



Red Bank Aquarockets News



Having Fun at the Holiday Parties!



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[MISSION STATEMENT]

To provide a positive team environment that promotes respect, integrity, perseverance and accountability which enables optimal health and athletic development through swim training, instruction and competition.

Our Parents Committee

A Note From the Social Chair

by Christine Heyt

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It was a wonderful holiday season for the Red Bank YMCA swim team.

After a practice filled Fall season and a long Holiday and Winter Classic weekend, it was time for the swimmers to come together, let loose, and have a great time.

The first party to kick off was the 10 and Under Holiday Party at Camp Zehnder. The party started off with the swimmers enjoying a game of water polo. Others chose to play on the pool slide or just have fun in the water and play games. They then enjoyed pizza and dessert. It was great to see everyone laughing and just having fun being together. A special thank you to coordinators Mike Barrows and Mary Kraus for their hard work in making the party such a huge success.

The 11 and Over swimmers came together for their Holiday Party at the Banquet Hall of the North Centerville Volunteer Fire Station in Hazlet. The swimmers had a wonderful time dancing and playing together thanks to the music and talents of swim dad and DJ, Chris Garrow. He brought the place alive to the Macarena, Cotton Eye Joe, and Cha Cha Slide. The highlight of the evening was a spirited musical chairs that ended in an epic battle with Charlie Rennard emerging as the victor in the end. There was a Fortnite dance off with Ivy Slavinski coming out as the top dancer. The

Garrow's also brought an old fashioned photo booth which everyone enjoyed. Katie Garrow helped the swimmers bedazzle themselves with tinsel, hats, and props galore. They took pictures and made memories that will last forever. The swimmers also feasted on pizza and cupcakes. The night ended with an animated and downright memorable version of the YMCA song and dance. A special thank you to Betty Sellinger and Carrie Slavinski for their efforts in planning and executing such a memorable party. These parties cannot happen without the generosity of all the parents who contribute and the swimmers who make this such a fun swim team.

Last but not least, is a nod to all those parents who donated generously this year to our annual Giving Tree. We were able to collect 18 gift cards for various establishments from Target to Shoprite to Bed, Bath, and Beyond. These cards were given to needy families through the charitable work of the St. Vincent de Paul Society in Long Branch. A special thanks to Anamaria Csupor for coordinating this as well as the Halloween Candy Collection.

The holiday season brings out the best in all of us. It highlights our generosity, kindness, camaraderie, and good spirits. This embodies the nature of our swim team all year round. As always, swim fast.



Red Bank at the Holiday Classics

WELCOME BACK, HERE WE GO....

by Jack Caucino, Head Coach



Happy New Year! 2018 was a great year for the Red Bank YMCA Swim Team, taking 1st place at Long Course Nationals, 2nd place at States, and 4th place at Short Course Nationals. But a new year brings new challenges and hopefully continued success for all our swimmers. The team did very well at our December Championship meets with hundreds of personal best times, nine new team records and many swimmers qualifying for YMCA Bronze, Silvers and State Championship meets as well as 11 new swimmers qualifying for Short Course YMCA National. February

begins the championship season for our swimmers and the coaching staff is very excited. All our 8 and unders will compete at their championship meet on February 2nd at Raritan Valley Community College. YMCA Bronze Championships takes place at Raritan Bay YMCA the weekend of February 9th and 10th. Swimmers qualifying for Y Silver championships will compete the weekend of February 15th thru 17th at GCIT. We look forward to a strong showing at our upcoming YMCA State Championship meets. First for our 12 and under swimmers at Ocean County YMCA on February 22nd thru the 24th. Our 13 and over State qualifiers will travel to Lancaster, Pennsylvania where we host, with the help of all our 13 and

over parents, the State championship meet at Franklin and Marshall College. And finally down to Greensboro for the National Championship the first week of April with a team close to 50 athletes.

I would like to thank the Parent Board and all our parent volunteers who help make this team so successful. Here's to another year of winning!



A Note From the Parent's Committee

by Colleen Doogan

LEVEL 2 JOBS

As you already know, the RBY swim team heavily relies on its parent volunteers. The team wouldn't be able to run without the help of all parents. But did you also know that approximately ten parents make up the Parent Board, which is a committee comprised of executive members? The members include president, vice-president, recording secretary, corresponding secretary, treasurer, head meet director, head official, social chair, and national team chair. These members meet once a month to discuss important swim related topics and to plan various upcoming events. Up until this year, each member was solely responsible for five to ten different jobs to help keep the team running. Some examples of these jobs consist of overseeing registration, planning all social events, organizing the end-of-the-year banquet, ordering and distributing 375 team shirts, overseeing all invitational and dual meets, among many others. Even your family folders and the ribbons your child receives after each meet are the responsibility of a parent board member. Obviously, this has been too much for a small group to taken on in one season. This is the reason the Level 2 jobs were created.

Although this is a work in progress, the Parent Board is overwhelmed by the amount of families that have completely jumped on board and done an awesome job pitching in, even when it may have been outside of someone's comfort zone. The Parent Board appreciates everyone's help and dedication to this team. The Level 2 jobs were put in place for many reasons. As families move on and graduate from the team, new families need to be able to step in and fill these roles. It is important for everyone on the team to understand the different jobs and what they entail in order for the team to run successfully. It has been the responsibility of the Parent Board members to fill these Level 2 jobs to the best of their ability, and to mentor new volunteers who are eager to jump in and get their feet wet. (No pun intended!)

We all have a common goal- OUR children. It takes a village to run our team and our children are a product of all our successes. Thank you for all that you do and for being patient as the Level 2 initiative is being rolled out this season.

Get Ready for the Championship Season!

Every swimmer is expected to attend the highest level YMCA championship meet they qualify for or their spot on the team may be jeopardized. ***Your Short Course season ends after the LAST championship meet that you participate in. For some it may be Y Silvers, for others it may be Silver/ Bronze in February/ March or JOs. Championship meet dates can be found on the meet schedule on the website.**

There are 2 different championship leagues that we compete in:

- 1) Y Championships (YMCA)
- 2) USA Championships (USA Swimming)

The different meets associated with each of the leagues are detailed below.

IMPORTANT REMINDER

Swimmers must arrive 15 minutes before doors open (no matter when warm-up is) for all championship meets or may be scratched from the meet.

Senior level swimmers are expected to wear a tech suit. Junior level swimmers are NOT expected to wear a tech suit but may do so if they wish. These are the guidelines for wearing tech suits on our team as set forth in the RBV Technical Suit Guidelines document.

1) Y CHAMPIONSHIPS

YMCA 8 AND UNDER CHAMPIONSHIPS - FEBRUARY 24

This championship meet is for ALL 8 and unders. This meet is being held February 2-3, 2019 at Raritan Valley Community College in Branchburg, NJ. **Red Bank will compete on one day only.** There are no qualifying times and it is a **one-day meet**. The final meet for all 8 and unders this season should you chose to attend will be the Summit 8U Mini Pentathlon held at the Summit Area YMCA on Sunday, February 24th. If your swimmer is not going to compete in the Summit 8U Mini Pentathlon your swimmer's last day of practice will be Friday, February 1st. If your swimmer competes in the Pentathlon their last day of practice will be Friday, February 22nd. Only swimmers that commit to the Pentathlon with the intent to swim are allowed to continue to practice. It is a team policy that 8 and unders do not compete at any other YMCA Championship meet (YMCA Bronze, Silver or State Championships) even if they have qualifying times or have aged up after December 1st.

YMCA BRONZE CHAMPIONSHIPS - FEBRUARY 9-10

This meet will be held February 9th and 10th at Raritan Bay YMCA, it is for all 9 & over swimmers who have achieved Y Bronze time standards, but fewer than 5 Silver or State times. Times attained from this meet can be used to qualify for the next championship level. (*Entries for Silvers and States will be made after Bronze for those swimmers who qualify.*) This meet is held over a 2 day period and will require some travel. If your child has both Bronze and Silver times, they may only swim the events that they have the Bronze qualifying times for in the Bronze Meet.

IMPORTANT REMINDER

To swim at Bronze you need fewer than 5 Y Silver times.

- Any swimmer who has five (5) or more qualifying times for the NJ YMCA Silver and/or NJ YMCA State Championship times are NOT ELIGIBLE to compete at the NJ YMCA Bronze Championship in any event.
- If a swimmer has fewer than 5 Y Silver and/or 5 Y State times then the swimmer may enter Y Bronze in events that they qualify for.

YMCA SILVER CHAMPIONSHIPS - FEBRUARY 15-17

This meet will be held February 15th to 17th, 2019 at GCIT; it is for all 9 & over swimmers who have achieved Y Silver time standards, but fewer than 5 State times. This meet is held over a three-day period and some travel and hotel lodging will be required. State times earned at this meet may be used for the YMCA State Championship meets in February and March. If your child has both Silver and State times, they may only swim the events that they have the Silver qualifying times for in the Silver Meet.

IMPORTANT REMINDER

To swim at Silvers you need to have fewer than 5 State times.

YMCA STATE 12 AND UNDER CHAMPIONSHIPS - FEBRUARY 22-24

Swimmers must meet Y State qualifying times to be eligible. This is a 3-day meet held at OCY February 22-24, 2019. The coaching staff will determine the events and relays for each swimmer. (Entries for JOs will be added after States for those swimmers who qualify.)

IMPORTANT REMINDER

To swim at Y States you need to have at least one Y State time.

YMCA STATE 13 AND OVER CHAMPIONSHIPS - MARCH 7-10

A mandatory three-day meet held March 7-10, 2019 requires travel and possibly hotel lodging. Swimmers must meet Y State qualifying times to be eligible. The coaching staff will determine the events and relays for each swimmer. (Entries for JOs and Nationals will be added after States for those swimmers who qualify.)

IMPORTANT REMINDER

Any 13/O swimmer with one state cut is required to swim at 13/O States. This is a team-hosted meet. Thus, ALL families with swimmers participating in 13/O states are required to work this meet. There will be a meeting in February/ March for all families and jobs are assigned for this meet. (This is separate from points and SuperMeets.)

If your swimmer has one or more state cut they may also time trial other events at 13/O states. In such case, remember, that they are tapering for States. Please consult your coach to help you determine which, if any, other championship you should attend; e.g., Y-Silvers, etc...

NJ YMCA swimming time standards can be found at <http://www.njymcaswim.org/>

YMCA Short Course Nationals Championships-April 1-5, 2019, Greensboro, NC

Attendance at this meet is a major goal of our swimmers. Each April, swimmers from YMCAs across the country travel to North Carolina to compete on a National level. To qualify, a swimmer must:

- Be at least 12 years of age
- Meet YMCA membership and eligibility requirements
- Meet National qualifying time standards for at least one individual event
- Attend at least 90% of regular season practices and 100% of practices in the period between the YMCA State Meet and Short Course Nationals
- Sign and adhere to the policies in the Athlete Code of Conduct and the Travel Code of Conduct
- Have all swim team fees paid in full
- Submit a team physical form signed by their pediatrician
- Have assisted as a volunteer at a team function
- Travel and lodge as a team

YMCA Nationals time standards can be found at <http://www.ymcaswimminganddiving.org/>

2) NJ USA SWIMMING CHAMPIONSHIPS

12 AND UNDER SILVER/BRONZE – This meet is for swimmers ages 9-12 achieving USA Silver/Bronze time standards. This meet is being held February 16-17, 2019 at Newark Academy, Livingston, New Jersey.

IMPORTANT REMINDER

If you qualify for Y Silvers you MUST ATTEND Y Silvers in the events for which you qualify. If you only qualify for Y Silver events on one day, you may attend Silver/Bronze the other day. Any questions, contact your coach.

13 AND OVER SILVER/BRONZE - This meet is for swimmers ages 13 and over achieving USA Silver/Bronze time standards. This meet is being held March 2-3, 2019, pool TBD.

14U JUNIOR OLYMPICS (JOS) - A three day meet being held March 22-24, 2019 at Rutgers University. Swimmers 9 to 14 years of age who meet or surpass USA Gold time standards can participate. The coaching staff will determine what events the swimmers compete in.

NJ USA Swimming time standards can be found at www.njswim.org

IMPORTANT REMINDER

Your SC season ends after the LAST championship meet that you participate in. For some it may be Y Silvers, for others it may be Silver/ Bronze in February/ March or JOs. Championship meet dates can be found on the meet schedule on the website.

If you have any questions about championships, please contact your PLR and/or your coach. Thank you.

Championship Meet For 10 and Younger Swimmers

by Coach Lynne

By now you have realized that we are coming into our championship season. You have no doubt heard your child talk of qualifying times and "making" a particular meet. As a new parent, or even a parent of a young swimmer that has been on the team, it can be very confusing at first.

Whenever we refer to a Y meet, your child will be swimming in that meet based on his or her YMCA age which is the age they were on Dec 1, 2018. For instance, if a swimmer is 11, but was still 10 on December 1, they will swim as a 10 year old when attending Y meets. They will swim their actual age at USA meets. Since we are a Y team, our main priority and focus is Y championships.

Eight and under swimmers, even if your child has turned 9 since December 1, will be attending one championship meet which is the 8 & under Championships. There are no qualifying times for this meet, however, the swimmer must have done the event legally. If you are unsure of whether your child is legal in a stroke, you can determine that by whether or not they have a time recorded on Team Unify. You can also ask your child's coach. As a team policy, our 8 and under swimmers do not attend any meets other than YMCA meets.

Nine and ten year olds have championship meets in which they must qualify with a time. For Y meets, the levels are Bronze, Silvers and States (Gold). In the beginning of the season your child was given a bag tag with the Y time standards on it. The times can also be found on our Aquarockets website under the heading "2019 Time Standards" You can compare your child's times with the time standards to determine which qualifying times they have achieved. In some cases they may qualify in up to 3 meets. While this might be confusing, those guidelines are spelled out in the recent Weekly Splash. If you are still not sure, you can ask your PLR or coaches.

Once you have determined which meet or meets your child qualifies for, please commit your swimmer to those meets. **The coaching staff will select your swimmer's events.** At championships we will put swimmers in which

events we feel are best for the swimmer as well as the overall team. If you have a particular request, you can write that request when you commit your child. If your child makes a time at a championship meet that qualifies them for the next level, they will be entered into that meet by the coaches. For instance, if your swimmer makes a Silver time at the Bronze meet, they can be entered in that event at Silvers. **As per our team handbook, your child is required to attend any and all championship meets for which they qualify.**

We, as a coaching staff and team, take pride in our team and want to see your pride as well. Your swimmer should wear our team clothing when attending all meets, but especially a championship meet. This also means our team "uniform" which is our team suit and red team cap. The only exception to the team suit is the use of a tech or racing suit that has been approved. As a team policy, no tech suits are allowed for 8 and under swimmers, and for 9 and 10 year olds it is optional. These suits are only allowed for use at a championship level meet as is spelled out in our team's handbook.

Championship season, while sometimes overwhelming, is a very exciting time for the coaches as well as our swimmers. It is chance to see what kind of results we can get from all of the hard work and dedication put in over the season. Of course the goal is to achieve best times, however this is not always the case. Please always keep in mind the big picture and support your child and coaches in a positive way no matter the outcome. And although it may be tempting, try to avoid comparing your child to other swimmers. This can lead to negative feelings and ultimately pull your child away from the sport.

Remember to keep a positive spin on it always! The seeds you plant as a parent will help your child develop into the swimmer and ultimately the adult they are to become. How your 10 & under swims at this age does not determine what kind of swimmer your child will develop into.

Good luck to all our swimmers!

13 and Over YMCA NJ State Championship

We are excited to let everyone know that the 13 and over YMCA NJ State Championship meet is coming up at F&M college in Lancaster, PA. We have been honored to run this meet for many years. It is our volunteer parents that make this such a success each year.

We are looking forward to successful swims from each of your children. As a reminder, to make this a success each

parent of a state qualifier swimmer is required to volunteer and work over the weekend. **Assignments will be shared with everyone at a mandatory meeting on Tuesday, March 5, 2019 at 7pm.**

We are looking forward to another terrific championship meet led by our Red Bank parents. Thank you in advance for your participation and best of luck to your swimmer.

From the Officials Corner: Understanding False Starts

by Alka Rinkus

You've worked hard throughout the year perfecting your stroke and building your endurance. Now, you are on the championship deck and have just given your all at your first event. As you clear the pool, an official walks up to you and informs you that, although you had an amazing race, you have been disqualified (DQ'd) for a false start. Uhhh!!! That is one of the hardest things to hear. So what is false start? Since the championship season is right around the corner, let's understand how to avoid this dreaded DQ.

Let's start by defining false start disqualification. In simple terms, it means that a swimmer started their race before the starting signal was given, and that this act was observed then confirmed by both the referee and the starter independent of each other. At the start of any event, once

the swimmers are on the block, the referee passes control of the swimmers to the starter (indicated by referee's outstretched arm). Once the starter has been passed control, he or she initiates the "take your mark" (TYM) command. After the TYM command, the swimmer is expected to be stationary in the starting position, having one foot at the front of the starting platform (or the deck). At this time, any forward movement by the swimmer prior to the starting signal is considered a false start. Muscle twitches, which are often observed among swimmers during the start, are acceptable. However, any forward movement is not. If the starter notices the forward movement, they will tell the swimmers to stand in order to give that swimmer another chance. Yet, this is not always possible. Sometimes

after the TYM command swimmers may shift their body backward in order to facilitate a forward propulsion. Experienced swimmers will shift backwards and remain in the backward position, however young and inexperienced swimmers may continue their motion forward, which often results in disqualification. Therefore, the best way to avoid being disqualified for a false start is to remain motionless after the "take your mark" command. Remember to remain stationary to the best of your ability during the second/seconds in-between the TYM command and the starting signal. When nerves are running high, those few moments may feel like an eternity, but it is essential to stay motionless so that your race can count! Now, let's talk about those turns...

CHAMPIONSHIP SEASON

8 and under Championship:

Scheduled for February 2nd and 3rd

NJ YMCA Bronze:

Scheduled for February 9th and 10th

NJ YMCA Silvers:

Scheduled for February 15-17th

NJ YMCA 12 U States:

Scheduled for February 22-24th

NJ YMCA 13 O States:

Scheduled for March 7-10th

YMCA Nationals:

Scheduled for April 1-5th

HOTEL RESERVATION INFORMATION

For Hotels the following was offered. They may already be booked.

SILVERS

Courtyard Glassboro at Rowan University

325 Rowan Blvd,
Glassboro, NJ 08028
856-881-0048

STATES

Eden Resort and Suites Lancaster

222 Eden Road
Lancaster, PA 17601
717-560-8400

2018-19 Swim Team Yearbook

At the end of the swim season, we will be holding our team banquet. In addition, we will be publishing our 2018-19 Swim Team Yearbook. The yearbook includes team photos, rosters by age group, a special section to honor the graduating seniors, team records and accomplishments, etc. Every swimmer will receive a yearbook.

In addition, the annual yearbook is a **fundraising tool** to raise money for the swim team. You can show your support for the team by purchasing an ad in the annual yearbook to honor your swimmer and/or help us find a business to support our team.

Whether you're a parent, grand parent, aunt, uncle, business associate, etc... let's show our kids how impressed we are with them. The annual yearbook will be a keepsake for many years to come so please don't miss this opportunity.

Please help us make this fundraiser a success. Please contact Rick Deet (rwdeet@comcast.net) if you have any questions. We will be posting additional information regarding the yearbook in the next couple of weeks.



REMINDERS

SENIORS

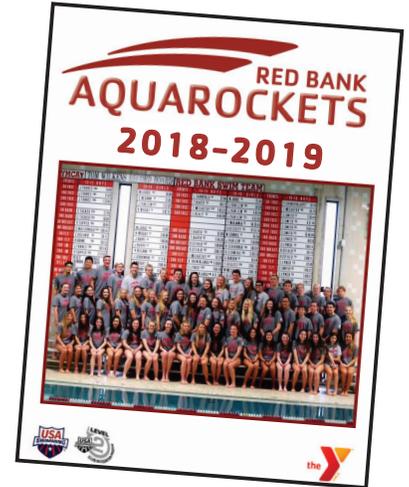
- We need you to prepare your bio for the yearbook.
- Please submit to Heather Trentalange by **February 15, 2019.**

PARENTS

- Please send photos of your swimmers to rbyswimphotos@gmail.com by **March 15, 2019.**
- Please help us solicit local businesses for sponsorship in the annual yearbook.
- Please remember all business ad sponsors must submit print ad and website ad

2018-19 Yearbook Advertising Opportunities

Our Annual Aquarockets Swim Team Yearbook is more than an Ad-journal for businesses. It contains senior swimmer profiles, accolades to record holders, unforgettable moment photos, and messages from family and friends making this a treasured keepsake for the entire Red Bank YMCA Swim Team community. Every swimmer will get a copy of the yearbook.



BUSINESS AD SPONSORS

Gold Sponsorship – \$500 (Limited quantities available)

- Name/logo with premium placement on Team website for a **full year.**
- Full Page Color Ad with premium placement within the Swim Team Yearbook.
- Additional Recognition & a thank you in our Weekly Splash email distributed to the entire Team

**Full Page Color Ad - \$300
(7.25 x 9.75")**

6 months on team website
(150 x 60 pixels)

**Half Page Color Ad - \$200
(7.25 x 4.75")**

3 months on team website
(150 x 60 pixels)



YEARBOOK ADS

Full Page Color Ad - \$150
(7.25 x 9.75")

Half Page Color Ad - \$85
(7.25 x 4.75")

Quarter Page Color Ad - \$50
(3.5 x 4.75")

Swim Team Representative: _____

Phone: _____ Email: _____

AD SUBMISSION PROCESS

1. Circle advertising selection above.
2. Email yearbook ad in PDF format to rbyyearbook@gmail.com Please include your check # & swimmer's full name.
3. Business ad sponsors email company logo for website ad in JPG format to rbyyearbook@gmail.com
3. Make check payable to The Community YMCA Swim Team (Include swimmer name in memo of check)

Business or Family Purchasing Ad: _____

Date: _____ Check #: _____ Amount: \$ _____

Pre Meet Nutrition

As the days get cooler and our swimmers begin spending more hours in the pool, we often find ourselves taking a few shortcuts on nutrition. Picking up a pizza on the way home from practice, grabbing a burger on the way to a meet... we've all been there. While these foods are fine in moderation, they aren't the best foods to eat before a competition. As our short course season gets going in full swing, it's important to stay focused on good nutrition.

The pre-meet meal is as important as any other aspect of your training routine. It gets meet day off to a good start and you won't be as tempted to load up on junk food at the meet if you're already full. Keep the following in mind for your pre-meet meal:

1. Eat familiar foods. Meet day is not the time to experiment.
2. The meal should be easily digestible. Complex carbohydrates do nicely here and should comprise about 2/3 of the meal.
3. Proteins make the carbohydrates you eat more easily taken up by the body, so it's important to eat a small to moderate amount.
4. You don't need to load up on food. 500-600 calories is sufficient.
5. Try to finish your meal about 2-3 hours before the meet.
6. Avoid fatty, fried and spicy foods, carbonated beverages, and caffeine drinks.
7. Pack a good snack for the meet. Forget the candy, donuts and popcorn. Fruit, pretzels, graham crackers and energy bars are better choices.
8. Drink lots of liquids. Water, fruit juices and low fat milk do nicely. Drink a bottle of water on your way to the meet.

GOOD EATS BEFORE THE MEET:

- Cereal
- Toast
- Bagel
- Pancakes
- Juice
- Fruit
- Protein Bar

Ideally the pre-meet meal should be eaten 2-4 hours before the first event to allow the food to be digested and leave the stomach.

Eat mostly carbohydrates before a meet and avoid processed sugars and "Energy" drinks.



SNACKS DURING THE MEET:

To help with hunger during the meet, eat small amounts of carbohydrate-rich foods and drink plenty of fluids. If you have less than an hour between events, stick to water, diluted sports drinks and fruit juices, part of a high carbohydrate energy bar, fruit, or a few low-fat crackers.

If you have more time between events, try snacking on any of the following:

Dry cereal, fruit & fruit juices (diluted), breads- bagels & muffins, Oatmeal in a cup, pretzels, sandwiches of turkey or other low-fat meat, trail mix, vegetables, jerky.

Don't forget to recover and replenish energy after the meet with fruit, fruit smoothies, dried fruits, chocolate milk or a sports drink!