

# TONAWANDA TITANS TEAM NEWSLETTER



# NOVEMBER 2023

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# TONAWANDA TITANS TEAM NEWSLETTER

## IMPORTANT INFORMATION

### **USA Swimming Registration ACTION ITEM**

As we approach the end of 2023  
The USA Swimming Membership for all current Titans is set to expire.  
(swimmers who joined us prior to the 2023/2024 season)

Therefore, it is time for you to register your swimmer for 2024.  
This is a requirement by USA Swimming in order to be an active member of our club.  
This must be done at the member level through the Parent Account that you created  
in late 2022 or early 2023.

To complete this process, you must be signed into your Titan account:

- visit our website – [www.titanswimming.com](http://www.titanswimming.com)
- “Sign in” to your account (upper right corner)  
(this will bring you into your member account)
- Click on the “View team website” (bottom left corner)  
(this will bring you back to our main website)
- Under “Join Our Team” – click on USA Swimming Account Registration
- Follow the steps found under the 2024 Membership Renewal section.
  - The cost for 2024 is \$91 per swimmer.

We are asking that all Titans complete this registration.

**no later than December 15<sup>th</sup>, 2023**

**Any Questions please send an email to our team:**

**[tonawandatitansswimclub@gmail.com](mailto:tonawandatitansswimclub@gmail.com)**

# TONAWANDA TITANS TEAM NEWSLETTER

## UPCOMING EVENTS



## TITANS NIGHT

with the

**BUFFALO SABRES**

**Saturday, December 30<sup>th</sup>**

**Game time - 5 p.m.**

**TICKETS AVAILABLE NOW  
thru Thursday, November 30<sup>th</sup>**

**Ticket Prices will vary.**

**Reserve your seats through the below link:**

**[Tonawanda Titans Swim Club](#)**

**\*\*If we have at least 50 people attend, the Titans will be invited on the ice after the game for a group photo\*\***



# TONAWANDA TITANS TEAM NEWSLETTER

## November Upcoming Meet Information

### **STAR Fall Classic**

@ ECC Burt Flickinger Center  
(ALL LEVELS)

November 10<sup>th</sup> – 12<sup>th</sup>

#### Friday PM

Warm-ups: 4:30 p.m. / Start: 5:30 p.m.

#### Saturday AM

Warm-ups: 8 a.m. / Start: 9 a.m.

#### Sunday AM

Warm-ups: 8 a.m. / Start: 9 a.m.

### **TWST Turkey Splash**

@ Orchard Park HS  
(SD-Level 6)

SUNDAY, November 19<sup>th</sup>

#### Session 1: Mixed 12-Under

Warm-ups: 7:30 a.m. / Start: 8:30 a.m.

#### Session 2: Mixed Open

Warm-ups: 12:15 p.m. / Start: 1 p.m.

## **STAR Invite**

@ ECC Burt Flickinger Center  
(Qualified Swimmers Only)

November 30<sup>th</sup> – December 3<sup>rd</sup>

### Thursday PM - Distance

Warm-ups: 3:30 p.m. / Start: 5 p.m.

### 13 & Over Prelims

#### Friday, Saturday & Sunday

Warm-ups: 7 a.m. / Start: 8:30 a.m.

### 12 & Under Prelims

#### Friday, Saturday & Sunday

Warm-ups: 12:30 p.m. / Start: 1:10 p.m.

### ALL FINALS

### (12-Under & 13-Over)

#### Friday, Saturday & Sunday

Warm-ups: 4 p.m. / Start: 5 p.m.

### **Need to know if you qualify?**

Ask your coach or check the Qualifier list in the event info

# TONAWANDA TITANS TEAM NEWSLETTER

## 2023-24 Titans Swim Meet Schedule

**Log into your Titans Account to Sign your Swimmers up!**

### DECEMBER

#### TITANS Holiday meet

(ALL LEVELS)

December 27<sup>th</sup> – 28<sup>th</sup>

Entry Deadline: December 3<sup>rd</sup>

### JANUARY

#### Niagara Jr/Sr Power Point

Webster, NY

(ALL LEVELS)

January 13<sup>th</sup> – 15<sup>th</sup>

Entry Deadline: TBA

*Since This is an Out-of-Town Meet  
A Special Hotel Rate has been set up for  
Titans Swimmers*

Hotel: Hampton Inn Rochester/Webster

Group Name: Titans Swim Team 112

Arrival Date: 01/12/2024

Departure Date: 01/15/2024

Room Rate: \$129/night

(Must Mention Group Name or Enter Unique code TSW)

Booking Deadline for above Rate: 12/13/2023

#### BOOKING LINK

<https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=ROCWNBHX&arrivalDate=2024-01-12&departureDate=2024-01-15&groupCode=CHHTSW&room1NumAdults=1&cid=OM%2CWW%2CHILTONLINK%2CEN%2CDirectLink>

#### STAR Winter Challenge

@ ECC Burt Flickinger Center

(ALL LEVELS)

January 26<sup>th</sup> – 28<sup>th</sup>

Entry Deadline: TBA

### FEBRUARY

#### TWST Snowball

Orchard Park HS

(SD-Level 6)

February 3<sup>rd</sup> – 4<sup>th</sup>

Entry Deadline: TBA

#### Niagara Silver Qualifier

Titans Hosted @ AFC

(Qualified Swimmers Only)

February 23<sup>rd</sup> – 25<sup>th</sup>

Entry Deadline: TBA

# TONAWANDA TITANS TEAM NEWSLETTER

## MARCH

### Niagara Open Championship Webster, NY

(Qualified Swimmers Only)

March 8<sup>th</sup> – 10<sup>th</sup>

Entry Deadline: TBA

*Since This is an Out-of-Town Meet  
A Special Hotel Rate has been set up for  
Titans Swimmers*

**Hotel:** Hampton Inn Rochester/Webster

**Group Name:** Titans Swim Team 307

**Arrival Date:** 03/07/2024

**Departure Date:** 03/11/2024

**Room Rate:** \$135/night

**Late Departure:** 5 p.m. - \$67.50

(Must Mention Group Name or Enter Unique code TTS)

**Booking Deadline for above Rate:**

**02/06/2024**

#### **BOOKING LINK**

<https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=ROCWBHX&arrivalDate=2024-03-07&departureDate=2024-03-11&groupCode=CHHTTS&room1NumAdults=1&cid=OM%2CWW%2CHILTONLINK%2CEN%2CDirectLink>

### Niagara 14-Under Champs Webster, NY

(Qualified Swimmers Only)

March 15<sup>th</sup> – 17<sup>th</sup>

Entry Deadline: TBA

*Since This is an Out-of-Town Meet  
A Special Hotel Rate has been set up for  
Titans Swimmers*

**Hotel:** Hampton Inn Rochester/Webster

**Group Name:** Titans Swim Team 0314

**Arrival Date:** 03/14/2024

**Departure Date:** 03/18/2024

**Room Rate:** \$142/night

**Late Departure:** 5 p.m. - \$71.50

(Must Mention Group Name or Enter Unique code TST)

**Booking Deadline for above Rate:**

**02/13/2024**

#### **BOOKING LINK**

<https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=ROCWBHX&arrivalDate=2024-03-14&departureDate=2024-03-18&groupCode=CHHTST&room1NumAdults=1&cid=OM%2CWW%2CHILTONLINK%2CEN%2CDirectLink>

#### **\*\*NOTE for Both Open & 14-Under Championships\*\***

A Special ½ Day Rate was negotiated for Sunday.

Please note if booking online, the room rates will show as \$118 (Open) & \$124 (14U), due to the ½ day rate being included.

If you think your swimmer will make Finals and want to be able to rest back at the hotel, be sure to book your stay through Sunday.

(But please know you need to vacate by 5 p.m. on Sunday)

If you book a room and your swimmer does not make finals, you have until 11 a.m. Sunday morning to cancel your ½ day rate and must vacate by normal checkout time.

Sunday's Rate must be booked ahead of time and cannot be negotiated during stay at hotel.

# TONAWANDA TITANS TEAM NEWSLETTER

## Swimmer of the Month

### September

#### Level 3

Amelia D'Avirro

#### Level 4

Lilah Pawelek

#### Level 5

Noah D'Avirro

#### Level 6

Jayce Sinatra

#### Level 7

Lucy Nudell

#### Level 8

Harrison Roberts

### October

#### Stroke Development

Gravin Rick

#### Level 1

Michael Kartychak

#### Level 2

Owen Olejniczak

#### Level 3

Audrey Nudell

#### Level 4

Alex Caccamise

#### Level 5

Vivienne Cabin

#### Level 6

Elise Muffoletto

#### Level 7

Julia Cabin

#### Level 8

Alex Schuler



# TONAWANDA TITANS

## TEAM NEWSLETTER

### Swimmer of the Meet

### Titans Halloween Meet

October 27<sup>th</sup> – 29<sup>th</sup>

#### Level 1

Michael Kartychak

#### Level 2

Lily Bedford

#### Level 3

Joe Krieger

#### Level 4

Lilah Pawelek

#### Level 5

Nora Bronson

#### Level 6

Ellie Homish

#### Level 7

Gavin Miller

Duke Neal

#### Level 8

Alex Schuler

HAPPY  
BIRTHDAY

### NOVEMBER

11/2 – Hadley K.

11/6 – Neve L.

11/6 – Laila T.

11/8 – Ava P.

11/14 – Derek H

11/15 – Niyantri S.

11/15 – Delilah W.

11/20 – Harper C.

11/28 – Duke N.

11/28 – Rowan R.

11/30 – Sean L.

11/30 – Lucy P.

11/30 – Joseph T.

11/22 – James L.

11/23 – Izabelle C.

11/28 – Sydney C.





# TONAWANDA TITANS TEAM NEWSLETTER

**DON'T FORGET**

## **SwimOutlet TTSC Store**

We have partnered with SwimOutlet to offer our team free online memberships

**~AND~**

Up to 20% off accessories, swimsuits, and apparel.

To shop our store

Visit our website under “Titans Merch”

OR use this link:

<https://www.swimoutlet.com/collections/ttsc>

Although we do not have an official suit or brand affiliation, we have included in our store some of the most popular options available as well as accessories.

**SWIMOUTLET**  
**.COM**

# TONAWANDA TITANS TEAM NEWSLETTER

## COACHES CORNER

We ask swimmers to come prepared to every practice,  
with suits, goggles, and a towel for **ALL LEVELS**

Listed below is recommended extra training equipment based on swimmers' level

### Stroke Development, Level 1 & 2

Nothing but a positive attitude!

#### Level 3 & 4

Swim Fins

#### Level 5 & 6

Swim Fins  
Swim Paddles

#### Level 7 & 8

Swim Fins  
Paddles  
Pacing Device

Available on our team shop @

[Swimoutlet.com](http://Swimoutlet.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stroke Development	5:00-5:40 pm @FMS	OFF	5:00-5:40 pm @FMS	OFF	5:00-5:40 pm @FMS	OFF
Level 1	5:45-6:45 pm @FMS	OFF	5:45-6:45 pm @FMS	OFF	5:45-6:45 pm @FMS	OFF
Level 2	6:45-8:00 pm @FMS	OFF	6:45-8:00 pm @FMS	OFF	6:45-8:00 pm @FMS	8:00-9:30 am @AFC
Level 3	5:45-7:15 pm @AFC	OFF	5:45-7:15 pm @KW	OFF	5:45-7:15 pm @KE	8:00-9:30 am @AFC
Level 4	5:45-7:15 pm @KE	OFF	5:45-7:15 pm @KE	OFF	5:45-7:15 pm @KE	8:00-9:30 am @AFC
Level 5	6:30-8:00 pm @AFC	OFF	7:00-8:30 pm @KW	5:45-7:30 pm @KE	7:00-8:30 pm @KE	8:00-9:30 am @AFC
Level 6	7:00-8:45 pm @KE	OFF	7:00-8:45 pm @KE	5:45-7:30 pm @KE	7:00-8:30 pm @KE	8:00-9:30 am @AFC
Level 7 & 8 Dryland	Weightroom 5:00-6:00 pm		Weightroom 5:00-6:00 pm			Weightroom 10:00-11:00 am
Level 7 & 8 Pool	6:00-8:00 pm @ AFC	5:30-7:30 pm @ AFC	6:00-8:00 pm @ AFC	6:00-8:00 pm @ AFC	6:30-8:00 pm @ AFC	11:00-12:30 @AFC