

# “Lane 4” Times



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## Welcome Back Riptides!

It has been a while since a newsletter has been published and much has happened to the Riptides since the last newsletter. And before we really get into the thick of things, now is a great time to put out the first edition of the 2009-10 “Lane 4” Times. So sit back and enjoy.

The summer for the Riptides was great! We were able to start a pilot-program which we called the Ebbtides. The Ebbtides permitted us to introduce developmental level swimmers to the sport and compete in the City of Myrtle Beach Summer League. Due to the tremendous success of the Ebbtides, we were able to keep it going for the Fall. In fact, the Ebbtides became such a successful group, we were able to expand it from one group to 3 groups: Blue, Red and White. As a result, we have hired another coach, Mary Churchill. She brings the “mom” element to our developmental group and we are very happy and fortunate to her Coach Mary on board.

The Riptides also took on perhaps the most challenging task in our brief existence – co-hosting the 2009 SC Swimming Summer State Championships with Hilton Head Aquatics in Augusta, GA of all places. This meet posed many unique challenges: the hosting teams are four hours apart, the host site is not ours and is not even in SC, we had to transport virtually everything to Augusta – food, equipment, etc – to make the meet work, and finally, coordinate all the logistics from our homes.

Thank you to our friends in Augusta who helped make things easier for us to run the meet – Aiken-Augusta Swim League, Greater Augusta Swimming, Augusta Aquatics Center, Peachtree Timing and Augusta Swim Supply – who provided their knowledge and support.

The meet hosted nearly 600 swimmers and another 900 family members, coaches, officials, vendors and more! When it was all said and done, the compliments were abound. Many said it was the BEST state meet they had ever been too. We were ahead of our timelines everyday; however, we did fall 5-minutes behind on one session!

We learned a lot that weekend. We learned that even our small team, when we work together, stay proactive and remain calm, can pull off the impossible. And as such, SC Swimming has rewarded our efforts by granting us the opportunity to host the meet again for 2010! Congratulations and thank you Riptides.

There were exceptional meet performances all summer long from our swimmers. Whether it was competing in the SSL and/or USA-S meets, the Riptides led the way. Chad and Eddie Bateson dominated the SSL Championships, winning all the events. At the SCS State Championships, we took more swimmers than we had at the Spring Championships. For the first time, the Riptides won the highpoint award in two divisions and had 4 swimmers place in the Top-3 in highpoint scoring – Megan Kingsley (13-14 girls), Keenan Lineback, Lauren Campbell (Senior Girls) and Phil Mustert (Senior boys). But the Riptides weren’t done.

Following the State Championships, the Riptides sent four swimmers to the 2009 USA-S Southern Zone Championships. And the success of the Riptides continued. And more firsts occurred at the Zone Champs: a Grand Strand swimmer won an event and a Grand Strand swimmer broke a meet record! In fact, only the Riptides’ swimmers had every member of the Zone team score points for the SC Zone team.

Finally last summer, we said good-bye to Phil Mustert as he graduated and has moved on to Emory University where he will continue his swimming. Good luck Phil!

As we face the 2009-10 year, the first thing many have noticed is how we have grown! Last year, we started the Riptides with just 24 swimmers. We lost several swimmers to moving, graduation, health issues and finally, the economy. But we persevered and now we have grown to over 40 swimmers! Obviously, we wish to be a little larger, so keep telling friends and family about the Riptides and stay tuned for flyers in the local schools and more!

**Education. Participation. Graduation.**

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This year we are hosting four meets: The Octathlon Challenge, The Winter Invite, The SCS Low-state Qualifier and The 12/Under Grand Prix Championships. In addition, we will host the 2010 SC Swimming Summer State Championships, again in Augusta, GA.

At this time, we are working on setting up an Official's clinic so more of our membership can become certified. We should have at least two representatives from each training group become officials. More information regarding a clinic will be distributed.

We are selling advertising space in all the heat sheets for all of our meets. Be sure to get meet sponsor information from the website... you must logon to view it!

Tuition and meet entry checks are to be given to Coach Jimmy before or after practice. However, if need be, parents can come onto the deck and place the check into a box located on the lifeguard stand/office where the coaches set their bags. Please be proactive in getting tuition and meet entry checks in on time. And don't forget, swimmers will not be entered into a meet if checks are not returned. Thanks!

This year's primary fundraiser will be the New Year's Marathon swim. Swimmers will seek pledges per length they can complete or flat donations. Details are still being worked out, so stay tuned. Each swimmer who participates will receive a commemorative t-shirt marking the occasion and swimmers who earn enough money can also earn prizes. Remember, as part of your membership to the Riptides each swimmer is responsible for at least \$200 in fundraising.

This year's New Year's Marathon will be the 10<sup>th</sup> edition of the event Coach Jimmy started. Swimmers will practice somewhere from 1-6 hours, completing between 2,500-22,000 yards/100-880 lengths, depending on training group. Be sure to get a good night's sleep and eat your Wheaties that morning!!!

The Riptides have already competed in their first meet of the year – the MPSC Grand Prix #1. We had several best times at the meet and several dq's as well. This is part of swimming and parents should not be concerned with the disqualifications. Swimming is a very difficult sport and takes time. Competition and dq's reinforce the importance, to the swimmer, of mastering their technique and listening to their coaches. As the season moves forward, the number of dq's will diminish.

Our next meets come up rather quickly – the MPSC Spooky Invite, the SST Carey Hilliard's Invite, the MBR Octathlon Challenge and the SMRT Grand Prix #2. Parents need to check the web and email regularly for sign-up deadlines and all pertinent meet information.

Speaking of meets, we have so many new faces, many must be questioning what to bring to a meet. In no specific order, parents need to bring plenty of towels, warm clothes, deck shoes and healthy snacks to the meet. Parents should also have ready a deck chair for the swimmer. Some meets we will travel to permit chairs, others don't. Swimmers should have extra caps and goggles with them in their bags, and don't forget your team suit! You would be surprised how many swimmers forget their suit!

Race cars need Race fuel. Swimmers are, in essence, race cars. They need racing fuel to race. Diet is a tremendous part of any successful swimmer's training and racing. Back in the day, we used to have a food pyramid highlighting grains and fruits and vegetables, followed by dairy products and finally meat products. Well, this is still the best diet format for swimmers.

Swimmers MUST avoid the junk food. This includes soda, tea, candy, fast food, products containing high-fructose corn syrup and so much more. The junk fuel can "gum up the system" as we like to say.

At meets, swimmers need to drink, drink, drink. They should always have a water bottle with them; in fact, Senior and Gold swimmers MUST have a water bottle with them at meets every time they go to the blocks, including warm-ups, races, and swim-downs. If a swimmer is not having to "potty" every 30-45 minutes, the swimmer is not hydrated enough and this is the single biggest cause of poor racing and other issues, like headaches.

Another highly overlooked item for swimmers is rest/recovery. Whether its at a meet or practice, swimmers need to make sure they are getting as much as 8 hours of continuous sleep every night. Younger swimmers may need a little more, but not much. Too much sleep can have an adverse effect, so try not to let them go into a 12-hour coma!

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Recovery is very important, particularly as swimmers age-up and move up into groups such as Senior. Swimming in the Senior group can be as much as 2.5 hours per day, up to 9000 yards. These swimmers should ice-down every day to prevent injury and speed recovery. Swimmers should have ice-packs ready after each practice and meet for shoulders. In fact, Senior swimmers should ice-down all large muscle groups every few days – like legs. Take an ice-bath... it will be refreshing!

Senior swimmers should also do their pre-hab exercises with their stretch cords.

The Riptides Board is always looking for assistance from the membership. The Board feels that all members of the team have something they can contribute. The Riptides hosts Board meetings once every 4-6 weeks. Any member of the Riptides is welcome to attend the Board meetings. If you are interested in attending the Board meetings, whether its to learn more about the program or to offer assistance, please feel free to contact Board President Brad Kingsley at [Brad.Kinglsey@orcsweb.com](mailto:Brad.Kinglsey@orcsweb.com).

The 2009-2010 swimming year is looking good for the Riptides in all areas and we are happy to have so many new members with us. Slowly, surely and rightly our program will continue to prosper and our members will become successful through dedication, determination and discipline. Thank you for choosing the Riptides as your swimming family. Good luck!

### **Announcements:**

October 9 – Sign-up deadline for MPSC Spooky Invite and SST Carey Hilliard's Invite

October 21 – Sign-up deadline for MBR Octathlon Challenge

October 27 – Sign-up deadline for SMRT Grand Prix #2

### **Birthdays:**

September – Shannon Eldred, 6<sup>th</sup>, Keenan Lineback, 11<sup>th</sup>, Zary Gouin, 15<sup>th</sup>

October – Coach Justin, 10<sup>th</sup>, Chad and Eddie Bateson, 13<sup>th</sup>, Andi Churchill, 31<sup>st</sup>

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