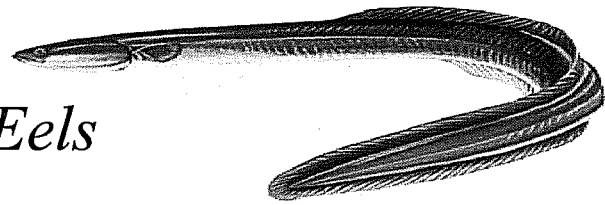


Northern TRIBS Swimming

Thee American Eels

Since January 2007



MISSION STATEMENT

Northern TRIBS Swimming is dedicated to enhancing Technique and Race ability for motivated swimmers in the communities surrounding the Tributaries to the St. Lawrence River to compete at standards of Excellence! Our Mission is to provide opportunities for swimmers to achieve their highest potential, both as a person and an athlete, while promoting and encouraging the highest degree of understanding and respect towards the sport of swimming, teammates, competitors, coaches, support staff and family around the North Country.

Explanation of Club Name:

NOTE: The American Eel (*Anguilla rostrata*) has been chosen as our mascot due to its historical and cultural significance to our area. They were recently considered for designation under both the Canadian Species at Risk Act and the United States Endangered Species Act. They are still harvested as a commercial fishery, and were historically used as by the Iroquois to provide sustenance, typically over the winter months as smoked meat. American Eels utilize the North Flowing Tributaries to and including the St. Lawrence River for migration during their fascinating life cycle, feeding for years in this Freshwater system prior to swimming back an impression 6,000 kilometers to the Sargasso Sea to spawn. American Eels life cycle includes multiple phases and metamorphosis, which include both Freshwater and Salt Water that could be representative of a swimmers level progressing from Age Group to Senior Level (i.e. glass eel, elver, yellow eel, and silver eel). Besides encouraging pride in a local native species via swimming correlation, we hope to enhance awareness of "Act Locally, Think Globally" of a species that utilizes our rivers, is impacted by our local activities, and is used commercially around the world.

"Northern TRIBS Swimming" was chosen as our name because we our emphasizing our demographics on Section 10 High School Swimming which includes: 2 different State Counties and the Mohawk Territory of Akwesasne comprised of 9 competing High Schools for Girls Swimming and 2 competing High Schools for Boys Swimming. The linking factors to these schools and swimming are the swimmable north flowing tributaries to the majestic St. Lawrence River, that flow through each township and community involved. Many townships are still localized around these rivers, which have an impact on our communities socially, economically, spiritually, and culturally. Culturally, the Mohawks of Akwesasne believe water is the "blood of life", and connects all living things. Therefore, we would like to attempt to create a physical, spiritual, and competitive connection with our local waters related to swimming; pools and rivers alike, which would promote a *lifetime* appreciation for swimming.

Using shorthand for Tributaries (Tribes), we created an acronym that includes the training strategies our program would like to emphasize to enhance the competitive edge in swimmers in our area:

TRIBS = Technique + Race Strategy + Intensity + Breath Control + Spirit = **Successful Swimming !**

Co-Founded by Jessica Jock & Joshua Jock

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