



DEEP DIVE

www.evolutionaryaquatics.com



UPCOMING EVENTS

4/19 – Breaststroke Clinic
Level 3 and up

4/22 – EarthDay

4/26 – Butterfly and
Dolphin kick clinic
Level 3 and up

As swimmers, our sport depends on a healthy planet –from the water in our lanes to the air we breathe.

This Earth Day Month, we’re spotlighting our partnership with the Little Sugar Creek Community Garden, a local champion and showcase of sustainability and reclaiming urban land for food sovereignty.

Before we dive too deep, here are two ways you can go green at practice:

- Ditch the Plastic: Swap single-use bottles for a reusable, non-plastic water bottles. (Bring them to every practice).
- Take care of your gear: Rinse with cool clear water and airdry after each class to extend product life.

Our blue world depends on a healthy green one. Let’s move with that in mind.

[Read more on page 9 →](#)

BLACK SWIM HISTORY

The Legacy of Black Aquatics: When people think about Black communities and swimming, too often the story starts with exclusion, segregation at pools, intergenerational fear, and lack of representation.

But that isn't the whole story. Long before those barriers were built, there was a powerful legacy of Black swimming.

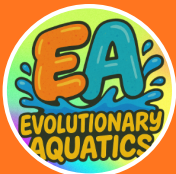
In Africa, swimming was a way of life. Communities across West Africa were famous for their skill in rivers, lakes, and oceans. Historical records describe expert divers, swimmers, and watermen from places like Senegal, Ghana, and Nigeria, strong enough to dive deep, fast enough to outpace currents, and skilled enough to rescue and fish with ease.

As historian Kevin Dawson notes, African swimmers and divers were some of the most accomplished in the world long before European contact. Swimming wasn't leisure; it was survival, livelihood, and culture.



Pirogues are brightly painted fishing boats that have long been part of daily life and coastal tradition in Senegal.

PHOTO SOURCE: [AramcoWorld](#) | ARTICLE SOURCE: [BoldWaters](#)



Contact:

info@evolutionaryaquatics.org

MEET A COACH

I was born and raised in Brooklyn, New York. As a city kid, I had limited exposure to swimming. Despite both parents being swimmers, I never had the opportunity to explore the water. To graduate high school, I had to pass a swim test, so I enrolled in swimming classes. However, that was the extent of my swimming experience.

As an adult, I decided to become more proficient in swimming and conducted a Google search for Black swim clubs in Charlotte. I discovered EA, and I haven't looked back since. This was one of the best decisions of my life. Swimming has become my sanctuary, a place where I can forget the cares of the world and focus on myself. It has been a source of strength during challenging times and has instilled in me a newfound belief in myself. I have made friends, and most importantly, my physical health has improved significantly.

When I started with EA, I never imagined myself becoming a swim coach or lifeguard. However, it has been incredibly fulfilling to help people overcome their fear of the water and realize their potential. I am grateful to have the opportunity to play a small part in their journey.

My peers motivate me both in and out of the water. I am incredibly thankful for my swim family. You don't know how much you mean to me.



Coach Ormond



LEARN TO SWIM

LEVEL 1: INTRODUCTION TO AQUATIC SKILLS

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

MARCH COHORTS

SPONSORED BY OUTDOOR AFRO



L1

L2

Recognizing swimmers who moved up a level during the month.

Level Up! March



L3 to L4

Carla
Mel
Nancy

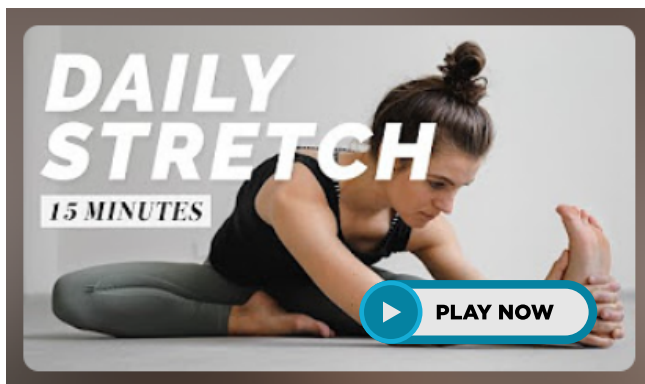
L4 to L5

Cheney
Melissa
Sylvia
Tamara
Youshika

L5 to L6

Alissa
Crystal
Dari
Joy
Kristin
Merre

Focus on Flexibility



This is my favorite stretching routine. A 15-minute full body workout that is great first thing in the morning to start your day. It focuses on flexibility, mobility and relaxation.

Ensure you are actively stretching throughout the routine. - Tamara

So what's your favorite stretching routine? Share and you may see it in a future edition of Deep Dive. Send to TamaraS@easwim.org.

Pool Etiquette and Safety

To ensure our Masters sessions run smoothly and safely, please keep the following guidelines in mind:

- No Early Entry: Only enter the water when your scheduled practice begins.
- Follow Lane Rules: Confirm with lane mates if you are splitting or circle swimming.
- Shower First: Rinse off (and clear your nose) before entry to help maintain pool chemistry.



Here's what your pass/membership means:

For Level 1-2 Swimmers:

- You have a digital *Punch Card Pass*, which provides a set number of classes for your level. Each time you attend, one credit will be used.

For Level 3-7 Swimmers:

- You have a Membership Plan, which gives you access to classes based on the plan you selected.

Download our [EA Membership and Credits Guide](#) to maximize your participation.

Punchpass Questions? Contact info@evolutionaryaquatics.org

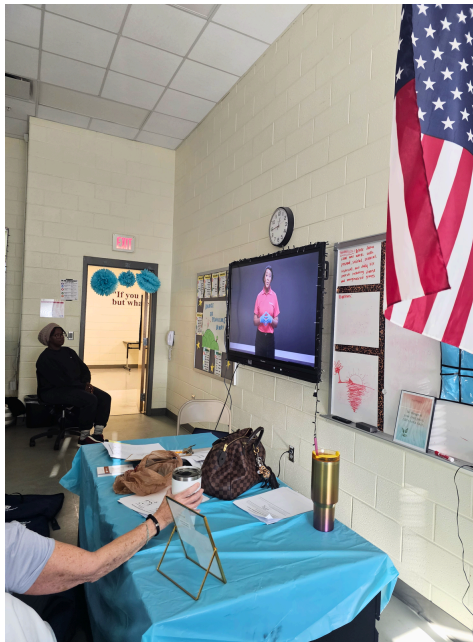
Freestyle Clinic

March 1, 2026

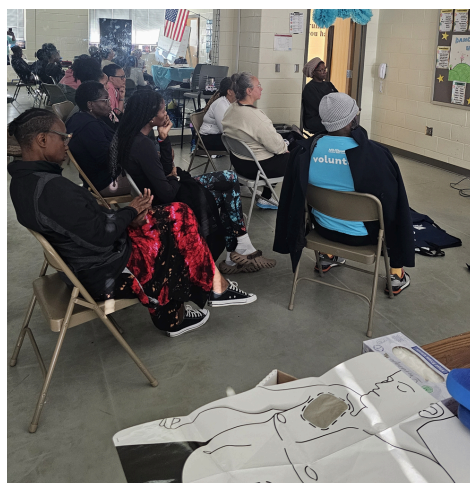


Adult Water Safety/Dryland CPR, Adult & Pediatric

March 14, 2026



Learn more about our
Water Safety Team on
pg 11



Backstroke Clinic

March 22, 2026



We focused on technique, form and turns. We offered tailored sessions for advanced swimmers (Levels 3+) alongside a modified "learn to backstroke" track for those new to the stroke.



L3 Backstroke clinic

with Coach Nadine



Focus: body alignment



and flutter kicks

To learn flip turns we started with somersaults



athletic swimsuit GUIDE

What is an athletic swimsuit?

An athletic swimsuit is **designed for lap swimming, swim training, and frequent pool use**, using materials and construction that support low drag, durability in chlorine, and a secure fit during movement.

In plain terms: it's built for training, not leisure.

Choosing the Right Suit

WOMEN
APPROVED OPTIONS



Look for:

- One-piece **athletic or training** suits
- Wide or secure straps (racerback or cross-back for support)
- Full coverage in the chest and hips
- Chlorine-resistant fabric (often polyester or PBT blend)

For different body needs:

- Larger bust: look for thicker straps or built-in support
- Long torso: search for “long torso” sizing
- More coverage: shop for full coverage bottom, higher neckline

MEN
APPROVED OPTIONS



Options for men include:

- Jammers (knee-length) – most popular for training
- Briefs – least drag, often used by competitive swimmers

EVERYONE
OPTIONAL



Swim shirts and rash guards are not used for lap swimming performance, but they can support training. They provide sun protection, warmth, but can add resistance in the water.

**“He who feeds you,
controls you”
- Thomas Sankara**

The **Little Sugar Creek Community Garden** is a grassroots urban agriculture project located in the Belmont neighborhood of Charlotte, North Carolina. Founded in 2010, the garden was built on a formerly untended plot near 1319 N. Alexander Street and intentionally holds space for community empowerment, education, and food sovereignty.

In the garden, we operate under the guiding principle that "food is a right, not a privilege."

Our primary goals include:

- *Teaching Self-Sufficiency: We offer education on how to grow healthy food, aiming to reduce dependence on commercial systems.*
- *Environmental Stewardship: We promote integrated pest management gardening practices and a love for the planet.*
- *Community Healing: We unapologetically gatekeep this land in historic neighborhoods to provide a space for dialogue, education, and social connections.*

Garden Features

- **Seedling Program:** The garden provides opportunities for new gardeners to start seedlings at home before transplanting them into the community beds.
- **Educational Workshops:** It serves as a living classroom where volunteers learn about soil health, seasonal planting, and the history of land sovereignty in Charlotte.
- **Urban Farming Model:** We are recognized as experts in many local food networks where we demonstrate how small urban plots can contribute to larger food economies.

Like EA, this program was born out of the need to address and correct many societal myths by reclaiming what is rightfully ours. It also stands as a symbol of resilience in an area that has seen significant urban change.

Visit us on [Facebook](#), and contact Nadine for more information.



Evolutionary Aquatics x Tri It For Life: Partnering for 2026!

At Evolutionary Aquatics, our mission is about breaking barriers and reclaiming our place in the water. This season, we are proud to announce our partnership with Tri It For Life (TIFL) – Huntersville!

For many in our EA family, this feels like a homecoming; a significant number of our current swimmers are proud TIFL alumnae who first found their competitive spark through their incredible mentorship program. By joining forces, we're strengthening the bridge between our community and the world of multisport.

Expert Coaching from Our Own Ranks

The swim segment can often be the most intimidating part of a triathlon. To help every athlete feel strong and well-prepared, Coaches Nadine and Stefanie will lead the swim portion of this year's training. They will bring the EA philosophy of technique and aquatic empowerment to the TIFL program, guiding athletes from their first lap all the way to the finish line.

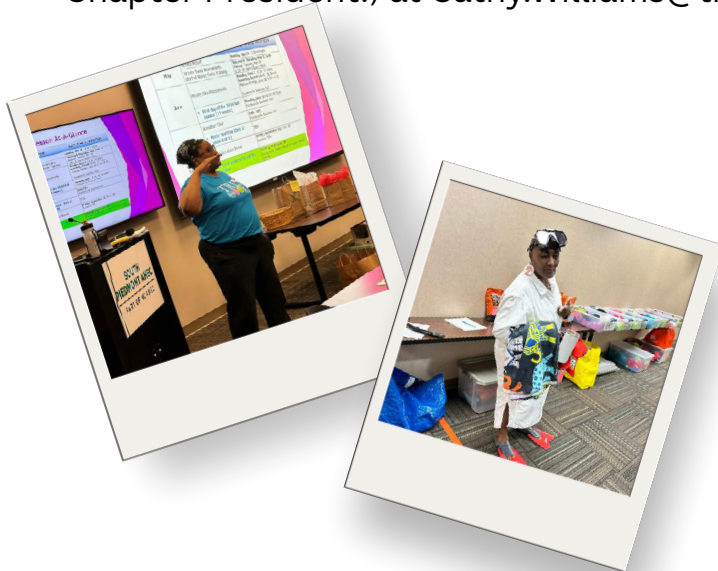
Your Turn to Become a Triathlete

If you've ever watched a triathlon and thought, "Maybe one day," let 2026 be that day. Tri It For Life is a mentorship-based community designed specifically to help women cross their very first triathlon finish line. You don't need to be a "pro"—you just need the courage to start. With the support of EA and TIFL mentors, you'll have everything you need to swim, bike, and run your way to a finish line you'll never forget.

Ready to Sign Up?

The journey to the finish line starts now! Training sessions begin soon!

- **How to Register:** Visit the [TIFL Huntersville Chapter page](#). It's just that simple.
- **Questions?** Reach out Coach Cathy (yes..our Coach Cathy is the 2026 Chapter President!) at Cathy.Williams@tritforlife.com



MEET OUR WATER SAFETY TEAM

Our community is growing faster than ever, and while more swimmers mean more fun, it also means we need to be smarter about how we look out for one another. That's why I am incredibly excited to announce the launch of our brand-new Water Safety Team.

What is the Safety Team?

Think of this group as our "Elite Backup." While our professional lifeguards are always the primary line of defense, the Safety Team consists of fellow club members who are American Red Cross certified in CPR/AED and Adult Water Safety.

They aren't there to sit in the high chair; they are there to be an extra set of expert eyes on the deck, helping to ensure that every lap swum is a safe one.

Why Now?

Safety isn't just a set of rules—it's a culture. By empowering our own members to step into these leadership roles, we're making sure that as we get bigger, we stay tighter. Whether it's helping a new member understand lane etiquette or being ready to grab the AED in a heartbeat, these volunteers are the heartbeat of our facility.

Spot the Gear!

Look for the bright yellow whistles and the helpful smiles.



Stay updated on all things EA by following us on [FB](#) and [IG](#).