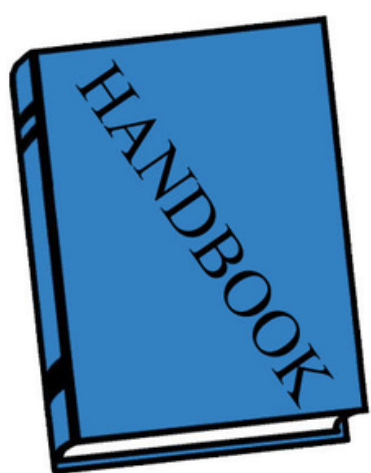




October

NEWSLETTER

Titans Helpful Links



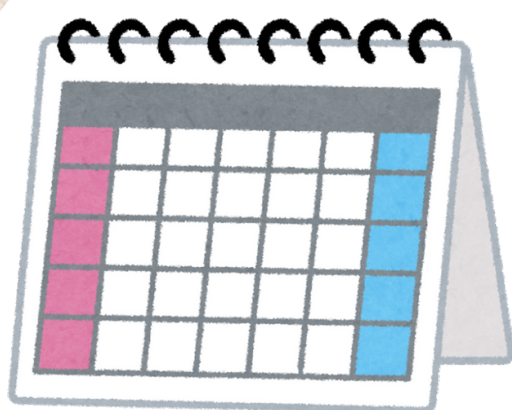
**Titans
Handbook**



**Titans Main
Website**



**Titans Latest
News**



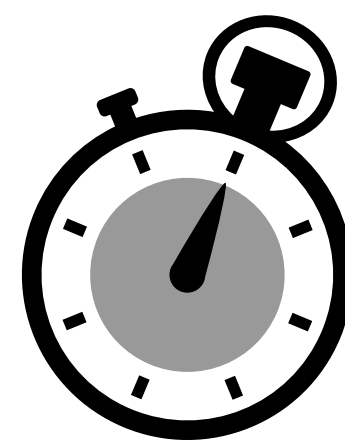
**Practice
Schedule**



**Swim Meet
Schedule**

SWIMOUTLET
.com

TTSC Store



**Swim Time
Standards**



**Meet Mobile
Swim App**

Swim Meet

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**REGISTRATION
DEADLINE**

SAT. OCT 12TH

TITANS

**CLICK HERE
FOR MEET
INFO**

HALLOWEEN MEET

October 25-27

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
[Click Here](#) to sign up**

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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TITANS HOSTED SWIM MEETS

HOLIDAY MEET
DECEMBER 27 & 28

DEC
2024

FEB
2025

**NIAGARA SILVER
CHAMPIONSHIPS**
FEBRUARY 28 - MARCH 2

**NATALIE LEWIS
LC SPRING INVITE**

MAY
2025

AUG
2025

**END O'SUMMER
MEET**

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Upcoming Swim Meets

Log into your Titans Account to Sign your Swimmer up!

NOVEMBER 2024

SAT
2 **EAST Aurora/Kiwanis Meet**
(SD - Level 6 Swimmers)

East Aurora H.S.

Sign-up Deadline: Saturday, October 19th

FRI - SUN
8-10 **STAR Fall Classic**
(ALL Levels)

ECC Flickinger Athletic Center Buffalo

Sign-up Deadline: Saturday, October 19th

SAT
23 **TWST Turkey Splash**
(SD - Level 6 Swimmers)

Orchard Park H.S.

DECEMBER 2024

THU - SUN
5-8 **STAR Invite**
(Qualified Swimmers Only)

ECC Flickinger Athletic Center Buffalo

Questions on if your swimmer qualified?!?

Reach out to your swimmers Coaches

or view the qualifying report within the event information

[Return to Home](#)

Upcoming Swim Meets

Log into your Titans Account to Sign your Swimmer up!

JANUARY 2024

SAT - MON NI PowerPoint Championships
18-20 (ALL Levels)
Webster Aquatic Center

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

Arrival Date: 01/17/2025

Departure Date: 01/20/2025

Room Rate: \$119/night

Must Mention Group Name or Enter Unique Code (90J)

Booking Deadline for above Rate

12/18/2024

[Click Here to Book your Room](#)

[Return to Home](#)

Titans Night



at the

Sabres Game

Saturday January 11, 2025

4:00 p.m.

Join us on the Ice Post Game
for Team Picture



[BUY TICKETS HERE](#)

[Return to Home](#)



Happy Birthday

Jackie A.
Sofia B.
Brigid C.
Paul D.
Natalie D.
Tony D.

Violet D.
Ihita G.
Ellie H.
Maya M.
Franklin M.
Max M.

     October

Maggie M.
Campbell M.
Lannen P.
Lucia S.
Harrison S.

SWIM MEET GUIDE

What to bring

- Cap, goggles, swimsuit (bring extra)
- Water Bottle
- Towels
- Swim Parka or Sweatshirt/pants to keep warm in between your events
- Sharpie - to write your events on your hand
- Headphones or small activities (i.e. playing cards)
- Own snacks
- up to \$10 for food
- Change of clothes

Arriving

Ideally arrive ~15 minutes before warm-up starts.

When you first walk in to the pool, most swimmers find some friends to set their stuff down with or what swimmers call “camps”.

At the AFC, Titans Camp is by the Kiddie Pool.

Next, go ahead and get your suit on if not already on. Then go to your coach from your level to get your events for the day.

When warm-ups begin, you should follow swimmers from your level or ask a coach what lane to use.

The coach will then lead you through the warm ups
Toward the end of warm-ups, your coach will guide you the starting blocks for practicing your starts.

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SWIM MEET GUIDE

During 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 ~3-4 heats ahead of yours. When your heat is next, you should have your cap & goggles on and behind the block 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 you 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.

important

Volunteering & Family Participation Requirements

All Family Participation Requirements must be fulfilled during a Tonawanda Titans Swim Club

Hosted Meet within the Current Season

- TTSC is schedule to host five (5) meets in the 2024/2025 season
- There a minimum of fifteen (15) separate sessions that make up these meets
- Each session is equal to one (1) volunteer credit
- The actual time commitment for each session ranges from 3-5 hours approximately
- No prior experience or training is required to volunteer for most positions at a meet
- Families do not have to have a swimmer participating in a meet or a specific session in order to volunteer
- Multiple family members can volunteer within session limits (as applicable)
- The minimum age of a volunteer to fulfill an obligation is 15 years old
- Some positions may require volunteers to be at least 18 years old

VOLUNTEER

How to Check Your Volunteer Requirements

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

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

Ever thought of becoming a Swim Official?

Ever wanted to be closer to the action?

Well Here's Your Chance



WE NEED YOU!!

Titans can't host USA Swimming sanctioned meets without a minimum number of officials.

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)

