

April 2025

# NEWSLETTER



Dear Trident families,

We hope this newsletter finds you well! As spring brings new beginnings, we're excited to transition into long course season. The move to 50-meter pools presents fresh challenges and opportunities for our swimmers to develop their endurance, technique, and racing strategies in the Olympic format. After a successful short course season filled with personal bests and team achievements, we look forward to watching our athletes continue their growth in the longer pool. Whether this is your swimmer's first long course experience or they're seasoned veterans, the coming months will be filled with valuable learning experiences and memorable moments.

## Reminders

Team Dinner 5/15

**Please check your email for details**

WHAT TRAVEL LC MEET 6/27-6/29- **OPEN TO ALL COMPETITIVE GROUPS**

## CONGRATULATIONS!

What an outstanding short course season! We're incredibly proud of each Trident swimmer's dedication, growth, and accomplishments over these past months. From personal bests to technical improvements, you've all contributed to our team's success in meaningful ways. As we transition to long course season, we carry forward the momentum, work ethic, and team spirit that defined our winter. The 50-meter pool brings new challenges and opportunities that we're excited to tackle together. Congratulations on your short course achievements—we can't wait to see what you'll accomplish in long course season.

## Upcoming Meets

- 2025 Condors May Meters Matter 5/2-5/4
- 2025 MR PAC Spring Starter Invitational 5/16-5/18
- 2025 LIE June Jumpoff 6/6-6/8
- Easter Zone Open Water Championships 6/14  
**QUALIFYING TIME MEET**
- 2025 WHAT June LC Trials Finals Invite 6/27-6/29

## Swimmer Tip of the Month

### SWIMMER TIP OF THE MONTH: PREPARING FOR LONG COURSE SEASON

- The transition from short course (25 yards) to long course (50 meters) requires strategic adjustments to your training and racing approach. Here are key ways to prepare for success in the longer pool:

Without the frequent walls of short course, your mid-pool swimming becomes crucial. Focus on:

- Maintaining proper body position throughout longer distances
- Developing a consistent, sustainable stroke rhythm
- Perfecting your breathing pattern (consider bilateral breathing)
- Working on core strength to support your stroke over distance
- Streamline position must be perfect as you'll have fewer opportunities
- Underwater dolphin kicks should be powerful but efficient
- Turns require more precision as they represent a smaller percentage of your race
- Breakouts need to be smooth and seamless to maintain momentum

## PREPARING FOR SUCCESS: LONG COURSE TRANSITION TIPS

The shift from 25-yard to 50-meter pools brings unique challenges and opportunities. Here's how to adapt your swimming for long course success:

### Training Adjustments:

- Incorporate longer repeats with fewer breaks
- Focus on maintaining technique when fatigued
- Practice breathing control for oxygen efficiency
- Strengthen your kick to sustain propulsion over distance
- **Strength Development:**
- Build core stability for maintaining body position
- Focus on shoulder endurance for the longer continuous pulling
- Develop leg strength for sustained kicking



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## SWIM ACROSS AMERICA MAKING WAVES TO FIGHT CANCER

In our lifetime, 1 in 2 men and 1 in 3 women will be diagnosed with cancer. We have joined the Swim Across America (SAA) community so that, together, we can change that.

Our team is challenging ourselves by participating in the Sound to Cove Open Water Swim, raising critical funds for cancer research, prevention, and treatment. The money you give will make a real impact in the fight to find a cure.

Since 2018, our team "TRI-ing to Beat Cancer" has proudly participated in this meaningful event, raising over \$22,500! Last year, we had 20 participants from various age groups contributing to this important cause.

Coach Conor Kelly is leading our Swim Across America efforts and welcomes swimmers of all ages to join our team. This is a wonderful opportunity to use our swimming abilities for a greater purpose.

### How You Can Help:

- Join our team as a swimmer
- Volunteer at the event
- Make a donation to support our swimmers
- Spread the word to friends and family

**Please Note: all participants  
MUST be 12 and over**

## REGISTER HERE



[SWIM ACROSS AMERICA](#)





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## SPRING TRAINING TRIP RECAP

Our J2, J3, and Senior Elite swimmers recently returned from an incredibly productive training trip to Jacksonville, Florida! The combination of excellent facilities, ideal weather conditions, and focused training created the perfect environment for our athletes to develop their skills and build endurance. . This trip provided an excellent start to our long course training, giving swimmers a head start on adapting to the endurance and technique demands of the 50-meter pool. The additional pool time allowed for specialized work on starts, turns, and race-specific strategies that will prove valuable in upcoming competitions.

Beyond the pool, our team enjoyed valuable bonding experiences that strengthened team chemistry and created lasting memories.



<https://www.tridentaquaticclub.com>



<https://www.instagram.com/tridentaquaticclub/>



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## 2025 ISCA EAST COAST ELITE SHOWCASE

We want to extend our heartfelt congratulations to all our swimmers who participated in the ISCA Championship! Your dedication, perseverance, and competitive spirit were on full display throughout this prestigious meet. Each one of you delivered exceptional performances, from impressive time drops to qualifying cuts, finals appearances, and personal bests.

### SWIMMERS

Lucas Boylan  
Joanna Esposito  
Aidan Finn  
Peyton Janicke  
Addison Kelly  
Zain Aldin Sleem  
Claire Tejani  
Queenie Xiao  
Chantal Yildiz  
Timothy Yildiz





## *REWRITING THE RECORD BOOKS*

Congratulations to the following swimmers who broke team records! Setting a new team record is a significant accomplishment that demonstrates exceptional skill and dedication. We're proud to recognize these achievements and look forward to watching these athletes continue to develop in the seasons ahead.

### **9-10 Girls:**

Queenie Xiao-  
100 Yard Breast-  
1:18.94

200 Yard IM- 2:31.51

### **11-12 Boys:**

Aidan Finn

200 Yard Fly- 2:21.04

400 Yard IM- 4:39.71



### Community Spotlight

We're proud to be  
connected with our local  
JCC community



JCC of Staten Island

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## April Birthdays

**Dallas Dale, Marlee Eaton, Matteo Fuertes,  
Frederick Gunsch, Harrison Ho, Coach Elise  
Johnson, Lenny Koza, Ferah Lee, Madison Liu,  
Coach Nate McKay, Isabella Ngo, Penny  
Palmieri, Matteo Ross, Victoria Spiridonova,  
Blake Vomero, Philip Wong, Terry Xiao,  
Thomas Zoga**

## BECOMING A USA SWIMMING OFFICIAL

### Why Become an Official?

USA Swimming officials play a crucial role in the sport by ensuring fair competition, enforcing rules, and creating a positive environment for swimmers. As a parent or swimming enthusiast, becoming an official allows you to contribute directly to the sport while gaining a deeper understanding of competitive swimming.

### Quick Start Guide

1. Register as a non-athlete USA Swimming member through your LSC
  2. Complete background check and Athlete Protection Training
  3. Attend a Stroke & Turn Judge clinic (entry-level position)
  4. Train on-deck with experienced officials (4-6 sessions)
  5. Pass the certification test
- Most officials start as Stroke & Turn Judges and progress to Chief Judge, Starter, or Referee roles with experience.

### Benefits

- Best view of the competition
  - Support fair swimming for all athletes
  - Free admission to meets where you officiate
- Contact your LSC Officials Chair to find upcoming training clinics and local requirements.

## OFFICIALS

Our swim meets wouldn't be possible without our amazing volunteer officials. Thank you for your dedication and service to our swimming community!

### Admin Official:

**Bill Boyd**

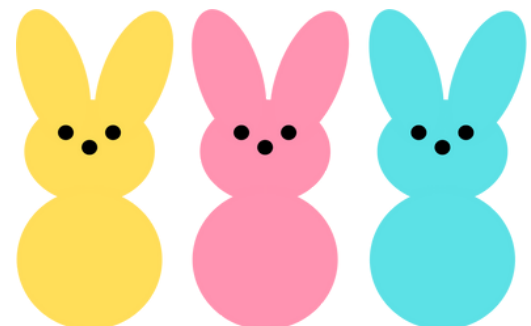
### Stroke and Turn Officials:

Lucia Curatolo-Boylan  
Brandon Fisherman  
Keith Palmieri  
Halima Pierce  
Kathleen Reed

**Learn more here**



## How to become an Official





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## APRIL PHOTO DUMP



<https://www.tridentaquaticclub.com>



<https://www.instagram.com/tridentaquaticclub/>



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## SAFESPORT EDUCATION

As we continue our commitment to maintaining a safe environment for all swimmers, we remind all parents and guardians to follow USA Swimming's Safe Sport guidelines. Please remember that photography is not permitted in locker rooms or behind the starting blocks at any time. Parents should remain in designated viewing areas during practice and meets. All electronic communications between coaches and athletes must include another adult, and one-on-one interactions between adults and minor athletes must be observable and interruptible. If you observe any concerning behavior or Safe Sport violations, please report them immediately to our Safe Sport coordinator or use USA Swimming's reporting platform. Additionally, we encourage all parents to complete the free Safe Sport training available through USA Swimming's website. Together, we can ensure our swimming community remains a safe and positive environment for all athletes.

## TRIDENT AQUATIC CLUB CONTACT INFORMATION

Billing questions, inquiries, registration, USA Swimming matters and any other swim team related matters:

Sammi Chan

[schan@tridentaquaticclub.com](mailto:schan@tridentaquaticclub.com)

General Questions:

[info@tridentaquaticclub.com](mailto:info@tridentaquaticclub.com)

Swim School Questions:

[swimschool@tridentaquaticclub.com](mailto:swimschool@tridentaquaticclub.com)

Masters Swim Team:

[masters@tridentaquaticclub.com](mailto:masters@tridentaquaticclub.com)

Scott Bartleson Head Coach

[sbartleson@tridentaquaticclub.com](mailto:sbartleson@tridentaquaticclub.com)

All other coaches' emails addresses can be found on our website at :

<https://www.tridentaquaticclub.com/coaches>

## SWIM TEAM SCHEDULE:

Please check our live calendar daily for up to date changes and practice times

<https://www.tridentaquaticclub.com/calendar>

