



# MAKING WAVES

FEBRUARY 2025

## Upcoming Events

**February 6th**

**Time: 6pm - 7:30pm**

**Parent Meeting**

- Hampton VA Aquaplex

**February 8-9**

**8&U Champs**

- 757 Swim Aquatic Center

**February 14-16**

**9-12 Champs**

- Midtown Aquatics Center

**February 28-March 2**

**13&O Champs**

All Qualified 13&O

Swimmers

- Collegiate School Aquatic Center

**March 6-9**

**Senior Champs 15&O**

All Qualified 15&O

Swimmers

- Collegiate School Aquatic Center

**March 13-16**

**Age Group Champs**

**14&U**

- Hampton Aquaplex

## HVAC Board of Directors Update

Dear Swim Team Parents,

Happy New Year! We hope that your holiday season was filled with joy, relaxation, and time with loved ones. As we dive into the new year, we want to reflect on our December holidays and share some updates about the exciting plans for our swim team.

**Looking Back:** December was a wonderful month for our team, filled with holiday cheer and community spirit. From our holiday party to team bonding activities, it was fantastic to see the camaraderie among our swimmers and families.

A highlight of the month was the **December Swim Meet held on December 7 and 8, 2024**, where our swimmers showcased their hard work and dedication. We are incredibly grateful for the support from parents who volunteered their time and energy to make this event a success. Thank you to everyone who helped make these events successful, we couldn't have done it without you!

**Upcoming Parent Meeting:** Please mark your calendars for our upcoming parent meeting to be held on **Thursday, February 6th, 2025, at 6 PM** at the Hampton Aquaplex. This meeting is an important opportunity to connect, stay informed, and prepare for the months ahead.

Topics on the agenda include:

- 1. The upcoming March Swim Meet (March 28-30, with 10 & U timed finals and 11 & O prelims/finals) and recruitment of meet volunteers**
- 2. Vacant Board and committee positions**
- 3. Communications between the City of Hampton and HVA Current**

We hope you can join us for this meeting as your input and participation are vital to our success.

**Looking Ahead:** The Polar Plunge is our next big fundraiser. Please look for additional communications for more details and important dates and deadlines.

Thank you for your continued support and involvement. If you have any questions or suggestions before the meeting, feel free to reach out to us at [bod@hvacurrent.org](mailto:bod@hvacurrent.org).

We look forward to seeing you on February 6th!

# HVAC Holiday Party

## Happy Holidays!



**Winnie Scott**

December 3

**Daphne Stone**

December 3

**Liam Stone**

December 3

**Sebastian Cahoon**

December 9

**Lucia Isaac**

December 10

**Klay Valentine**

December 12

**Alexander Lewallen**

December 13

**Nathan King**

December 20

**Vivian Edwards**

December 27

**Evelyn Threlkeld**

December 30

**Bryson Neveaux**

January 1

**Oliver Koch**

January 4

**Mckenna Neveaux**

January 5

**Hayden Piotrowski**

January 9

**Matthew McGriff**

January 9

**Charlotte Melillo**

January 13

**Lillian Kaweck**

January 15

**Abby Kanak**

January 21

**Autumn Owens**

January 25

**Kayan Patel**

February 2

**Sloan Roberts**

February 5

**Landon Coleman**

February 8

**Akai Gillette**

February 10

**Sammi Bradshaw**

February 11

**Avery Bethel**

February 13

**Sloan Colton**

February 15

**Aaron Upchurch**

February 17

**Patrick Newton**

February 22

**Alexa Allen**

February 29

*Happy Birthday!*





# Become an Official

Attention parents! Do you want the best seat at swim meets?

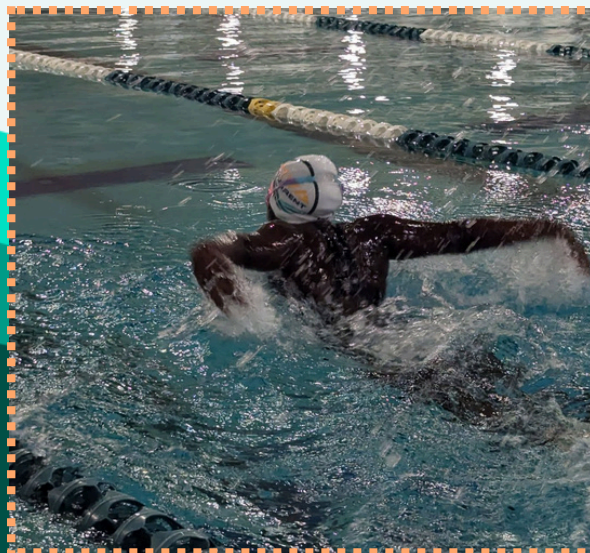
Would you like to deepen your understanding of the sport of swimming while also fulfilling your volunteer hours for the team? Sign up to become an Official! There are two roles you can take on: the administrative side and the poolside. It has never been easier to get qualified. In just two swim meets of training and by completing a few USA Swimming courses online, you can become certified.

There is a fee associated with the certification, similar to what the kids pay for USA Swimming; however, HVA will reimburse you for this cost. Since I became qualified as an Official, I have met many wonderful people and gained a much richer understanding of swimming, even at the college level.

Feel free to reach out to me at [officials@hvacurrent.org](mailto:officials@hvacurrent.org) for additional information.

V/R

Sean Roberts



## January Meets Mayhem!



# Team Statistics

HVAC is ranked **#64** in the nation of all 273 teams of similar size.

HVAC is ranked **#1** in Virginia of all similar sized teams in our LSC.

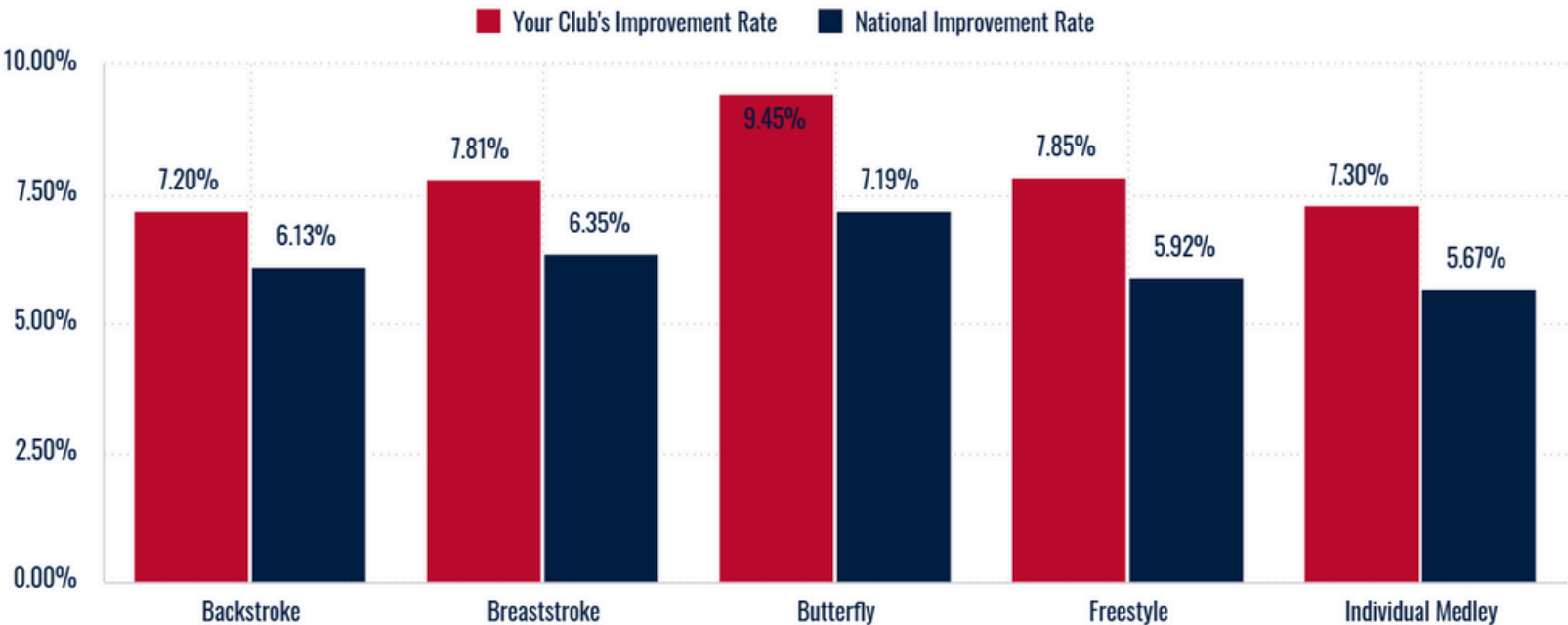
HVAC is ranked **#749** out of all 2,450 teams in the nation.

## Stroke Improvement Rates



Stroke	Your Club's Improvement Rate	National Improvement Rate
Backstroke	7.20%	6.13%
Breaststroke	7.81%	6.35%
Butterfly	9.45%	7.19%
Freestyle	7.85%	5.92%
Individual Medley	7.30%	5.67%

### Improvement Rates ⓘ :





# Personal Achievements

The team's current statistics are impressive enough as we head into championship season -- but we also need to call out some individual achievements.

**Chloe Banks** - Qualified Age Group Champs -- 100 Back and 50 Free

**William Caywood** -- Qualified Age Group Champs -- 100 Back; 200 Back

**Daisy Kawecki** -- Qualified Age Group Champs -- 200 Fly, 100 Free, 50 Back, 100 Fly, 50 Free, 200 Free, 100 Back, 50 Fly

We expect to add more swimmers/events after the February meets, as we have multiple swimmers within 2 seconds or less of their cut times.

USA Swimming -- Motivational Time Standards Achieved -- You may have seen this chart of times floating around, with times by stroke/event labeled B, BB, A, AA, AAA, AAAA -- but what do those time standards represent?

AAAA times = top 2% of swimmers

AAA Times = top 6% of swimmers

AA Times = top 8% of swimmers

A Times = top 15% of swimmers

BB Times = top 35% of swimmers

B Times = top 55% of swimmers

Congratulations on earning these achievements!

**AAA Times:** Daisy Kawecki

**AA Times:** William Caywood, Chloe Banks, Lillian Kawecki

**A Times:** Dylan Robinson, Sloan Roberts, Avery Bethel, Akai Gillette

**BB Times:** Samantha Bradshaw, Lizzie Kanak, Abby Kanak, Marcus Smelser, Lucia Isaac, Daphne Stone, Max Viau, Abby Wood, Mary Catherine Bellflower, Sloan Colton, Anna Chappell, Leon Vasquez, Silas Newman, Charlotte Melillo

**B Times:** Aidan Barden, Ian Newman, Davis Chappell, Matthew McGriff, Jack Schwizer, McKenna Behan, Max Vasquez, Teagan Hunter, Bristol Thacker, Liam Stone, Colin Barnes, Aria Vevillacqua, Evelyn Saye, Jameson Burns