

“Lane 4” Times



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Records Falling like prices at Wal-Mart!

We are just four meets into the 2009-10 swimming season and the Riptides are already breaking team records. In fact, in just the first few meets, nearly 40 individual team records have changed.

Starting with the 10/Under girls – 50-, 100-, 200- and 500-freestyles, 50- and 100-backstrokes, 100-breaststroke, 50- and 100-butterfly's and the 200-IM are all new. 13-14 girls have seen the 100- and 1000-freestyles, 100-backstroke, 100- and 200-breaststrokes, 100- and 200-butterfly's, and 200- and 400-IM are all new. 15-16 girls have new records in the 50- and 100-freestyles and 100-butterfly. Open girls' events have a new 200-breaststroke.

For the boys, there are new records in the 10/Under 200- and 500-freestyles, 50- and 100-backstrokes, 100-breaststroke, 50-butterfly, and 100- and 200-IM's. In the 11-12 boys' events, new records have been set in the 200- and 1650-freestyles, 200-backstroke, 200-breaststroke, 50- and 200-butterfly's, and 400-IM.

Several of the aforementioned records have been broken more than once!

The Riptides also have 8 swimmers who have combined for a total of sixty-seven 2010 SC State Championship qualifying times. There are still several meets for swimmers to earn “q-times” by the State Championships in February, so keep up the great work swimmers.

But there is more to a success than just team records or new q-times. We have seen so many new swimmers compete for the first time and in events they never thought they would do.

At the MBR Intra-squad Challenge, one of our new 6-year olds competed in the 200-freestyle while another 6-year old competed in his first 100-freestyle, and he just started swimming in September! The number of dq's posted by our younger swimmers continues to diminish as swimmers improve their skills.

So with the season still so early, where do we go from here?

The first thing is for all swimmers to continue to follow the MBR cornerstone of Education, Participation and Graduation. The coaching staff would like for all swimmers to further their education to develop skills. The coaching staff would also like to have as many swimmers competing as possible at every meet offered. Competition is where our swimmers can really put all the education to work. And finally, we would like to have all the swimmers graduate from their current level of training and competition to the next. Although this may take some time, every swimmer can achieve next levels if they are willing to put forth the work.

Next for the Riptides is to continue to develop our volunteer corp. In the months of January and February we will host up to 3 meets. Meet hosting is a tremendous effort and requires many volunteers to pull it off. A meet is divided into sessions and the number of sessions can vary based on the meet. Per session, we must be able to provide up to 13 timers, 6 officials (not including the Referee and Starter), 2-3 persons in concessions/hospitality and 1-2 runners which equals about 24 people! So if you get the call to volunteer, please step up and do your part, even if your swimmer is not in the event.

Finally, continue to show your support for the Riptides by telling your family and friends about us. We still have room in our program in the younger training groups for growth.

Following the MBR Intra-squad Challenge, a parent came to me and shared with me their appreciation for our program. The parent never expected their child to be able to compete in events in just 2 months of swimming. The parent also shared with me how their child, when permitted to wear their favorite sports team's team shirt to school, the child wore a Riptides' shirt!

And when asked, the swimmer told other's at the school, "I swim for the Riptides!" To me, it was great. This young swimmer trains *with* and competes *with* a TEAM, not *for* an individual.

Keep up the great work to all of the Riptides! As long as we all continue to be contributing members of the TEAM, success is guaranteed.

Did you know?

One of the best ways to motivate a swimmer is to let swimmers know what is available to them through the sport. The coaching staff of the Riptides feels it is important to provide swimmers with as much information about opportunities as possible, whether they are competition, practice, or other activities.

Within South Carolina Swimming, there are several participatory opportunities. First, there are the State Championships, one in the winter and one in the summer. State Championships are open to any swimmer who achieves the q-times for their age-group.

Next, if a swimmer earns at least two USA-S "AAA" time standards, the swimmer automatically earns All-State status. For our 8/Unders, there is the SCS IM-Tough Award, which rewards swimmers who successfully compete in the 50-free, back, breast, fly, 200-free and IM.

SC Swimming also has an annual Select Camp in which sixty swimmers between the ages 11-18 may participate. There is a selection process for each age-group, 11-12, 13-14 and 15-18. Swimmers must have competed in long-course (50 meter) to be considered.

Beyond the SC State Championships, there are two "sectional" championships, one for 14/Unders and the other is Senior. These meets invite swimmers from NC, SC, GA, TN, AL, MS, KY, and parts of FL to compete. Each meet usually has about 600+ participants and they are among the fastest in the "section."

Following the Senior Sectional Championships, there are several levels of national meets. The first is the NCSA Junior National Championship, where an average of 1300 swimmers from across the USA, ages 18/Under participate. Next is the USA-S Junior National Championship. This meet has faster q-times than the NCSA meet. Following USA-S Junior Nationals, there may be USA-S Winter Nationals, USA-S Summer Nationals and USA-S Open; some of this depends on the if it is an Olympic year. Besides the Olympics, US Olympic Trials is the highest level of achievement for any swimmer. In fact, the US Olympic Trials are usually faster than the Olympics with more world records set there.

Between these major championships are other meets known as the Grand Prix meets; not unlike the GP Series for 12/Unders our swimmers may participate, except the USA-S GP meets have Olympians!

These are just a few of the opportunities which await our swimmers, if they are determined, dedicated and disciplines enough to attain these levels of competition. So swimmers, start setting your goals and begin, now, to do the things necessary to achieve your goals. Good luck!

Practice Changes: *Be sure to note Thanksgiving Holiday changes*

November 5 – Ebttides Blue will practice 4:30-5:30pm, Bronze will practice 5:30-6:30pm, Silver 5:30-7:00pm.

November 6 – Ebttides Blue and Red will practice 4:30-5:30pm, Bronze will practice 5:30-6:30pm.

November 7 – Ebttides Blue, Bronze and Silver are OFF due to swim meet; Senior and Gold will practice.

November 20-22 – Seniors and Gold at ASL meet, no practices

November 25 – **To Be Announced.** Practices, if held, will be in morning.

November 26 – No practices all groups.

November 27 – Seniors only, to be announced.

November 28 – All groups, regular practice schedule.

November 29 – Seniors only at Canal ST, 1:00-3:00pm.

Birthdays:

Mackenzie Boone – 1st, Noah Cruz – 4th, Jeremiah Sharp – 13th.