
NEWSLETTER

OCT

2025

Swim Meet Info

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Information

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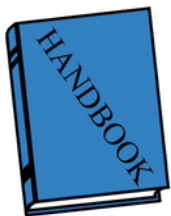
Swimmers

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Helpful Links



Titans Helpful Links



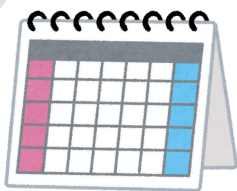
**Titans
Handbook**



**Titans Main
Website**



**Titans Latest
News**



**Practice
Schedule**



**Swim Meet
Schedule**



TTSC Store



**Swim Time
Standards**



**Meet Mobile
Swim App**

**REGISTRATION
DEADLINE**

WED. OCT. 15TH

TITANS

**CLICK HERE
FOR MEET
INFO**

HALLOWEEN MEET **October 24-26**

Friday

Warm-ups: 5 p.m.

Start: 5:45 p.m.

**Admission - \$3 per session
(10 & over)**

Saturday

Warm-ups: 8 a.m.

Start: 8:45 a.m.

**Volunteer Opportunities
are NOW available
Log-in your account and
sign-up TODAY!**

Sunday

Warm-ups: 8 a.m.

Start: 8:45 a.m.

**Programs will be available
digitally for each session
after Warm-ups on our
[Meet Website](#)**

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SWIM MEET GUIDE

What to Bring to the Meet

- Swimsuit (bring extra - just in case)
- Cap & Goggles
- Couple of Towels - To dry off and sit on through out the meet
- Swim Parka or Sweatshirt/pants to keep warm in between your events
- Headphones or Small Activities (i.e. Playing Cards)
- WATER
- Some Snacks
- CASH for Concessions
- Change of Clothes

SWIM MEET GUIDE

Arriving to the Meet

- Ideally you should arrive ~15 minutes before warm-up starts.
- When you arrive, most swimmers find some friends to set their stuff down in a designated area that swimmers call "Camps"
- At the AFC, Titans Camp is by the Kiddie Pool
- Next, make your way to your Coach or any Titans Coach, with your suit on and goggles/cap in hand.
- When it's time, your Coach will lead you through your warm-ups.
- Toward the end of warm-ups, your Coach will guide you to the starting blocks to practice your starts.

****Please note that Parents are NOT allowed in the Titans "Camp" area or in the locker room****
If you need to speak to your swimmer, have your swimmer come to you.

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SWIM MEET GUIDE

During the Meet

- After warm-ups, we will sing the National Anthem. Which marks the beginning of the swim meet starting.
- During the meet, swimmers hang out at camp while waiting for their event. Coaches will start calling up swimmers by events
- Be sure to be listening. When you hear your event, grab your cap & goggles and make your way to the starting blocks.
- Find your lane for that event. If you don't know where you need to go, people in yellow vests are there to help. When you are at your block, the timers will ask for your name to make sure you are in the right lane.
- Ideally you should be at the blocks ~2-3 heats ahead of yours with your cap & goggles on and ready to go.
- You will hear the official sound the whistle and announce the next event/heat. Next, the official will sound a long whistle which means you should step up on the block or jump feet first into the water (Backstroke only) to start your swim.
- After your finish your event, wait in the water. DO NOT climb out.
- Once the next heat has started, climb out and make your way to your coach. They will talk to you about your swim.

SWIM MEET GUIDE

After the Meet

- Swimmers are often asked to swim Relays, which maybe the last event for that day.
- So be sure to check in with your coach regarding relays.
- Also, after you have swam all your events, check in with your coach one last time before leaving.
- Swimmers are encouraged to stay and cheer on fellow teammates.
- Before you leave, ensure all you have collected all of your belongings and the Titans “Camp” is cleaned up.

Upcoming Swim Meets

Log into your Titans Account to Sign your Swimmer up!

NOVEMBER 2025

FRI - SUN
7-9

STAR Fall Classic

ALL Levels

@ ECC Flickinger Athletic Center

Entry Deadline: CLOSED

SAT
23

TWST Turkey Splash

SD - Level 6 Swimmers Only

@ ECC Flickinger Athletic Center

Entry Deadline: Sunday, November 2nd

**Please reach out to our coaches regarding
signing your swimmer up for meets**

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Upcoming Swim Meets

Log into your Titans Account to Sign your Swimmer up!

DECEMBER 2025

THU - SUN

4-7

STAR Invitational

Qualified Swimmers Only

ECC Flickinger Athletic Center Buffalo

Entry Deadline: Saturday, November 15th

Questions on if your swimmer qualified?!?

Reach out to your swimmers Coaches

or view the qualifying report within the event information

MON & TUES

29-30

TITANS Holiday Meet

ALL Levels

HOME Meet @ AFC

Entry Deadline: Sunday, December 14th

**Please reach out to our coaches regarding
signing your swimmer up for meets**

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Upcoming Swim Meets

Log into your Titans Account to Sign your Swimmer up!

JANUARY 2026

PowerPoint Championships

SAT - MON

17-19

ALL Levels

@ Webster Aquatic Center

Entry Deadline: TBD

Since this is an Out-of-Town Meet

A Special Hotel Rate has been sent up for Titan Swimmers

Hotel: Hampton Inn Rochester/Webster

Group Name: Titans Swim Team 01.16

Arrival Date: 01/16/2026

Departure Date: 01/29/2026

Room Rate: Avg. \$137/night

w/complimentary late check-out of 1 p.m. on Monday

Must Enter Unique Code CHH903

Booking Deadline for above Rate

12/17/2025

[Click Here to Book your Room](#)

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Upcoming Swim Meets

Log into your Titans Account to Sign your Swimmer up!

JANUARY 2026

FRI - SUN

23-25

STAR Fall Classic

ALL Levels

@ ECC Flickinger Athletic Center

Entry Deadline: TBD

FEBRUARY 2026

SAT

7

TWST Snowball Challenge

SD - Level 6 Swimmers Only

@ Orchard Park H.S.

Entry Deadline: TBD

SAT

14

Clarence

Dog Days of Winter

SD - Level 6 Swimmers Only

@ Clarence H.S.

Entry Deadline: TBD

**Please reach out to our coaches regarding
signing your swimmer up for meets**

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Fall Schedule

	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Stroke Development	5-5:40 p FMS	OFF	5-5:40 p FMS	OFF	5-5:40 p FMS	OFF
LEVEL 1	5:45-6:45p FMS	OFF	5:45-6:45p FMS	OFF	5:45-6:45p FMS	OFF
LEVEL 2	6:45-8 p FMS	OFF	6:45-8 p FMS	OFF	6:45-8 p FMS	8-9:30 a AFC
LEVEL 3 & 4	5:45-7:15p KE	OFF	5:45-7:15p KE	OFF	5:45-7:15 p KE	8-9:30 a AFC
LEVEL 5	7-8:30 p KE	OFF	7-8:30 p KE	5:45-7:30 p KE	7-8:30 p KE	8-9:30 a AFC
LEVEL 6	7-8:45 p KE	OFF	7-8:45 p KE	5:45-7:30 p KE	7-8:30 p KE	8-9:30 a AFC
LEVEL 7 & 8 Weight Room	Weight room 5-6:00 p		Weight room 5-6:00 p			Weight room 10 - 11 a
LEVEL 7 & 8 Pool	6-8:00 p AFC	6-8:00 p AFC	6-8:00 p AFC	6-8:00 p AFC	5:30-7 p AFC	11 - 12:30 p AFC

[Click here to check our website for
up-to-date practice schedules](#)

***Helpful Hint: if viewing schedule on a phone,
click the “2025/26 Practice Schedule” link for full viewing***

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DON'T FORGET

Some Friendly Reminders

- Please make sure to keep your TeamUnify account information up-to-date.
- Important information, reminders & updates are sent to the email listed on your account.
- A second email can be added under “Alternate Email 2” to allow another adult to receive the above emails.

www.titansswimming.com

Our website is a great resource for information including Titans Handbook, practice schedule, upcoming swim meets, etc.

Questions?

Swimmer Related

Please contact your swimmer's coach

Contact information can be found on our website

Account Related

Email: tonawandatitansbilling@gmail.com

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How to Check Your Volunteer Requirements

Refer to our Titans Handbook for number of hours/sessions required by each family.

- Checking your fulfilled session requires logging into your account on a Laptop/PC through our Website
- Once logged in, on the left-hand side, click on:
 - My Account -> Account Info
- Click on the "Service Hours" tab
- From here you will see your
 - Obligation amount
 - Worked sessions
 - Balance left
- A fee of \$100 per remaining hours/sessions will be charged to your account at the end of the season

Titans Host FIVE (5) Swim Meets

See Next Page For List of our
Titans Hosted Swim Meets

TITANS HOSTED SWIM MEETS

Halloween Meet
October 24th - 26th

Holiday Meet
December 29th & 30th

Silvers Championships
Feb. 27th - Mar. 1st

Natalie Lewis
TBD

End O'Summer
TBD

You could become our Next USA Swimming Official

Perks to being a Certified Titans Official:

- One (1) session as an official counts towards One (1) Titans Volunteer session
- Earn \$ towards family dues for each session worked

For more Information on becoming a USA Swim Official



Contact Titans Officials' Co-Chairs:

Rachel Cabin

[\(jewelersstudio@aol.com\)](mailto:jewelersstudio@aol.com)

Ann Pendley

[\(annjpendley@gmail.com\)](mailto:annjpendley@gmail.com)

HAPPY BIRTHDAY

Aria W.
Brigid C.
Connor H.
Connor B.
Ellie H.
Emory F.

Franklin M.
Jackie A.
Lannen P.
Maggie M.
Max M.
Paul D.

October

Penny W.
Peyton F.
Sofia B.
Tony D.
Wyatt B.

