



The leaves have fallen and we are definitely into the short course (Winter) season. Our first meet, the Fall Classic, was super exciting for everyone involved-lots of best times and great swims from all! Next, we got a real taste of what the big meets will be like this season at the Dorsi Raynolds Memorial Meet. Get ready, more meets are upon us!

What's Been Going on at Practice

UVAC – Killington

Season 2 of UVAC at Killington begins this week with the Winter session. We are so excited! Look for more on our newest location next month!!

UVAC – New London

We are excited to welcome back our fall sports friends. I absolutely love watching the friendships grow from swim team - it is a sport that pulls from many different school districts, creating a huge community filled with swimmers.

Developmental: The Devos have been working on lots of details with swimming. Breakouts, turns, and finishes, Oh My! They are nailing down their breaststroke kick by using the new mantra from GoSwim.TV: suit, flex, circle, squeeze. They love yelling it as loud as their voices can go. Breaststroke is one of the hardest strokes to learn-please give your kids a high five for their hard work.

Juniors: Juniors started off the season talking about SMART goals: Specific, Measurable, Achievable, Relevant, and Time-Bound. The older swimmers have been playing around with their speed. They are learning how to change speeds within the swim but still keeping their stroke together. This takes a lot of mindful swimming. They are trying to understand what their body is doing at all times in the pool.

UVAC – White River Junction

It has been so great to have many swimmers returning to the team and to see new friendships begin in the Fall and now Winter sessions.

Developmental: The Devos have made great progress this past month. Many new swimmers attended their first ever swim meet at our October invite and made UVAC proud! They are getting more and more comfortable with 50s and even 100s in practice and are continuing to excel in freestyle, backstroke, flip turns, and diving. They continue to work on breaststroke and butterfly and hope to introduce the IM soon! They were looking forward to the Dorsi Raynolds Memorial Invite at the end of the fall session that many participated in.

Juniors: Both Junior groups swam very well at our October invite. Many of them picked up where they left off either in the previous winter or just this past summer. Some have even made huge leaps from where they were just a few months ago. They continue to work on stroke technique, building aerobic endurance, and developing multiple skills. Looking forward to a great meet in November.

Seniors: Senior groups have continued to build on their great start to the short course season. Focus and intensity has continued to build up with great response from the Senior Swimmers. At the beginning of October some of the senior swimmers competed in a Shootout Swim Meet at Brown University in Providence, RI. This meet was the season opener for the Senior Squad. Overall, athletes achieved nearly all best times in this elimination style meet. The 13-14 girls won every elimination/shootout at the meet. Next the majority of the group participated in UVAC's first Home Invite of the season, the Fall Classic. Every senior swimmer competing finished in the top two for

multiple events along with many personal best times

UVAC

SWIMMING

NEWSLETTER

Spotlight on UVAC Swimmers

UVAC Central-WRJ: Isak Tell



What is the theme song of your life:
"Celebration" by Kool and the Gang, "Smooth Sailing" by Leon Bridges, "A change is gonna come" by Sam Cooke

What is your secret talent?

Underwater bubble rings, guitar, and writing.

Why do you love swimming?

I love the feeling of connection with the water, and listening to what it has to say. I'm also in it for the thrill of competition, and to push myself to new limits I have never reached before. One thing I enjoy thinking about while I swim is to try not to leave any speed in the pool. I can do this by maximizing technique and strength in a way so that they coalesce to make me the fastest that I can be.

UVAC South-Colby Sawyer-Dean Bianchi



What is the theme song of your life?

"Eye of the Tiger"

What is your secret talent?

5th Level Lego Master Builder

Why do you love swimming?

I like to learn new things, and it is

fun!

Spotlight on UVAC Coaches

Danielle Babineau



Why do you love coaching?

Becoming proficient in swimming is one of the best things people can do for themselves. Not only can it literally save your life, but feeling confident in the water unlocks an entire world of aquatic activities as well as provides an excellent source of exercise and rehabilitation for people of all ages. Helping young swimmers improve their skills and gain confidence in the water, through coaching, has become an incredibly rewarding way of passing on my love for swimming. Regardless of where the kids take their competitive swimming careers, they will always be able to rely on the skills they learn and apply them any time they find themselves on the water.

What is your favorite quote?

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it" –Henry Ford

Who is your hero?

My older sister.



Parent Council Update

Hi Everyone,

We are all excited to start the fall swim season. Our first parent council meeting took place October 5th. At this meeting, we voted on budget items for this year. Also, Parent Council hosted their first, FUN Friday event on Friday, October 21 at the UVAC-WRJ site. This event was full of cider, donuts, and pumpkin painting. Kids enjoyed spending time together before and after practice.

We have some exciting events coming up:

- Wed. Dec. 7th Parent Council Meeting at 8pm via Zoom
- Sat. Nov. 12 Annual Swim-a-Thon and chili cook-off for the whole family.

We aim to get every swimmer involved in the swim-a-thon with a goal of each swimmer collecting at least \$100 in donations. Please be aware that since this money is used to buy the annual parent council swimmer gifts (last year we purchased the jackets), only the swimmers that participate in the swim-a-thon will receive the annual article of clothing.

Any questions: feel free to reach out to Angela at angelamaria73@yahoo.com

Hope to see you all at the Dec. 7th meeting!





Meet Schedule: Home Meets in Bold

**indicates qualifying times required*

**All home meets are open to all UVAC swimmers*

December 2-4	UVAC Winter Classic (UVAC – WRJ, VT)
December 9-11	*NE Senior Championships (Brown – Providence, RI)
January 8	12 & Under Meet (at Colby-Sawyer College)
January 13-16	Senior Travel Trip (GAC – Greensboro, NC)
January 22	Connecticut Valley Inv. (UVAC – WRJ, VT)
February 3-5	New England Silvers (UVAC – WRJ, VT)
February 17-19	*NE 10 & Under Champs (URI – Kingston, RI)
March 3-5	*NE 11-14 Champs (BSI – Wellesley, MA)
March 10-12	*NE 14 & Under 'B' Champs (TBD)
March 10-12	*NE 15-18 Champs (WPI – Worcester, MA)
March 17-19	NHSA Championship (UVAC – WRJ, VT)
March 23-26	*Sectionals –Long Course (TBD)

CONGRATULATIONS

Congratulations to the 13-14 girls for their performance in the Shootout Meet.
 Congratulations to all swimmers for their performances in the Fall Classic and Dorsi Raynolds meets.

Upcoming Events

The Swim-a-Thon will be happening this weekend, November 12, 2022. Event start times vary by group, please contact your coach if you have any questions. Our annual Chili Cookoff is immediately following the event. Please see the event sign up page for more details. For those of you who don't know, the Swim-a-Thon is an annual fundraiser sponsored by USA Swimming. 10% of all proceeds go directly to the UVAC scholarship fund.

UVAC will be hosting a Pampered Chef party from November 15-December 15, 2022. This is a virtual party. Further information will be going out after the Swim-a-Thon. The good news: Pampered Chef will drop ship products immediately after you place your order-no waiting around for the party to close!



QUESTIONS?

All questions are important to the team and coaching staff!

Reach out to your coach below, or Head Coach Scott Ellis, as things come up:

Scott Ellis – UVAC Head Coach
sellis@uvacswim.org
802-296-2850 x105

Kim Peters – Killington, VT
PICO Fitness Center
kpeters@uvacswim.org

Signe Linville – New London, NH
Colby-Sawyer College
slinville@uvacswim.org

Alex Muni – White River Junction, VT
Upper Valley Aquatic Center
amuni@uvacswim.org

Contact the swim team office anytime at 802-296-2850 x105. A coach can be reached in the office Mondays-Fridays 2pm-4pm and Saturdays 11am-1pm. If wanting to meet in person, an appointment works best to assure someone is available.