



FALL 2025 NEWSLETTER VOLUME 2



From the Head Coach

Surge Aquatics Families,

From the start of the season, our coaching staff has been introducing a set of key terms to our swimmers. Many of them are beginning to recognize these concepts and understand what they look like in action.

Now that we are nearly three months into the season, I want to share the direction in which we are moving as a team, as well as what we value day to day, both in practice and as a competitive swim team.

Swimming, like all youth sports, provides incredible opportunities for growth beyond the pool. Our goal is for every swimmer, whether they continue competing or not, to leave Surge Aquatics with the ability to compete in sport and in life.

Attached are our **Mission & Vision Statements** and Team Values, which I have been developing in collaboration with our coaching staff over the past few months. These ideas represent what Surge is becoming, the identity we share, and what we stand for together.

A team culture is like a garden: it requires consistent care and attention to thrive. We will continue to work, grow, and refine this together, and I am grateful to have each of you as part of that process.

-Andrew Marsh

Head Coach Surge Aquatics

Mindset Feature: Unlock the “Growth Mindset” & Swim Your Best!



Want to level up in and out of the pool? Check out this quick read from Premier Sport Psychology: “The Power Five: Growth Mindset” **Premier Sport Psychology**.

- It highlights how every swim meet and split (good or bad) can be a learning moment, not just a result.
- It explains how strong swimmers do not erase mistakes - they reflect and move forward smarter.
- It gives practical, simple tips to foster that mindset: rename your inner-voice, focus on what you can control (your technique, attitude, effort), and let go of what you cannot.

SURGE CURRENT VOL. 2

Upcoming Meet Schedule

November 24th - AAAA Turkey Trot

- Location: Alamo Heights Natatorium, San Antonio
- For: All Surge swimmers
- *Deadline: Sunday November 16th at 11:59pm

December 7th - SYS Mile Marker 174

- Location: Schertz Aquatic Center, Schertz
- For: Any Surge swimmers interested in swimming the 500 free, 400IM or 1650 free
- *Deadline: Saturday November 29th at 11:59pm

December 13-14th - Surge Howorth Classic

- Location: Das Rec, New Braunfels
- For: All Surge swimmers
- *Deadline: Saturday November 29th at 11:59pm

December 12-13th - AAAA Winter Wonderland

- Location: NISD Natatorium, San Antonio
- For: Surge swimmers with **AT LEAST TWO BB TIMES**
- *Deadline: Saturday November 29th at 11:59pm

December 29th - 2025 Distance Invite

- Location: Alamo Heights Natatorium, San Antonio
- For: All Surge swimmers
- *Deadline: Wednesday December 17th at 11:59pm

Click [HERE](#) for the Surge Season Schedule



KEEP CALM AND SURGE ON

Parent Corner: Helping Your Swimmer's Mindset

At Surge, we know a strong mindset powers everything we do in and out of the pool. Our core values of **S**peed, **U**nity, **R**elentless, **G**rowth, and **E**ncouragement guide how we train, race, and support one another.

USA Swimming shared an article that perfectly fits what we believe in: focusing on fun, learning from setbacks, and celebrating effort just as much as results. It is a great reminder of how swimmers and parents can build confidence and resilience together.

Read the article [HERE](#)

Short Course Season Swimmer Evaluations

On February 24th, Season Swimmer Evaluations will be handed out. These will either be an email to parents or a paper copy handed to swimmers. This evaluation will include a short recap of your swimmers' season, and include what your swimmer improved upon during the season, as well as where your swimmer needs improvement moving forward.

Evaluations will include your swimmers' group placement moving into our Long Course season. This group placement, whether they are in the same group or are moved into a new group, begins at the start of our Long Course Meter season: First day of LCM season is March 18th - Last practice of SCY season is March 4th.

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](#)



New Surge Logo & Merch Drop ↓

We are excited to share that Derek and Coach K have designed an updated Surge Aquatics logo, and our first merch drop featuring the new design is here!

Swimmers have probably heard me say once or twice, “*You wouldn’t show up to your basketball game without your team jersey.*” Representing our team at meets matters.

This new logo will serve as our official design moving forward, but don’t worry you can still proudly wear any of our “classic” Surge gear too!

Looking ahead to Spring, we will be rolling out new Surge caps, and exploring other merch ideas. We would love to hear your suggestions!

HERE is the link for Merch. This link is open now, and closes November 28th. New gear will be delivered to the pool for pick up starting December 17th.

A portion of the proceeds goes back to Surge Aquatics, and will help support team breakfasts, continued coach education and travel trips.

Please email events@surgeaquatics.org for any specific merch questions.



New Swimmer Tryouts ↓

Do you know someone who wants to join **Surge Aquatics**?

We are always excited to welcome new faces to the team!

If you have friends or families interested in trying out, please have them reach out to coachandrew@surgeaquatics.org or visit the link below to schedule a tryout through the Surge Swim School:

[Join the Surge](#)

Looking Ahead ↓

In June, we are looking at attending a team travel trip.

More Info to come with in the next month.

Description of Team Travel Philosophy attached **[HERE](#)**