

SOUTH CAROLINA SWIMMING

N E W S L E T T E R

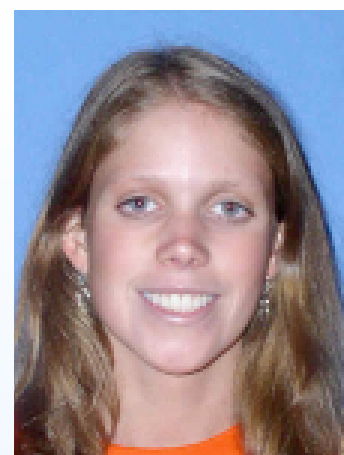
NOTES FROM THE GENERAL CHAIR...

BY VICKY MONTGOMERY

Recently I had a conversation with Jeff Moxie, an uncle of our much-loved TG athlete Amy Moxie, who passed away this fall. He is tentatively thinking of establishing some sort of scholarship effort on behalf of Amy, so that he can, in his words, 'do some good'. Here's a family—much like that of Jennifer Smith's -- who has lost someone wonderful that they can never, ever replace, and yet they choose to turn it around to find some good in it, to somehow find a positive.

While it's difficult to relate a terrible tragedy to a sport, there is a parallel. Competitive swimming, on a lesser emotional scale of course, is very much the same when it comes to turning something around. Just when you tank the 200 free, you have a chance, about 30 minutes later, to come back and crank out a personal best 100 fly – turning something negative into a positive thing. Swimming, in the way that it operates, is great for teaching life lessons of this sort – the intangibles that are terrific aspects of our sport.

I can recount several instances this summer of athletes who 'turned it around'. The Zones coaches have talked a good bit about senior swimmer Drew Oberg, who came back the final night of zones to finish first in the 200 IM after a couple of tough swims, and I watched Morgan Trickett, an upstate swimmer, grit it out for great finishes at Junior Nationals after some earlier frustrating moments at the state championships. Swimming is full of wonderful incidents like this, where athletes turn failure and negatives into positive outcomes. If you're new to the sport, you will soon discover all of the 'positives' that swimming brings to the table, and if you have been a part of the sport for a while, you know exactly what I am talking about.



Amy Moxie

"So whatever the goal is – great exercise, a social group, a college scholarship, we can all learn from the Moxie family – to take a terrible negative, to make it a positive, to 'do some good'. Here's to the positives in our athletes and in this sport in the upcoming season."

-Vicky Montgomery

As I was reminded by another parent who was discussing the high school meets this past weekend, swimming means something different to every athlete. So whatever the goal is – great exercise, a social group, a college scholarship, we can all learn from the Moxie family – to take a terrible negative, to make it a positive, to ‘do some good’. Here’s to the positives in our athletes and in this sport in the upcoming season. Best of luck.

From the Outreach Committee...

The outreach Committee, in conjunction with the General Chair, Treasurer, and Registration Chair of South Carolina LSC have developed a reimbursement form for clubs to use to seek reimbursement for meet fees paid on behalf of their qualified athletes.

The form can be downloaded from the SCLSC website; on the form you will find the criteria for reimbursement as well as the address to send the completed forms.

To review how the process is to work:

- The clubs may seek reimbursement for all meet fees including SCLSC Travel Fund and Pool Use fees for any meet sanctioned by SCLSC. The meet fees sought for reimbursement **must have been paid to the meet host by the petitioning club prior to application for reimbursement.**
- All athletes listed on the form **must be registered with SCLSC as Outreach Athletes** in order to have their meet fees reimbursed to the club.
- Please note that on the form, you must list the meet, meet date and host as well as all events (by event number) for which the club is to be reimbursed. Please note that any events not swum by the swimmer **must be circled if the swimmer did not participate in that particular event.** The club will not necessarily be penalized for failure to compete, unless the team had been reimbursed fully for a prior meet in which the applicant had not competed. The first meet in which the swimmer fails to compete would be reimbursed in full, **provided the meet fees have been previously paid in full to the host club;** the second consecutive meet for which the club seeks reimbursement in which the swimmer fails to compete can only be reimbursed at 50%. Thereafter, the swimmer will have had to have competed without the club having been reimbursed in order to be considered once again for reimbursement.
- The committee strongly requests that the club seeking reimbursement submits its request form within 60 days of the completion of the meet for which reimbursement is being sought.

The committee wishes to thank the Board of Directors and House of Delegates for designating the CCST contribution to the Outreach program.

Scholastic All-Americans

Congratulations to our 38 South Carolina swimmers who were named as Scholastic All-Americans.

Sam Bendziewicz	Palm	Elizabeth Brown	SMRT
James Brashear	Rays	Sarah Brownson	PALM
Eric Carr	Rays	Margaret Flatt	PALM
Antoine Connors	SS1	Grace Herlong	MPST
William Flatt	Palm	Christine Hughes	TG
Blaine Heffron	MPST	Ashley Ivey	Rays
Marc Herbert	TG	Ellen Kilgore	TG
Armin Hornikel	Smrt	Morgan Klinzing	YSSC
Nicholas Mann	Palm	Jenna Miller	MBST
Mac Montgomery	CA	Katy Motsinger	SMRT
Phillip Mustert	MBST	Amy Moxie	TG
Drew Oberg	SS1	Elizabeth Myers	CA
Konrad Opouszko	YSSC	Stephanie Nagele	YSSC
Chris Reinke	YSSC	Courtney Nichols	YCSC
Garrett Snipes	EAC	Maquala O'Brien	CA
Christopher Washnock	EAC	Lindsey Olson	SMRT
		Elizabeth Savage	CA
		Laura Simon	YSSC
		Molly Stanton	MPST
		Taylor Tompkins	EAC
		Morgan Trickett	TG
		Allison Voss	CA

SC SWIMMING ALL STATE BANQUET APRIL 19, 2008

COMMITTEE TEAM ASSIGNMENTS

The team assignments for the banquet to be held on April 19, in Greenville at the Carolina First Center are as follows:

Registration: Rays, and Team Greenville

Decorations: YCSC

Door Prizes: SSS, SS1, Anderson Swim Club, and YSSC

Awards: Clemson

Athlete Pancake Breakfast: Team Greenville

Please have the contact person for each team contact Maggie Boliek at Magbol99@charter.net.

Thank You

Maggie Boliek

Admin. Vice Chair

SC Swimming

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Notes from Age Group...

As Age-group Vice-Chair, one of my responsibilities to the SCLSC is to attend conventions when possible. This year, I was fortunate enough to represent the SCLSC at the 2007 USAS Convention in Anaheim, CA with several other members of the SCLSC. There were many clinics, but I did my best to limit myself to those which specifically dealt with age-group swimming.

The Zone Championships continues to be a hotbed of discussion and debate. As many of you may know, the 2007 Southern Zone Championships will be held July 28-August 3 at Georgia Tech in Atlanta. This was the same location for 2006.

The 2008 Zone Championship meet was up for bid. Traditionally, the meet would switch between East and West. However, a motion was brought to suspend this for 2008. The motion passed. The next day, three sites had bid the meet – San Antonio, TX, Raleigh, NC and Orlando, FL. The Orlando YMCA won the bid to host the meet. A motion was then made and passed to no longer alternate sites, but rather award the meet to the best bid city.

USA-S continues to think outside the box. Legislation was created to take the current IM Extreme Challenge to the next level – by offering a meet of the same format, called the IMX Challenge Meet. The proposed idea, which is still in its infancy, would have at least one meet per zone for the Top-100 swimmers of each individual age-group and sex, 11-16 years old. Stay tuned for details of this meet as it grows.

Effective 2009, USA-S will no longer offer the Top-16 National Reportable Time recognition. Instead, it will be replaced with the Top-10 National Recognition Program. This new program will recognize the Top-10 swimmers in each event, age-group, and sex from 11-years old to 18. This particular program met with great applause at the Age-group Development Committee's meeting.

Finally, I had time enough to attend a clinic on how to develop the SCLSC website, but each team's website as well. There were 25 tips from getting a site onto Google, to tricks on how to get a site found quicker using keywords and going to the Child Protection Agency website for details on what a webmaster can or cannot do to protect the privacy of children.

Perhaps the most interesting aspect of this trip were the discussions with the other members of the SCLSC at dinners and lunches. And the opportunity to meet people from other LSC's as well.

Thanks again for the opportunity to have represented the SCLSC.

James Smith
Age-group Vice-Chair
South Carolina Swimming

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Why a Masters Swimming Program?

By Roy Dessloch

Have you thought about incorporating a masters swimming program into your existing USA Swimming program? If you have some pool space, time, and coaching available, a masters program can really enhance your current offerings. Why?

Adults (especially parents of swimmers already in the water) can be tremendous role models for kids. Swim parents find that performing complex skills in the water is not as easy as it looks from the deck, and tend to develop a true appreciation for what their children are trying to accomplish. Would you rather have Mom or Dad sitting in the bleachers watching, or have them in the water getting something productive done (and paying fees to enhance your bottom line)? Masters swimmers typically make great volunteers and are tremendous supporters of the sport, and can really help with generating new contacts within the community.


Annual registration of masters athletes (\$30.00 currently) and a team (\$20.00) is quite inexpensive. Masters swimmers can be supervised by a USA Swimming registered coach or a United States Masters Swimming registered athlete. USAS and USMS registered athletes can be intermixed in the same lane during workouts.

Contact the South Carolina Local Masters Swimming Committee registrar Jeff Stone at js.stone@charter.net for more information on getting your program started. You just may find that masters swimming is an excellent addition to your program.

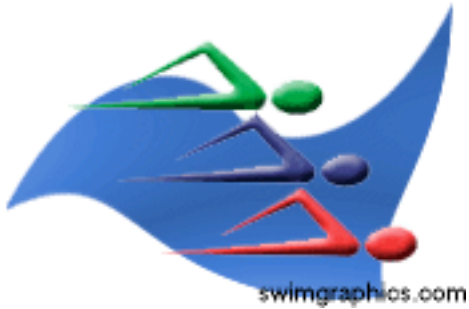
Short Course Meet Schedule

3-4	MBST Octathon Challenge Swim Meet	MBST	2 Days Open TF				swimjim@sccoast.net
9-11	14th. Annual Thanksgiving Open Invite	YSSC	2 1/2 Days Open TF				scarletpete@hotmail.com
17-18	2007 Short Course Tri/Quad Meet	TG	2 Days Closed Invite TF				pixabugg@bellsouth.net
29-1	USA Swimming Short Course Nationals	tbd.	3 Days				
30-2	Carolina Classic	CA	2 1/2 Days Open P/F				vossclan@sc.rr.com
December 2007							

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7-9	2007 Snowflake Invitational	RAYS	2 1/2 Days Open TF				lmwilliams@comporium.net
8	SMRT X-mas Invitational	SMRT	1 Day TF				swimsmrt@aol.com
15	TG Holiday Mini-Meet (Developmental level)	TG	1 Day TF				pixabugg@bellsouth.net
January 2008							
5	SCS Jennifer Smith Relay Meet	RAYS	1 Day TF				lmwilliams@comporium.net
12	Developmental #3	FAST	1 Day TF				BHitchings@fsd1.org
18-20	2008 Tiger Invitational	CAT	2 1/2 Days TF				ielg@innova.net
18-20	MBST Mayor's Cup Invitational	MBST	2 1/2 Days TF				swimjim@sccoast.net
19	TG Winter Mini-Meet (Developmental level)	TG	1 Day TF				pixabugg@bellsouth.net
February 2008							
1-3	SCS State Qualifier	YSSC	2 1/2 Days TF				scarletpete@hotmail.com
1-3	SCS Low-State Qualifier	MBST	2 1/2 Days TF				swimjim@sccoast.net
15-18	SC Short Course State Championships	RAYS	3 1/2 Days P/F				lmwilliams@comporium.net
March 2008							
1-2	8 & Under Championships	TG	2 Days TF				pixabugg@bellsouth.net
6-9	Eastern Senior Sectionals	tbd.	3 1/2 Days P/F				
7-9	SCS Palmetto Championships	TG	3 Days P/F				pixabugg@bellsouth.net
13-16	Age Group Sectionals	tbd.	3 1/2 Days P/F				
25-29	NCSA Junior Nationals	tbd.	5 Days P/F				
April 2008							
1-4	YMCA Nationals	tbd.	4 Days P/F				
12	MBST Pentathlon Meet	MBST	1 Day TF				swimjim@sccoast.net
18-20	All-State / Spring Semi-Annual Meetings	tbd.	3 Days			N/A	

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Open Water Camp

SC Swimming will be hosting its first ever open water camp. The camp will include training techniques, strategies and other information for open water swimming. Mark your calendar for May 9th and 10th, 2008 for camp. More information will be coming soon on the South Carolina Swimming website.