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| **[www.usaswimming.org](http://www.usaswimming.org)**  [**www.swimohio.org**](http://www.swimohio.org) | **The Greater Columbus Swim Team of Ohio GCSTO**  **614-478-5445**[**www.gcsto.com**](http://www.gcsto.com) |
|  | **From The GCSTO Offices January ??, 2018**  ***GCSTO Strong… GCSTO Proud!*** |
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|  | **ATHLETE PERFORMANCE INFORMATION**  **\*\*\*\*\*\* Cardinal Classic Swim Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **CA Level 2**  **Samantha York:** Samwas the only level two swimmer with a qualifying BB cut to step up and take on the challenge of swimming at an out of state meet. She swam in four events and dropped time in her 50 freestyle. She has consistently dropped time in her freestyle at every meet. Her choice to step up and swim shows me that she wants to work hard and wants to be challenged. Even on the days that she says she is tired at practice, she always ends up working hard no matter what. She continues to improve, and her hard work is paying off. Great job, Sam!  **CA & SC Level 3**  **Grace Bartley:** Grace has been working very hard in practice and is a great leader and role model for her teammates. Grace swam the 500 for the first time and did amazing! Over the 3-day meet, Grace swam 7 events and dropped time in all of them. She was the only swimmer that attended this meet that finished with all lifetime best times.  **Level 4**  **Olivia Ave:** As a swimmer who just fell short of finals at the senior meet, it was great to see Olivia’s tenacity throughout the Cardinal Classic with finals swims in the 200 butterfly and the 200 breaststroke. She improved and moved up at night in her finals swim for the butterfly, but the best day of her meet proved to be Sunday when she qualified for finals and continued to improve finishing 2nd in her heat while beating a few in the next heat. Breastroke has traditionally been Olivia's 4th stroke but with the extra work she has put in during practice, she is now seeing strong success where there was once a weakness. Great to see her compete so tough out of state!  **All-But-One Lifetime Bests**  Alysa Li  Samantha York  **Top 10 Total Time Dropped At Meet**  **1. Arianna Denney -26.54**  2. Chloe Albrecht -26.53  3. Alysa Li -20.54  4. Andy Li -17.82  5. Eli Stoll -15.05  6. Grace Bartley  7. Olivia Ave -4.97  8. Samantha York -4.42  9. Tuckor Lambert 4.24  10. William Ave -.67  **\*\*\*\*\*\* GCSTO/WOR Dual Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **CA Level 1**  **Morgan Spalding:** Morgan continues to be one of the hardest workers at every single practice. She always has a positive attitude and a great worth ethic. She never misses a practice. Morgan went a 34.77 in her 50 freestyle, earning a BB cut! Congratulations Morgan! Keep it up!  **SC Level 1**  **Olivia Dersoon:** Olivia is another incredibly hard worker in the St. Charles level 1 group. She always comes to practice with a great attitude and she is always ready to swim! Her hard work paid off at this meet, dropping a total of 21 seconds in the three events she swam, including an amazing 14 second drop in the 50 freestyle! This meet was also a different setup for Olivia with there being no bullpen and the events being mixed age groups as well mixed gender. However, she knew exactly when and where she was supposed to be for each of her events! Way to go, Liv!  **CA Level 2**  **Dom Whittredge:** Dom dominated the dual meet against Worthington. This was his last meet before he moves up to the 11-12 age group. He dropped over ten seconds in his 100 breast and also dropped time in his 50 butterfly. He places first in the 50 backstroke, first in the 100 breast stroke, and first in the 50 fly. He had a great meet and it was so much fun watching his excitement every time he won an event. His 50 fly was the most fun to watch because he realized he was behind and then he kicked it into high gear and ended up winning. Great meet and great improvement, Dom!  **SC Level 2**  **Noah Hart:** This was an extremely fast paced meet and Noah did a great job of keeping up and getting competitive. In practice, Noah has been really focusing on his breaststroke and it paid off in this meet as he dropped 3 seconds in the 50 breast! Noah also swam the 200 backstroke for the first time and did a great job, as well as dropping time in the 100 free. I have worked with Noah for a few years, and it is great to see him continuously improve, all thanks to hard work and focus in practice. Keep up the good work Noah!  **CA & SC Level 3**  **Riley Ranke:** Riley has been working hard after coming back from an ankle injury. After being in a cast for the first couple months of our season Riley really showed off his hard work. He swam 3 events and dropped over 44 seconds. Riley has been working hard in practice and becoming a true lane leader.  **All-But-One Lifetime Bests**  Cameran Ball  Akhil Baskaran  Olivia Dersoon  Lillian Essex  Isebella Felter  Molly Fitzpatrick  Araceli Gaver  Noah Hart  Natalie Lark  Madison Lee  Clark Whittredge  **Top 10 Total Time Dropped At Meet**  **1. Alyssa Gray  21.50**  2. Olivia Dersoon  19.88  3. Rowan Price  18.59  4. Dominick Whittredge  12.38  5. Lillian Essex  8.11  6. Isabella Feiter 7.14  7. Anna Liess Stith 6.55  8. Vikram Vadrevu 5.91  9. Maddy Sanford 4.70  10 Cameran Ball 4.45  **\*\*\*\*\*\* GCSTO Salvation Army Holiday Cheer Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **Novice**  **Addy Frederick:** While Addy dropped time in her events, and also improved her technique in her swims, her biggest accomplishment this meet by far was SWIMMING THE 50 BREASTSTROKE LEGALLY!! Yay Addy!! Addy has worked hard in practice to correct her stroke, refine her technique, and keep her kick in line. Her efforts paid off in this week's swim. Nice job Addy!  **CA Level 1**  **William Harpster:** William has completely stepped up within the last few weeks. He had incredible time drops at this meet and even received a BB cut in an event. He placed second in the 50 breast with a time of 41.57. William also had a great 4 second time drop in his 100 freestyle with a final time of 1:08.32. In the 100 fly, William placed 5th with a time of 1:33.36. He did so well for that being the first time swimming that event. His other times include 38.08 in the 50 fly, 37.69 in the 50 backstroke, and 30.12 in the 50 free. William achieved a BB cut in his 50 freestyle at this meet! He is so close to breaking 30 seconds in this event and I know he will do it very soon. William did so well at this meet and has also been doing so well at practice. He is leading his lane, he makes all of the sets, and is almost always first to finish. Great job, William!  **SC Level 1**  **Riley Pool:** Riley not only swam both days of the meet, but she swam three events each day and dropped time in every single one of her events! She was bummed about “only” dropping about half a second in her first event, the 50 free, even though this was half a second faster from her best time just two weeks before! She went on to drop an amazing 16 seconds in her 100 back and 17 seconds in her 100 IM. However, I am most impressed with how hard Riley has been working on improving her breaststroke kick at practice and it definitely paid off this meet with an incredible 11 second drop in her 50 breast! Way to go Riley, keep up the hard work!  **CA Level 2**  **William Harpster:** William has completely stepped up within the last few weeks. He had incredible time drops at this meet and even received a BB cut in an event. He placed second in the 50 breast with a time of 41.57. William also had a great 4 second time drop in his 100 freestyle with a final time of 1:08.32. In the 100 fly, William placed 5th with a time of 1:33.36. He did so well for that being the first time swimming that event. His other times include 38.08 in the 50 fly, 37.69 in the 50 backstroke, and 30.12 in the 50 free. William achieved a BB cut in his 50 freestyle at this meet! He is so close to breaking 30 seconds in this event and I know he will do it very soon. William did so well at this meet and has also been doing so well at practice. He is leading his lane, he makes all of the sets, and is almost always first to finish. Great job, William!  **SC Level 2**  **Abhilash Iruthaya:** This is Abhi's first full year as a level 2 and I've seen an immense amount of improvement. Abhi is always looking for ways to get better and be the best swimmer he can be. During this long meet, Abhi dropped time in almost every event even getting under a 1:30 in his 100 back! Keep working hard Abhi, we can't wait to watch you improve the rest of the season!  **CA & SC Level 3**  **William Sheridan:** William has been really working hard in practice and focusing on improving his stroke technique. His hard work really showed in this meet. William swam five events and dropped over 40 seconds. He is really building up his endurance and improving his racing skills.  **100% Lifetime Bests**  Isabella Felter  Noah Hart  Riley Pool  Rohan Ranjan  Riley Ranke  Jack Ryan  Madelyn Sanford  William Sheridan  Liam Timmons  Vikram Vadrevu  Sophia York  **All-But-One Lifetime Bests**  William Harpster  Gavin Lewis  Chayse Neese  Rowan Price  Raghav Ramachandiran  Aizza Schirg  Eli Stoll  Greyson Thomas  Talia Toler  **Top 10 Total Time Dropped At Meet**  **1. Riley Ranke -63.09**  2. Riley Pool -49.84  3. William Sheridan -43.72  4. Liam Timmons -33.2  5. Grace Edwards -31.05  6. Vikram Vadrevu -21.33  7. Jack Ryan -20.77  8. Maddy Wood -16.29  9. Noah Hart -14.36  10. Madelyn Sanford -14.11  **Within 3% Of State Age Group Cuts Team**  ***Cade Helms (13-14):*** 100 free, 200 free, 100 back, 200 back, 200 IM  ***Olivia Lewis (9-10):*** 100 free, 100 back, 100 breast, 200 IM  ***Andy Li (11-12):*** 50 breast  ***Kasey Lichtner (13-14):*** 50 free, 200 free, 100 fly, 200 IM  ***Annaliess Stith (11-12):*** 100 breast, 200 IM  **Within 6% Of State Age Group Cuts Team**  ***Chloe Albrecht (11-12):*** 50 free  ***Anna Denney (13-14):*** 50 free, 100 free  ***AJ Denny (13-14):*** 50 free, 100 free  ***Gavin Lewis (11-12):*** 100 free  ***Olivia Lewis (9-10):*** 200 free, 50 fly  ***Andy Li (11-12):*** 100 breast, 50 fly, 100 back  ***Kasey Lichtner (13-14):*** 500 free, 1650 free, 100 back, 200 back, 100 fly  ***Annaliess Stith (11-12):*** 100 free, 100 fly, 50 back, 200 breast  ***Eli Stoll (13-14):*** 200 free, 500 free  ***Hayden Yeager (13-14):*** 50 free, 200 free,  **(The Following Teams Are Determined Off of Times Performed As of 1-1-18)**    **GCSTO’s State Age Group Team**  ***Gold Level (6 or more individual events)***  **Eli Stoll:** 50 free (23.96), 100 free, 100 back (57.70), 200 back (2:11.24), 100 breast (1:07.24), 200 breast (2:23.45), 100 fly, 200 fly (2:12.18), 200 IM (2:09.40), 400 IM (4:36.60)  **Andy Li (as a 9-10):** 50 free (30.48), 100 free (1:07.10), 50 back (34.18), 100 back (1:13.50 ), 50 breast (37.74), 100 breast (1:23.45 ), 50 fly (33.27 ), 100 fly (1:16.44), 100 IM (1:14.16 ), 200 IM (2:41.09)  ***Silver Level (3-5 individual events)***  **Annaliess Stith:** 50 free (27.15), 50 breast (34.42), 50 fly (30.27)  **Olivia Lewis:** 50 free (29.73), 50 back (34.36), 50 breast (37.99), 100 IM (1:17.93)  **Kasey Lichtner:** 100 free (56.16), 100 breast (1:10.28), 200 breast (2:33.10), 200 IM (2:18.07), 400 IM (4:54.42)  ***Bronze Level (1-2 individual events)***  **Gavin Lewis:** 50 Free (28.00)  **Cade Helms:** 50 free (24.21), 100 fly (59.22)  **Andy Li (current 11-12):** 50 back (32.73)  **Sectional Team**  **Harvey Culbert –** 100 Breast, 200 Breast, 100 Fly, 200 IM, 400 IM  **Hannah Olger –** 50 Free, 100 Free  **Grant Cicci –** 50 Free, 100 Free  **Graham Carpenter –** 100 Breast, 100 Fly  **Grace Riddle –** 100 Free, 100 Back, 200 Back  **Future’s Team**  **Harvey Culbert –** 100 Breast, 200 Breast  **Hannah Olger –** 50 Free  **Grant Cicci** – 50 Free, 100 Free  **Grace Riddle –** 100 Back, 200 Back  **Junior National Team**  **Harvey Culbert –** 100 Breast, 200 Breast  **Grant Cicci** – 50 Free |
|  | **ATHLETE EDUCATION (last newsletters are listed)**  **THE CHAMPIONSHIP EXPERIENCE**  The opportunity to reward an athlete who qualifies for an individual or relay event in a championship meet by allowing that athlete to participate in that championship meet should not, in our opinion, be passed up. We have actually heard people say that they wouldn't take an athlete to a championship meet because it was only for a relay, or because it was only 1 event, because the athlete was at the bottom of their age group or because they didn't feel the athlete would "do anything" at the meet. We understand that there are financial considerations and the like but, can't these be worked out by sharing transportation and rooms or the like? Think about it this way, from the athlete's point of view... we tell them to work hard, commit themselves, stay clean and set their goals high. And then, when they achieve their goals, we tell them that they can't go to the meet because it's only a relay, it's only 1 event, they are at the bottom of their age group or they won't do anything at the meet anyway. Talk about creating a conflict in their minds. How can we continue to ask them to (and why would they want to) work hard, commit themselves, stay clean and set their goals high if all of this effort isn't rewarded when it does, in fact, pay off? How can put a price on rewarding them for their hard work and how can we judge the worth of the experience to the athlete or the impact that it could have on them in the future?  From Regionals onward we highly suggest swimming your championship meets… ALL of them that you qualify for as that helps your teammates as well! ***It’s why we are a TEAM and not a CLUB…***  **A Word About Antibiotics**  We know that antibiotics help our bodies fight infections of all sorts. More and more information has become readily available on how these medications affect athletic performance. Thirty years ago we were told they had no effect on athletic performance but they can, indeed, have a very negative effect on athletic performance… especially long-term usage of them.  We have had several athletes on such antibiotics over the last several years for various reasons. Some have taken these medications to help clear their complexions and some to combat sickness or infection. In almost every single case, there has been a discernable difference noted in their ability to train and/or compete at full potential. In some cases, the athletes seem to be able to continually train at high intensities but their overall training speed doesn’t seem to reflect the intensity at which they are swimming. In other cases, it doesn’t even seem that these athletes can generate anywhere near maximum intensity for any length of time in their practice sessions. Regardless, in ALL cases it seems as though the athletes can never perform in a meet to the degree we felt they could do so based on their training record. I’ve trained hundreds of athletes. I have a pretty good idea how fast someone of a given size with a given stroke technique and a given training background should be able to go. These swimmers seem to NEVER be able to put it all together to come near their potential. We’ve eliminated just about everything else. We’ve worked on their diets, their sleep habits, rested them more, tried shorter events, swam different events… you name it. It just doesn’t seem as though they can put it all together at the end of the year. This is frustrating enough for a coach but the athlete is the one who has put in all of the work just to be stymied at the end of the year.  It’s important to note that topical antibiotics have the same effect as those taken orally concerning these side effects. I honestly believe that athletes in this scenario need to take a hard look at their medications and look for possible, natural alternatives to the medications. Talk to your doctor about the subject and see if you can get some insight from them that might help you if you are in this situation.  Additional ways to combat the negative effects of taking such antibiotics might be to see if you can, at the very least, reduce the dosage or frequency of treatments. Then add to this an increase in what are being termed “probiotic” foods… foods that contain bacteria beneficial to your body. Cultured dairy products (milk, cheese, yogurt and such) are a good source of such beneficial bacteria. You’ll need to get these bacteria back into your body after taking such high potency antibiotics. It is also imperative to maintain hydration levels during this time while keeping your electrolyte levels at maximum. As such, you need to replace your electrolytes daily (those such as sodium, potassium, calcium, chloride to name a few). It would therefore be beneficial to make sure that you are taking a multi-vitamin/multi-mineral supplement to help ensure that you are replacing & replenishing these daily. An electrolytic fluid-replacement drink would also help here. I might also suggest eating smaller, more frequent meals, as well, so that your digestive is faced with more manageable loads when working to absorb that which the body needs from the food that you do eat while it is in this compromised state.    **What Is A Prelim/Final Meet?**    **PRELIMS (Preliminaries)**  Our championship meets run “***preliminaries or prelims”*** in the morning which is where almost all swimmers entered swim their events compete in their events. I say “almost all” as in the shorter events (200’s & down), all swimmers do, indeed, swim in the morning. In longer events at the 14 & under level, however, (400’s and above) everyone swims in the prelims except the top 1 to 2 heats of entries who actually will swim at night in the “finals”. These longer events are considered “timed final” events in that the swimmers don’t get a second swim in that event that day… they swim it once and then are placed/awarded by the time that they receive.  **FINALS**  The **“*finals”*** portion of the meet is for those who make the top 6 to 24 fastest times in each event. This number is dependent on how many lanes the pool has and how many heats are brought back at night to swim in finals. At some meets it will be only a 6 lane pool and 2 heats come back at night to swim again in finals. In this case you would have an “A” or Championship Finals heat (used interchangeably) comprised of the 6 fastest times and a “B” or Consolation Finals heat (used interchangeably) comprised of the next fastest 6 times. Some pools have 8 lanes so it would end up being the top 16 that come back to swim at night. At our age group championships for 14 & unders we run 2 heats maximum of each event in finals. At our senior level meets (15 & over) we actually run 3-4 heats in finals depending on the size of the meet and the time line just so that you know of that when your athlete moves to that level.  Once the athletes qualify for their heats at night and are assigned to their respective (A/Championship) or B/Consolation) heats their performance that night can move them up or down within that heat but cannot move them into consideration for the other heat. Let’s say your athlete goes to regionals, is in a 6 lane pool and has the 12th place time. They will come back in the Consolation heat in lane 6 (where the slowest time will be seeded). Let’s say they then perform so well at night that they beat everyone in their (consolation) heat. They then are awarded 7th place. Further… let’s say that their time that they swim that night actually is FASTER than one or more of the times in the Championship Finals heat. Sorry, 7th place is still the best placing they can get. The reverse is also true in that a swimmer’s time performed in the Championship final heat cannot move them “down” into the Consolation heat. Even if they go slower than every single person in the Championship and Consolation heat (meaning they have the 12th slowest time performed that evening) the worst place they can get is 6th!  If this is all new to you, please make sure you talk to your coach about what to do at these meets.  **IMPORTANT NOTE**  Please note:  1 – There are no “self-scratches” allowed. What this means is that a parent or athlete cannot simply  remove themselves from an event without the expressed, written consent of a staff member.  A – Doing so in the preliminary heats without coaches’ permission is considered a “no show” by the meet  management and causes the event to be counted against the athletes daily and meet limit of events.    B – Doing so in finals causes the athlete to be disqualified from their next event and carries a $50 fine on  the last night of the meet charged to the family by the host team and Ohio Swimming.  C – Doing so may also result in addition ramifications by our own staff such as removal from a relay or their  next event.  2 – If you do receive permission to scratch an event (as there are cases where this may be warranted)  your coaches can go through the proper procedures for scratches at these meets so that your athlete  is not subject to penalty. Please stay in tune (communication) with the staff during this time. |
| **Steven A. Nye**  Head Coach - GCSTO  PO Box 30483  Gahanna, OH 43230  614-478-5445  cid:image001.jpg@01D209EE.05F71130 | **WHO TO CONTACT**  **Greater Columbus Swim School (swimming lessons operating year around at multiple facilities) – Erin**  **Harris (614-582-2597 or** [**erinharris.gcss@gmail.com**](mailto:erinharris.gcss@gmail.com)**) for Columbus Academy, St. Charles, Wyandotte Athletic**  **Club & Columbus Sports Club lessons.**  **Greater Columbus Home School Program (our swim team program for home school children) – Steve**  **Nye (614-478-5445 or** [**stevenye@sbcglobal.net**](mailto:stevenye@sbcglobal.netb)**)**  **Training & Swim Meet Questions** – Your coach.  ***THANKS FOR BEING A PART OF OUR TEAM!!!!!*** |
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