



## Summer Is In Session

Rice Aquatics was fortunate to attend 3 meets during the month of April. April is considered as the first month of the summer season. While February and March typically signify the end of the winter season, where times and new achievement are the focus, April is more about re-swimming events and refocusing the direction forward for better performance in July and August.

### IMX MEET

IMX is an initiative launched by USA Swimming to promote development and competition in all 4 strokes plus the IM at longer distances. A lot of athletes get really into the competition, and often coaches and club center their training around IMX protocol. An IMX score is earned once the athlete swims a legal time in each IMX event. It's good to complete these requirements earlier in the season in order to 1) see improved score throughout the season, and 2) can focus on better events toward the end of the season, as they may or may not be IMX events.



### [USA Swimming IMX program and requirements](#)

– These can be achieved for Short course and long course, and are occasionally used as selection criteria for USAS camps and trips. The calendar year runs from September through August of the following year.

### [IMX Meet results](#)

IMX Report – April

RICE Athletes who have earned a long course IMX score are listed below. Athletes have had the opportunity to earn this at the IMX Meet, April LC Meet, and the Sulphur MLK Meet since finals were held in LCM.

Elias Al-Ramahi (10)  
Meiko Armellini (12)  
Karina Davis (12)  
Lucy Ewart (12)  
Nick Hensel (12)  
Jackson Humphries (15)  
Asher Luengas (11)  
Allen Hillburn (12)  
Jasmine Madden (10)  
Amelia Marvin (12)  
Sophie Melancon (10)

### UPCOMING AGE GROUP MEETS

#### **MAY MEETS**

5th: GU May Sprint Series @ TBA

18-20th: GU May LC Meet @TBA

19th-20th: Texas Senior Circuit @ UH

#### **JUNE MEETS**

8th: RICE Owl Summer Long Invite @ Rice

9th: Gulf June Sprint Series @ Rice

8th-11th Phoenix Travel Meet

22-24th Gulf June LC Meet

### LC PRACTICE SCHEDULE IS LOCATED [HERE](#)

## **April Sprint Series**

Only in its second year of existence, RICE swimmers took to the sprint series with their talons sharpened. The sprint series meets serve athletes with fewer than 2BB times, where these athletes can be more toward the top of the meet and competition and play a more significant role on relays.

**Rice wins 4 out of 6 relays!**



9-10 Girls 200 Free Relay – Eve Rowe, Dana Henning, Taylor Bergman, Aditri Signal  
11-12 Girls 200 Free Relay – Claire Field, Sophie Geurts, Sloane Merideth, Lexi Shor  
8&U Girls 100 Free Relay – Riley Vogler, Chloe Yen, Aurelia Shaitelman, Olivia Anaipakos  
9-10 Boys 200 Free Relay – Mikel Sainz, Brandon Foertsch, Jack Stanger, Jae Wykoff

### **Athletes earning new BB times - [USAS Motivational times](#)**

Sophie Geurts – 50 free  
Mikel Sainz – 50 free, 50 back

### **Athletes earning 3 or more B times, qualifying for LC meets:**

Emiko Armellini, Katherine Doe, Eve Rowe, Lexi Shor, Jae Wykoff

[Full Meet Results](#) – LSST April Sprint Series

### **April LC Meet**

This meet rounded out a great 2 weekends of competition. Many athletes are still swimming events for the first time this season, setting a base to grow over the next couple of months. More achievement will be had in May and June, as practices will become more challenging, and athletes have more specific objectives to work toward.

### **New AG Champs QT –**

Athletes must have 3 QT to attend this meet. Gulf AG Champs is the fastest 14&U meet behind TAGS.  
Margaret Goydan (10) – 50 back  
Solomon Petty (9) – 50 back

### **Qualifying out of the sprint series, earning 3BB times and moving into summer champs.**

#### **[USAS Motivational times](#)**

Allen Hillburn (12), FJ Mitchell (12)

[Full Meet Results](#) – FCST April LC Meet

## **Rice Open Water Meet**

In addition, Rice Aquatics, hosted and participated in the Spring open water meet at Twin Lakes Scuba Park. It is a unique opportunity for athletes to compete in a completely different kind of setting. No lane ropes, no walls, and no black line at the bottom of the pool. If you missed the chance to compete this year, no worries the meet will be back in October!



## What is coming up?

### USA Swimming (RICE) & Summer League

It is that time of year when we have shaken off another winter and begun to enjoy the spring weather. With May right around the corner many questions have popped up about club swimming with RICE and local Summer Leagues. The following is Rice Aquatics (RICE) views and ideas on both club swimming and Summer League swimming in regards to your swimmers.

Please make sure to check the rules of your Summer League about involvement with a USA Swim Club. Most of the teams in our area allow swimmers to be involved with a USA swim club while also swimming with their summer league. While the coaching staff is familiar with many of the local teams we do not know the rules and by-laws pertaining to every local swim team.

Rice Aquatics would first like to recognize the importance of the local summer swim leagues and their involvement with the development within the sport of swimming. Any swimmer who wishes to swim on both RICE and their summer league team has the support of the coaching staff. It is important that during the Summer League season each swimmer maintain their normal practice attendance with RICE, while supplementing their off days with summer league practices. This will help ensure they are still getting the same amount of work and development needed with RICE and get the enjoyment of swimming with their summer team. The month of May is usually the most hectic time with both practices being conducted after school.

Summer leagues are an important source of new swimmers to RICE. RICE swimmers who participate in local leagues can provide motivation for others to join the club while also being piers to others on their team. It also help RICE swimmers achieve some success among another set of piers within swimming. The number of meets alone provides many opportunities for positive feedback to the individual swimmer within a short period of time. Because of these qualities and many others, summer leagues can be very beneficial to younger swimmers when paired with club swimming. As the swimmer matures and achieves greater successes in their year round swimming we do encourage them to swim at the highest level possible, that being USA Swimming club practice and meets. For most swimmers this transition is inevitable at some point in their development. If you or your swimmer has a question concerning these topics the coaching staff is always open to sitting down and going over each individual situation. If a swimmer is not able to swim both RICE and their summer league we do encourage all swimmers to continue with RICE. This will help ensure they are getting the best opportunity for development within the sport of swimming.

Group 1 and 2 have the greatest mix of swimmers who actively participate in summer league swim teams. Please consult coach Jessica, Mike, Beau and Jason in regards to your swimmers progress, summer intentions and scheduling questions. Swimmers in Group 4 Silver/White and Senior 2 should be focusing on year round USA swimming and USA swim meets through out the year.

In closing club swimming is a year round process, many skills and traits we work in and out of the water get reinforced and built upon each practice, week, month and year. Their have been many studies done specific to swimming in regards of swimming club through both Long-course and Short-course compared to starting and stopping off in on in a year. These studies show that endurance and speed decline within 2 weeks of not training and skill traits diminish within a month. More importantly it also shows that once these swimmers do return to the sport the time it takes to re-learn old skills and develop new skills is significantly longer than the swimmer who has swam through the season.

### Aquatics Safe Sport Club Coordinator

RICE Aquatics has assigned a non-coach parent as our Safe Sport Representative for the RICE. The role of the coordinator is to identify, plan and execute RICE efforts to raise awareness for Safe Sport within our club's coaches, parents and athletes. We will formally announce the chair once they have completed the entirety of USA Swimmings requirements. We have created an easy email safesport@riceaquatics.com as a contact for our clubs coordinator.

### June Travel Trip: Phoenix Longcourse Invitational

RICE Aquatics will be traveling June 7th - 11th to Phoenix Arizona for the second year to compete in the PHX Longcourse Invitational at the Country Day School pool. RICE took 24 swimmers in 2017 to compete in the prelim/final meet. RICE Swimmers had a very successful meet putting up multiple PR's and achieving new TAGS, Sectionals and NCSA cuts in the process. This year RICE has over 30+ 13 and Over swimmers committed to travel and compete against teams from Arizona, New Mexico, Colorado, California and Canada. A full recap will be available post meet.

### Rice Women awards

Night of the Owl is a yearly Rice Athletics award ceremony hosted by the athletic department. This year the Rice Women's team walked away with multiple honors. The team was awarded the "Service Award" for completing the most volunteer hours, with two individuals, Marie-Claire Schillinger and Rabea Tzenetos each doing over 130 hours! Senior, Kaitlyn Swinney won the "Catherine Hannah MVP" award! Senior, Lauren Rhodes won the "Carl Isgren Iron Owl" award, which is voted on by the strength and condition staff! And our own Seth Huston was voted "Coach of the Year"! A big congratulation to this team and coaches for their dedication to the community and swimming.

In addition, the Rice Owls just had their end of the season dinner. Here 4 additional swim team awards, voted on by the coaches, were given out. Freshmen, Lindsay Mathys was awarded "Rookie of the Year." Sophomore Sarah Nowaski was presented with the "Most Inspirational Swim award." Junior Rabea Tzenetos won the "Most Improved Award." Senior Jaecey Parham was the "True Blue" recipient. Way to go ladies!

### Still Getting it done!

The Rice Owls team consists of a fantastic group of ladies who work day in and day out to accomplish their team and individual goals. The off-season is no exception. Though the official in-season training for our college athletes ended after conference, the lady owls are back at work.



For any competitive team or athlete off-season and summer training is vital to a successful Fall season. Swimming is a sport built from consistent year around training. This summer the Rice Owls will have 14 of 17 college swimmers staying at Rice to train. Those going home will be reuniting with their club teams to train. It is a great mix of challenge and fun. The girls this summer will be swimming at some of our USA meets, including Sectionals, as they continue to prepare for the upcoming season.

### Rice Masters

Earlier this April, a number of Rice Aquatics Masters athletes took the trip up to Short Course Zones in Austin for a weekend of memorable swims. Our athletes covered all ages and ability levels, with some competing for



the first time ever and others aiming to break standing records. Of note, we had a group of 25+ men post the following Masters record times

(with Bryan Collins, John Wagner, and Austin Surhoff taking part in all four):

- 800 Freestyle Relay: 6:33.89 (previous record: 6:56.28)
- 200 Freestyle Relay: 1:19.71 (previous record: 1:20.22)
- 400 Medley Relay: 3:17.17 (previous record: 3:25.49)
- 400 Freestyle Relay: 2:56.95 (previous record: 3:06.20)

Beyond these eye-catching relays, we had swimmers covering every event, each one finding that balance between challenging themselves and enjoying themselves! Our squad ended up 8th out of 44 teams (14th in the women and 3rd in the men), a great showing for a great team! Here's hoping to see even more faces this summer during long course, and good luck to all our athletes heading up to Indianapolis for Nationals!

