



## 2026 NEWSLETTER VOLUME 4



### Surge Aquatics Families,

As we close out the short course season, we now begin turning our attention toward the start of Long Course Meter season, which begins March 18th.

First, congratulations to all of our swimmers who raced this past weekend at Das Rec, as well as those who competed at STX Champs, STAGS, and Senior Champs. We saw strong racing, great effort, and continued growth across the team. For our swimmers gearing up for Sectionals and TAGS March 5-8th, let's finish strong!

With the transition between seasons, we encourage swimmers to take a short reset. Rest, recharge, and step away from the pool so both body and mind are ready to begin the next phase of training. This reset is intentional. Long course season brings new challenges, new opportunities, and a renewed focus on development.

When we return on March 18, we start fresh. New goals, new energy, and a commitment to continue building on the fundamentals we set this past season.

Thank you for the effort, trust, and support you continue to give this program.

Let's finish strong, reset well, and be then ready to go!

- Andrew Marsh  
Head Coach, Surge Aquatics

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**[Click HERE for the LCM Season Calendar](#)**

**[Click HERE for the Tentative Summer Schedule](#)**

## Upcoming Meet Schedule

### **March 5th-8th - 2026 Texas Age Group Championships (TAGS)**

-Location: Mansfield, TX

### **March 5th-8th - 2026 Sectionals**

-Location: Justin, TX

### **April 18th-19th - 2026 Surge Earth Day Meet**

-Location: Das Rec Natatorium, New Braunfels

-For: All Surge swimmers

### **April 24th-26th - TXLA 11 & Over Long Course Kickoff**

-Location: University of Texas, Austin

-For: Swimmers 11 & over with BB times

*\*First LCM meet of the season*

### **May 17th-19th - 2026 Bud Dallman Memorial**

-Location: Landa Park Aquatic Center, New Braunfels, TX

-For: All Surge swimmers

*\*This meet is recommended as the first Long Course experience for many swimmers*

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



## Parent Corner: Long Course Season (LCM) – A Guide

As we transition into the Long Course season, you may hear swimmers and coaches talking about “LCM.” Long Course Meters refers to swimming in a 50-meter pool, the same course used at the Olympic Games.

While most of the year in the United States is spent racing in 25-yard pools (Short Course Yards – SCY), the summer season shifts toward this Olympic-style format.

**HERE** is a more detailed description and explanation of all things LCM

Click **HERE** for the LCM Season Calendar

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## Surge Sprint Group- New for LCM 2026

Beginning March 18th, we are excited to introduce the Surge Sprint Group. This is a new training option designed for swimmers 8th grade and older who want to focus on developing top-end speed.

This group offers club-level coaching with an emphasis on short, high-quality sprint work geared toward the 50s and 100s, without the full training volume of traditional year-round swimming.

Practices will be held Tuesdays/Wednesdays/Thursdays from 6:45–8:00pm at Das Rec. This addition helps better align training groups and provide athletes with a structure that matches their goals and attendance level.

Full program details are linked **HERE**.

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## 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**

## 2026 Surge Swim-A-Thon ↓

Our annual Surge Aquatics Swim-A-Thon is approaching! This team-wide fundraiser supports coaching education, training equipment, team experiences, and continued program growth. This allows us to reinvest directly into our swimmers without increasing monthly dues.

Leading up to the event, each week will highlight one of our SURGE team values:

- Week 1: Speed
- Week 2: Unity
- Week 3: Relentless
- Week 4: Growth
- Week 5: Encouragement

### Key Dates:

- March 29 - Fundraising Opens
- April 23 - Senior Recognition Day (Das Rec)
- May 1 - Swim-A-Thon Practice
- May 2 - Team Banquet

## Parent Feedback ↓

As we wrap up the season, we are asking families for one simple piece of feedback: what can we do better? Your perspective helps us continue improving how we support our swimmers, families, and the culture of Surge Aquatics. Your input helps guide the future of our program.

Please take a moment to share your thoughts using the form [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](mailto:coachandrew@surgeaquatics.org) or visit the link below to schedule a tryout through the Surge Swim School:

[Join the Surge](#)

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## Mindset Feature: The Power of a Positive Mindset: How Your Thoughts Can Change Your Swimming

The truth is, your mindset matters just as much as your physical strength. This article discusses why it is important for swimmers to try and maintain a positive mindset in training and competition.

Read the article [HERE](#)

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## Miscellaneous

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