

TRIBS at Snowball Invitational, Kingston, NY

Re: Year-round swimming alive and well in the North Country



Several members of the Northern TRIBS Swimming Team along with Head Coach Joshua Jock and Asst. Coach Jessica Smith traveled to Kingston, NY to compete on January 23rd against several teams from that region. Despite having the fewest swimmers at the meet, the team did remarkably well with all of the TRIBS swimmers earning points for the team swimming against strong competition in the open division. TRIBS was represented at this meet from Left to Right by Asst. Coach Jessica Smith, Allyssa Hampson, Macy Sylvester, Bailey Phelps, Liz Dempsey, Sarah Roll, Maddie Jane Griffin, and Head Coach Joshua Jock. TRIBS swimmers took a first in the 50 free (Dempsey), second in 100 fly (Roll) and 100 free (Dempsey), third in 100 fly (Dempsey) and 100 free (Roll) and fourth in the 200 IM (Dempsey) along with 200 Breast Stroke (Sylvester). A TRIBS relay team of Roll, Sylvester, Phelps and Dempsey also finished second in the 200 freestyle relay.

TRIBS is a year-round club for competitive and recreational swimmers at all levels in the North Country recognized by USA Swimming. Swimmers come from throughout the area as far as Malone, Massena, Potsdam, and Canton; with many of the Age Group swimmers participating during the regular High School Season. The program allows members to continue to swim, develop skills or compete throughout the year.

More information about the club and swimming instruction can be found at www.goTRIBS.org. For results please click link: [Full Results](#) or [Team Results](#).