer to a dual or tri meet that is at UVAC. These meets offer great opportunities for younger swimmers to get used to competition in an environment in which they are comfortable!

**Specialty Meet:** These are bigger meets, usually with open registration (up to a limit) and swimmers from many teams participating. Normally hosted by a team for the purposes of offering their own and other swimmers a higher level of competition and an opportunity to qualify for those meets that have qualification times ("cut times"). These are generally not team competitions, and often do not have relays. Sometimes specialty meets have a specific focus (a focus on sprints, or on distance events, etc.), but often not. They are often two or three day meets and allow swimmers to swim up to five events per day.

**Invitational Meet:** These are also bigger meets, but they are usually team competitions and often have trophies for the top finishing teams. Individual times still count for "cut times", but the focus is on the team, not the individual, and there are strict limits as to how many races an individual can swim (usually three).

**State Championship Meet** (or "States"): is a team meet, where individual results and relays score points for the team. To participate, an individual swimmer must have swum in a certain number of league meets (generally a dual or tri meet, or an invitational). It is generally the most important team meet of the season, and one in which we should all shoot to participate!

**Regional Meet** (or "Regionals"): This is the first level for which an individual must qualify by swimming a certain "cut time". In any given year, New England Swimming will hold this meet in either four or five locations on the same weekend. Each team is assigned to a certain location. If, in a given event, a swimmer has swum the "cut time" for the Age Group Championships, the swimmer may not compete in that event at Regionals.

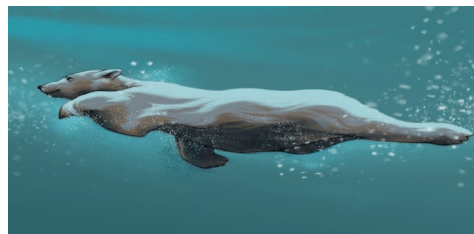
**Age Group Championship Meet:** This is the third level for which an individual must qualify by swimming a published "cut time". This meet, held in a 25-yard pool ("short course yards") at the end of the winter season and in a 50-meter pool ("long course meters") simultaneously serves as both the individual and team "age group" championships for New England Swimming. Individuals compete within their "age group", i.e. 10 & under, 11-14, or 15-19.

**Silvers Meet:** This meet is similar to the Age Group Meet. It is the second level for which an individual must qualify by swimming a published "cut time".

**Seniors:** This is the third level for which an individual must qualify by swimming a published "cut time". The cut times are more difficult than age groups and are published for swimmers 15 and above. However, if any swimmer of any age makes the cut then they may participate. This meet is swum in December in 25 yards.

**Speedo Sectional Championships:** The cut times for this meet are another level faster than Opens and Seniors. This meet is swum in short course yards and is held in Buffalo, NY at the end of March.

**Junior Nationals & Nationals:** These two meets are the pinnacle of national competition with cut times being extremely fast.



## Swimming Inspiration For Those Cold Winter Days...

If you want to drop time, swim faster!

~Author Unknown

If you have a lane, you have a chance.

~Author Unknown

Don't wait for your ship to come in -  
swim out to it. ~Author Unknown

Every race is an opportunity to measure yourself against  
your own potential. ~ Bud Wilkinson

## Parent Council Welcomes You!

The Parent Council meetings are held on the second  
Wednesday of the month from 5pm-6pm.

All parents of UVAC swimmers are welcome to attend.

Do you have something to contribute to the next newsletter?

Email: Darcie Rivard at [kevinanddarcie@yahoo.com](mailto:kevinanddarcie@yahoo.com)

O	L	K	Y	F	S	J	P	S	G	N	E
X	O	O	I	N	I	A	W	H	O	O	I
W	U	P	A	C	D	N	L	A	G	I	P
B	A	C	M	D	K	E	S	M	G	T	R
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S	I	E	E	O	H	A	O	Y	E	L	H
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BAGTAGS  
CARDS  
KICKBOARD  
PARKA  
SHARPIE  
SUIT  
WATER

BUOY  
FINS  
LOTION  
SHAMMY  
SNACKS  
SUNSCREEN  
CAP

GOGGLES  
PADDLES  
SHAMPOO  
SNORKEL  
TOWEL