

SURGE CURRENT

FALL 2025 NEWSLETTER VOLUME 1



From the Head Coach

Surge Aquatics Families,

This year represents an opportunity for every swimmer, coach, and family to help shape the direction of our team. To build something strong, connected, and lasting.

Our theme for the season is, **“Control what you can. Learn the rest.”** The best athletes do not chase perfection; they focus on doing the little things right, day after day. Showing up, listening, training with purpose, and staying consistent - that’s where progress begins.

Our coaching staff believes that the habits we build now, set the tone for who we become. Not just as swimmers, but as people. **S**peed in our decisions, **U**nity in our culture, **R**elentlessness in effort, **G**rowth through challenge, and **E**ncouragement for one another. These are the things that define us when no one is watching.

The energy and focus at practice these first few weeks have been outstanding. Thank you to all our swimmers and families for the trust, positivity, and support you bring to this team. Together, we’re laying the foundation for something special - not just for this season, but for the future of Surge Aquatics.

See you at the pool,

- Andrew

Mindset Feature: Regan Smith on Winning What You Can Control



Olympian Regan Smith reminds swimmers to focus on what they can control: effort, attitude, and preparation. Every practice and race is a chance to “win the controllables.”

Surge Challenge: Each week, pick one thing you can control, and commit to it fully.

Read the full article [HERE](#)

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2025 FALL MEET SCHEDULE

11 & Over TXLA Fall Kick Off-October 17-19th - Austin, TX

-Recommended for: swimmers with BB and above times

-Notes: Higher level meet

Goal: Provide race experience against strong regional competition and prepare for Sizzler Prelim-Final Meet in November

*Sign up deadline Thursday October 2nd

Surgetober Fest- October 18-19th - New Braunfels, TX

-Recommended for: Bronze & Silver groups, and swimmers in Surge 2 and 1 with a few or no BB times

-Notes: Local developmental meet; great for race practice and skill application

-Goal: Build meet confidence, focus on technical execution and prepare for Sizzler Prelim/Final meet in November

*Sign Up Deadline Sunday October 5th

2025 Surge Shark Sizzler-November 7-9th - Round Rock, TX

-Recommended for: all Swimmers

-Notes: Prelim/Finals Meet

*Sign Up Deadline Thursday October 16th



*Please feel free to email us any pictures you take at swim meets/events, so we can use them on social media and newsletters!



Click [HERE](#) for the 2025 Meet Schedule

*The remainder of the short course season schedule will be posted after our House of Delegates meeting which takes place October 5th.

KEEP CALM AND SURGE ON

Parent Corner: Supporting Your Swimmer



As Dana Skelton talked about during the parent meetings a few Fridays ago, becoming a successful swim parent is a skill. As we grow as a team, and as your swimmers move into new groups at Surge, we will continue to support and offer the next level of education needed to help guide your swimmer on the next step of their journey.

The USA Swimming Parent Handbook offers valuable insight for both new and returning swim families. The biggest takeaways:

- Encourage effort and fun, not just outcomes
- Avoid coaching from the stands – let the coach coach (If you want to talk about swimming, ask your swimmer: “What did your coach say about your practice or race?” This helps them reflect, recall feedback, and think critically about their performance)
- Keep a long-term mindset – every swimmer progresses at their own pace
- Be the support system that helps your swimmer stay confident and motivated

[USA Swimming Parent Handbook](#)

Coach Corner: Why Doesn't My Swimmer Get Best Times All the Time?



When I was at Lakeside Aquatic Club, up in Dallas, the head coach at my site was Steve Mateer: a legend in the swim coaching world (fun fact: his son is the starting quarterback for Oklahoma University). Linked **[HERE](#)** is an article he wrote for our LAC newsletter a few years ago.

As swim coaches, this is something we are always aware of. However, I believe it is important information for swimmers and parents to understand as well. It is completely normal for swimmers not to drop time at every meet - especially early in the season. Technique changes, growth stages, and training fatigue all play a role. Swimmers are learning to build performances, not chase instant results.

Team Records Update

We now have a Surge Aquatics Top 10 All-Time Swims list.

Click [HERE](#) to see the list.

This is a living document, and we know there will be missing or incorrect times as we continue to build it out.

Over the next season, we will work to make it as accurate and as complete as possible, and we will need your help to do that.

If you notice any errors or missing swims, please email Coach Andrew with your swimmer's time, along with the meet name and date where the swim occurred.

The next full update will take place after the 2025 Surge Shark Sizzler (November 7-9), and then again at the end of the short course season.

Time Standards 101

Linked below is a list of time standards, and a brief explanation of what to expect as your swimmer progresses through the sport.

Full chart and explanation available [HERE](#)

UPCOMING EVENTS

- **October 30th - Trunk or Treat:**
 - Come with candy and your car trunk decorated for Halloween - swimmers can dress up on this day!
- **October 31st:**
 - **NO PRACTICE**