



2026 NEWSLETTER VOLUME 3



Surge Aquatics Families,

As we enter the final two months of the season, we reach an important stretch for our swimmers and our program. The foundation has been laid, habits have been built, and now our focus shifts to how we finish.

Finishing strong does not simply mean fast times or podium finishes. It means showing up with intent, staying committed when training gets challenging, and applying the lessons we have been working on all season, especially when things feel uncomfortable.

This phase of the season is where our S.U.R.G.E. Team Values matter most. These are not just words on paper, they are the standards we expect to see lived out daily by swimmers and coaches. Speed, Unity, Relentlessness, Growth, and Encouragement guide how we train, how we race, and how we support one another as a team. As fatigue builds and competition increases, our staff will continue to reinforce these values on deck.

Thank you for being part of this team and for your continued investment in the culture we are building together.

- Andrew Marsh
Surge Aquatics Head Coach

Mindset Feature: Overcoming Limiting Beliefs in Your Swimming



This article explains how a swimmer's mindset directly impacts performance, and encourages athletes to challenge beliefs that hold them back.

It highlights three common limiting thoughts: believing you cannot win if you start behind, thinking you can't finish strong when it hurts, and doubting your potential compared to others.

Read the article [**HERE**](#)

Upcoming Meet Schedule

January 24-25th - 2026 ST Surge Invite

-Location: Das Rec Natatorium, New Braunfels

-For: All Surge swimmers

*Deadline: PASSED

**Click meet titles
for meet info files**

February 13-15th - STX BB Championship Meet

-Location: Corpus Christi Natatorium, Corpus Christi

-For: Swimmers with BB times

*Deadline: Wednesday, February 4th at midnight

February 20-22nd - 2026 STAGS

-Location: NISD Natatorium, San Antonio

-For: Swimmers with A times

*Deadline: Wednesday, February 11th at midnight

February 27-March 1st - 2026 South Texas Senior Champs

-Location: Blossom Athletic Center, San Antonio

-For: 13&O swimmers with A times

*Deadline: Wednesday, February 18th at midnight

February 28 - March 1st - 2026 ST Marsh Madness

-Location: Das Rec Natatorium, New Braunfels

-For: All Surge swimmers

*Deadline: Monday, Feb 16th at midnight

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



Parent Corner: Nutrition for Swimmers

Fueling for Competition

Nutrition plays a key role in how swimmers perform on race day. This article offers simple guidance on what to eat and drink before and during meets so swimmers have the energy they need to race their best. Read [HERE](#)

Recovery Nutrition

Proper nutrition is essential for swimmers as they train and race week after week. This brief article explains how smart recovery fueling after practices and meets helps swimmers refuel, repair muscles, and stay healthy all season long. Read [HERE](#)

Coaches Corner

Introducing Our New Bronze Coach- Laura Mower

Coach Laura Mower brings over 20 years of experience in swim coaching and swim instruction. She has coached and taught swim lessons in Utah, New Jersey, New Hampshire, and Texas.

Laura began her competitive swimming career at age nine in Louisiana, where she became an All-American swimmer and state champion in the 100-yard breaststroke. Her success in the sport earned her a collegiate scholarship to Brigham Young University, where she competed and later graduated with a Bachelor of Arts in Sociology.

In addition to her coaching career, Laura earned an online degree in Website Design while raising her three children and serving as Head Coach for two community summer league swim teams. She is passionate about developing competitive swimmers and enjoys working with youth to build confidence, skills, and a lifelong love for the sport.

Spring 2026 Surge Aquatics Day Group

Surge Aquatics will be offering a Spring Day Group for homeschool swimmers ages 8-13 with prior swim experience.

The program runs **March 30-May 21**. Practices will be Monday-Thursday, 1:00-1:45pm at 710 Landa Street (Outdoor Pool). Swimmers must be able to swim a 50 freestyle and kick 50 yards of all four strokes.

Please share with to any families you know that might be interested, and if you are interested please let us know!

Google Form Here: [Spring Day Group Interest Form](#)

2026 Surge Team Travel Trip

Surge Aquatics will travel to the University of Tennessee from June 17–25, 2026. The trip includes a prelims/finals USA Swimming meet, a multi-day training camp on campus, and educational sessions with UT coaches and athletes covering topics such as team culture, nutrition, meet performance, and athletic mindset. Swimmers will stay in university dorms for the duration of the trip, with all travel, lodging, and activities supervised by Surge coaches and approved chaperones.

Wave 1 invitations will be sent January 31 for eligible 8th–12th grade swimmers, with Wave 2 invitations sent February 16 for qualifying 7th grade swimmers. Please refer to the full details above for selection criteria, itinerary, estimated costs, and billing information.

Description of Team Travel Philosophy attached [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 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](#)



Miscellaneous ↓

- Follow us on Instagram [@SurgeAquatics1](#)
- Follow us on Facebook at [Surge Aquatics](#)
- See our Championship Gear Outfitting Policy [HERE](#)