



*Developing Children to be
Champions in Life through Swimming*

“LANE 4” TIMES

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Championships meet week:

This is the final week of the season for all Riptides. Whether the swimmer is preparing for the SC Swimming State Championships or the SSL Summer Championships, this is the last week!

The practice schedule will remain normal for Mon-Wed, however, there is a change for Thursday –

- **Senior Prep, Gold, Silver, Bronze will practice from 7:30-9:00am**
- **Blue will practice from 7:30-8:30am**
- **Red and White will practice from 9:00-10:00am**

This is the last practice for the summer!

The SSL Championships is a very important meet for Riptides. This is the only meet where we can actively recruit new swimmers for the fall. We need all swimmers and parents to put on a “show!” The best way to attract the new swimmer is by demonstrating great racing!!!

Parents can do an awesome job by talking up the benefits of being on Riptides and our rich history of successes and achievements.

Coach Jim and Coach Mary will be at the SC Swimming State meet, so special assistant, Coach Dan will be guiding the Riptides at the SSL Championships. All swimmers must take on personal responsibility to help each other at the SSL Champs... that’s what being on a team is all about!

Good luck to all our Riptides at their respective meets!

Summer Break:

The summer break will be a little different this year. **All swimmers will have off effective July 28-August 11.**

However, **from August 12-16**, all swimmers in Senior Prep, Silver, Bronze, Blue, Red and White are invited and encouraged to participate in the “Bring-A-Friend to Practice” Week!

Each practice will be one hour long and in the mornings. The reason for this change is simply to keep the skills of our swimmers fresh and to make it more appealing for the friends of swimmers to attend.

The clinic is free to all Riptides as part of August dues, but for friends, we are charging a small amount of \$25 per swimmer for the week.

Any swimmer who participates in the clinic and joins Riptides will have the \$25 credited towards their registration fee! This is an awesome deal.

Swimmers in Senior and Gold will return to pre-season training August 19.

All swimmers will return to fall training **September 3.**

Enjoy your break Riptides... you have earned it!

Riptides’ Build-A-Pool Campaign:

Several months ago, a request was put out to the MBR members asking for parents who would be interested in participating on a committee to research the ability for Riptides to realize our ultimate goal of our own facility.

The BAP committee consists of Coach Jim, Chip Bateson, Kimberly Busse, Tina Flaherty, Chris and Liza Long, Holly McWhorter, Alicia Sanders, with additional input from Mike Roberts.

Tom Sinclair of Sinclair and Associates in Greenville, SC has been very helpful in sending rough blueprints and advising in costs.

Over the past few months, much research has been done, many meetings have taken place, several design options have been considered and locations have been sought.

So, where are we now?

We have initiated the review of at least a dozen different local, state and federal grants. Each grant has different ceiling amounts. But if it were possible to receive money from each of the grants, the new

facility could begin with a huge injection of cash-flow.

Any Riptides' member who has experience with grant writing should contact Coach Jim or Kimberly Busse.

We have looked into different properties which could suit our needs. The first location was ideal however the cost per acre exceeded our budget. After conversations with the bank who owns the land, they were not able to assist with the cost.

A second location has been found and the price is very good. We are now going to investigate the possibility to secure the land if it will fit our needs and the overall cost can remain within our budget.

The next, and most important phase of this project, is the actual "Build-APool" Campaign. And this is where we are going to need every member of Riptides to assist.

We need every member to get the word out to family, friends, business partners, community philanthropists... anyone and everyone you can think of.

We will have the BAP Campaign posted on the Riptides' website and facebook page very soon.

What we need is to create the buzz about a new facility and seek and secure sponsors and donors. A list of sponsorship opportunities will be posted. These opportunities will range from \$250 for block and tile sponsors all the way to \$300,000 for actual naming rights to the facility!

The BAP committee is confident with a combination of grant monies and sponsors, the Riptides' aquatic center can come to fruition.

What will the new facility feature?

The first phase of the facility includes the main building which will house offices, reception, dressing rooms, pro-shop, meeting room, and aerobic/fitness room.

But more importantly to swimmers are the pools. Yes, pools... plural! The main training/competition tank will measure 25 yards x 25 meters, can be configured as 8-10 lanes and will be kept between 80-82 degrees. The second pool will be a warm-water tank and will measure 32 feet x 25 yards, will be configured as 4 lanes and kept at 84-86 degrees.

The pools will feature the latest technology in filtration, which includes the use of UV light tubes and the latest innovation in pool design... the evacuator air removal system. Combined, these two systems will virtually remove all chloramines from

the pool, allowing for healthier swimmers! No smell. No coughing. No skin and eye irritations. No problems!

Phase two of the project will take a few more years, but in this phase, an outdoor, 4 lane x 50 meter pool will be added. This will then be the only long-course pool within a 2 hour drive of Myrtle Beach! The long-course tank will have an even greater impact on revenue generation for the facility.

Above the dry-side area of the pool will be a balcony for bleacher seating, swimmer dry-land activity and more!

The actual building will be different than anything along the Grand Strand. The dry-side of the building will have normal heating, a/c, etc. But the wet-side will not have a dehumidifier.

Instead, to keep things comfortable, the sides of the building will feature roll-up style doors to allow for fresh air to flow in and out and large ceiling fans for even more circulation. The wet-side will be heated in winter, but heat escaping from the pool will assist in this as well.

A variety of programs will be offered from youth to adult lessons, youth to adult competitive swimming, aquatic therapy, youth to adult fitness programs, facility rentals and event hosting, just to name a few!

If every member of Riptides could reach out to just 5 people, we would impact up to 200 people. And if those friends reach out to 5 more, we will have contacted 1000! And things just grow exponentially from there. With everyone working towards this goal, it can be achieved sooner rather than later.

Remember to keep in mind the big picture. Although it can take a couple years to finally put together the finances and locate and secure the land, some swimmers may graduate before they can actually train in the new pool. This is a project which will benefit all Riptides in the future. The project can be there for the Riptides who return home from college!

Get excited. Start putting out the buzz. Start thinking about a day when Riptides' has its own site to hang banners, honor our past and set the foundation for our future!

Three Factors to a Swimmer's

Advancement: *Training or Competition*

Every so often, the question will be asked, "*When will my swimmer be promoted?*"

The question generally comes up a few times each year – at the start of a new swimming year, at the start of a new swimming season, or at the conclusion of the current season and it's not an easy one to

answer. In general, swimmers will progress at their own rate and there is not a specific timeline.

Parents, swimmers and coaches alike all ask the question. From a coach's perspective, we ask it all the time amongst each other. Coaches are constantly evaluating swimmers to determine an expected move. At the core, Riptides' coaches will evaluate three factors in determining a swimmer's advancement – *attendance, ability and attitude.*

Although not every training group with Riptides has a required minimum attendance, we do track an athlete's attendance (for both practice and meets). If a swimmer is seeking to advance to a training group which has an 80% minimum required attendance, we will review to see how often the athlete has been attending in their current group. This will assist us in determining if the swimmer is going to be able to commit to minimums required for the next level group.

If an athlete has been attending significantly less than the next group's minimum, the athlete will not be moved. We also evaluate the meets an athlete has been attending, or not attending. After all, with a higher level training group also comes with higher expectations of participation.

The ability – or training level – of an athlete is directly related to their attendance. If an athlete is not attending practice regularly, their ability to perform next-level work is stunted. As coaches, our primary objectives are to keep all athletes safe and provide the best quality practices possible. An out-of-shape swimmer will only get in the way of their training-mates, possibly causing injury not only to themselves, but to the other swimmers in the lane.

Now posted on the MBR website under the TRAINING tab is a chart listing the general requirements of each training group with regard to attendance and ability. There are three basic skills of training for each training group – repetitive freestyle swims, repetitive IM swims and repetitive kicking. While some swimmers may excel in different areas, all the swimmers within a training group are capable of performing at the minimums of their group.

When practices are written, they are designed to challenge the swimmer and push the athlete outside their comfort zone. If a swimmer is getting more rest than is expected after each repetition, then coaches will tighten the interval (send-off) time. When the interval time gets to a point where it is close to the next level training group, then it is time to consider a swimmer's advancement.

We also utilize "test" sets to determine training ability. These test sets are not pass or fail, they are just one component of training done at Riptides to aid in growth and training improvements.

The last factor in swimmer advancements is attitude. How does the swimmer interact within their training group? How does the swimmer approach more challenging sets or handle criticism? Is the swimmer "happy" to be at practice or is it a chore?

Coaches do not expect swimmers to be happy every day, but we do expect swimmers to seek out the challenge of tough sets, employ the changes in technique, to be a contributing member of their current training group and the team. When it's time to do a set of 10 x 400's IM at an interval of 5:30, it's only the teammates in the trenches who can help!

In today's internet society, everything happens fast...really fast. The sport of swimming is not a fast sport. It takes years for a swimmer to develop. Sure, there are those who develop much faster than others, but one lesson is to never compare one swimmer to another. Riptides' has a rich history of swimmers who have either developed very quickly or have developed following a more traditional timeline. Riptides' has had swimmers who would virtually swim best times at every meet and those who would go 2, 3 even 4 years before earning another best time.

Perhaps the best Life lesson swimming teaches athletes, coaches and parents is it the responsibility of everyone to work together to be successful...

Swimmers swim. Coaches coach. Parents parent. Money cannot buy success. Only hard work, dedication and determination can offer the possibility of success.

Upcoming Events:

SC State Championships – July 25-28
SSL Championships – July 27

Outstanding Accounts:

If your account has an outstanding balance – dues, fund raising – the account must be cleared no later than July 23! Swimmers will not be allowed to return to Riptides until all balances are cleared.

Registration forms for 2013-14:

Please be sure to bring your swimmer's registration form and deposit check for \$100 to Coach Jim no later than July 23. Space is limited and after July 23, membership on Riptides is first-come, first-served!

Practice Changes:

July 25 –

- Senior Prep, Gold, Silver, Bronze @ 7:30-9:00am
- Blue @ 7:30-8:30am
- Red, White @ 9:00-10:00am

Birthdays:

Jake Flaherty – 5th, Tucker Hendrix – 21st