



(Bailey Phelps, Elizabeth Dempsey, Macy Sylvester, & Allison Dix showing off awards on the way home)

(Photo Courtesy: John Decillis)

The Northern TRIBS Swimming Team continued to make their mark on Adirondack swimming this weekend at a meet in Ballston Spa. The team has over 30 girls (still hoping for some boys) and seven chose to travel with Coach Joshua Jock and Assistant Coach Jessica Smith, to compete in the meet. Participant names: Macy Sylvester - Malone, Lauren Martin – Akwesasne, Laura Hartman & Allison Dix – Massena, Sarah Roll – Potsdam, Elizabeth Dempsey – Hannawa Falls, and Bailey Phelps - Canton. They came away from the meet with a lot of individual medals including several 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and the TRIBS 200 yard freestyle relay team won the open division.

The next meet TRIBS will compete in is the Silver Championships on March 5<sup>th</sup> – 7<sup>th</sup> at RPI in Troy. Several girls have already qualified for the season’s final Championship Meet, the Gold Championships also at RPI March 19<sup>th</sup> – 21<sup>st</sup>.

TRIBS is also planning to host a first ever meet at SUNY Potsdam on March 13<sup>th</sup> beginning at 1pm. Clubs from Plattsburgh, Fort Drum , Lowville, Cornwall (ON), Kingston (ON) and several YMCA’s are being invited to Potsdam for a one day “fun” meet in hopes to begin a Summer and Winter League with these teams to provide closer annual meets for all participants. Please come show your support!

TRIBS members have spent the last couple of weeks soliciting sponsorship from North Country businesses and individuals for the annual USA Swimming “Swim-A-Thon.” On February 23, the local club, just like swimmers from all over the United States have done, will swim 200 lengths of the pool each in order to raise money. Local support this year has been the best ever. Thank you to every one who has sponsored the swimmers participating in this event.

The Northern TRIBS Swimming Club is a member of the Eastern Zone of USA Swimming in the Adirondack LSC and is dedicated to enhancing technique and race ability for motivated swimmers in the communities surrounding the tributaries of the St. Lawrence River in Northern New York. Our mission is to provide opportunities for swimmers to achieve their highest potential in the North Country. Practices are currently held at SUNY Potsdam from (3 – 6pm) for boys and girls (5 – 18 years of age). New Members must be able to swim 25yds non-stop. Info at [www.goTRIBS.org](http://www.goTRIBS.org).

-Tom Dempsey