

TRIBS Newsletter

The TRIBS club is poised to take North Country swimming to the next level. We have a great group of girls of all ages and ability levels involved, as well as their parents. The parental involvement is as important to success for the club as the hard work the girls put in. All of the girls, regardless of where their skill was at the start of the TRIBS winter season, have been making great promise. The level of swimming in the North Country continues to rise.

In addition to improved swimming skills, all of the participants are staying in fantastic shape over the winter and enjoying the camaraderie and friendships that will last a lifetime. They are learning the life lesson that hard work results in success and is often its own reward.

We all appreciate the efforts that Josh and Jessica put into the club. We are truly fortunate to have a coach like Josh for the club. A group of parents have met several times at his request that we form a parents' group, or board, to relieve him of some of the administrative burdens and allow him to focus on coaching. Having the board established also moves us toward the next level of recognition from USA Swimming, the governing body. Everyone is busy and already devotes a lot of time and energy to help our kids achieve what they can in this wonderful sport. We really need additional involvement by all the parents that can help by filling board member positions, help with administrative chores or simply share ideas and energy.

At the last parent meeting scheduled February 2, those of us there agreed to at least temporarily fill the board positions required to move forward. At this point the board consists of: Karen Hampson/Julie Dempsey share the title of Co-President and Susanne Daye is the Secretary. Please plan to join us on Monday, February 15th, at 5pm at Maxcy Pool for another meeting and to finalize the positions. We need more parents to fill in the rest of the positions. Please help. [Booster Info](#)

One of our main challenges is to continue to grow the club with girls, and hopefully boys, who want to train, stay in great shape, improve and hopefully compete.

Coach's Corner

“I think the girls have been doing an outstanding job, stepping up and meeting every challenge. The process is going to take time for each individual to reach their own goals but we will continue to take it one-step at a time. All the swimmers have been working very hard in and out of the pool. Thank you parents for continuing to support your swimmer and our program.” - Coach Joshua Jock

Meets

Several TRIBS team members have competed in recent competitions in Kingston and Troy. The girls have brought home a slew of ribbons for high places, including firsts, seconds, thirds and fourths against some of the best age group competition in the state. It was great to see our 200 freestyle relay team, with girls from Canton, Malone and Potsdam come together to take second place in Kingston. [Kingston Results](#) [Troy Results](#)

We are now getting recognition as a serious team... evidenced by the fact the host club sets aside dedicated space for our team at poolside and in the staging areas. This is the first year that has happened. The meets are a great way for the girls to improve their times. Many girls came back from Troy with personal bests and times qualifying them for the Gold's Championship meet (date here). Several team members are not only qualified but seeded high for Golds.

The next meet is the [Cabin Fever](#) in Balston Spa on February 20th. It's a one day meet so it is possible to drive down early and return that evening. Having more girls at the meets not only will improve their individual times but helps all the girls on the team push themselves. Its great competition and socializing for the 8 girls we have going to this meet. GOOD LUCK GIRLS!

Of course the meets are great for meeting swimmers around the state and for the girls, from different Section X schools to bond. It is really great to see them sitting in the hotel hallways talking and playing cards the evening before the meet starts. Then, there are the mall trips and great times with good-naturedly harassing the waiters at Olive Garden.

Fund-Raising

Team members have been actively soliciting local businesses and individuals to sponsor them in the annual USA Swimming "Swim-A-Thon" scheduled for Monday, February 22, from 4-6pm at Maxcy Pool. We will have water and various snacks for the swimmers. All parents are encouraged to attend and help their swimmer count the length they swim and to cheer them on. What a great time to go out over mid-winter break and fill up your sponsor card.

Please join us for board meetings and at meets. Swimming may not be as convenient here in the North Country but we have great coaching and a wonderful opportunity. The benefit shows in all of our kids and will be with them all of their lives. I know this is a long newsletter, but I wanted to cover as much as possible, being the first newsletter, most will not be this long. If anyone has anything they would like to add to a newsletter please email me at jad9@msn.com.

As always you can check the [TRIBS website](#) for information. The USA swim site www.USASwimming.org is a great source of information. We also have a [Club Portal](#) on the USA site. TRIBS have been in the newspaper in Malone and most recently in the [North County Now](#) this week. Check out the great photo of the coaches and the girls at the Kingston meet.

Julie Dempsey