



# “LANE 4” TIMES

VOLUME 5 ISSUE 4 DEC 2012

*Developing Children to be  
Champions in Life through Swimming*



## Practice Schedule Change:

All practices for **December 8, 2012** will be at the Canal St Rec Center. Below is the schedule –

Seniors, Gold –	10:00am-1:00pm
Silver -	10:30am-12:00pm
Bronze -	10:30am-12:00pm
Blue, Red, White -	12:00pm-1:00pm

It should be noted, effective **December 15, 2012**, Senior, Gold, Silver and Bronze groups will remain at Canal St Rec Center for all Saturday practices. Swimmers in Blue, Red and White will return to “Pepper” Geddings.

Below is the schedule effective December 15, 2012 –

Seniors, Gold -	10:00am-1:00pm @ Canal St
Silver -	10:30am-12:00pm @ Canal St
Bronze -	10:00am – 11:30am @ Canal St
Blue -	11:30am-12:15pm @ “PG”
Red, White -	12:15pm-1:00pm @ “PG”

The aforementioned schedule has been directed to us by the City of Myrtle Beach. Thank you for your cooperation and understanding.

## 31 Apparel:

Just a reminder, orders from 31 Apparel are due December 5<sup>th</sup> if you would like to receive them by Christmas. Orders can continue after the 5<sup>th</sup> through the 28<sup>th</sup>. Thanks.

## Meet Recaps:

The Riptides closed out 2012 with three meets in Columbia, Mt Pleasant and Cary, NC. Many personal best times, new SC Swimming Championships times and MBR team records were achieved in the final few weeks of competition. Check out the highlights below...

## PALM Turkey Invite –

Fourteen Riptides made the trip to Columbia, SC for the 2012 PALM Turkey Invite. When the pool settle, over 40 personal best times, several SCS Championship qualifying times and 1 new team record was achieved.

**Danielle Flaherty** (11-12) led the Riptides with 7 personal best times, including a team-leading improvement of 2minutes and 28 seconds in the 1000 yard freestyle. Flaherty’s time of 12:33.17 is also a new 11-12 year old SC State Championship q-time. Flaherty also earned the State Championship q-time in the 11-12 500 yard free at 6:09.2.

**Taylor Koppel** (13-14) and **Lexi Roberts** (10/Under) each achieve 5 personal best times in their events. Koppel’s largest improvement was 17 seconds in the 100 backstroke; Roberts slashed over 6 seconds in the 200 freestyle.

**Chad Bateson** (15-16) was next in line with 4 personal best times and a new team record in the 400 Individual Medley at 4:46.36. **Andi Churchill** (13-14) matched Bateson with 4 personal best times and a new State Championship q-time in the 1000 yard freestyle at 11:37.55. **Ethan Nechemia** (10/Under) picked up 4 personal best times as well, with the 200 freestyle as his most improved event by over 5 seconds.

**Mackenzie Angwin, Julia Campbell, Connor Churchill, Ty Kinner-Costello, Megan Koppel, Barbara Long and Cobi Williams** each achieved at least one personal best time. Angwin's had the largest improvement of 24 seconds in her 1000 yard freestyle to go 12: 16.4.

### **Raleigh Swim Association Reindeer Invite –**

The RSA Reindeer Invite was hosted in Cary, NC the weekend of Nov 30-Dec 2, 2012. Typically one of the busiest meet weekends in swimming, the Riptides sent a small contingent of swimmers to compete.

**Lexi Roberts** (10/Under) had an outstanding meet, swimming to 10 personal best times, 4 new SC State Championship q-times and 2 MBR team records.

Roberts' largest improvements were in the 200 Individual Medley (16 seconds) and the 100 Butterfly (20 seconds). New State q-times, Roberts' first, were in the 50- and 100- Backstroke events and 100- and 200- Freestyle events. Team records were both Backstroke events.

**Julia Campbell** (Senior) achieved a personal best in the 200 IM and matched her best 100-Butterfly time at the evening Finals. Campbell also achieved a near-personal best in the 1650 freestyle.

**Barbara Long** (Senior) achieved a personal best in the 100- Butterfly and achieved a season-best in the 1650 freestyle.

### **MPSC Grand Prix #3 –**

While one group of swimmers was in Cary, NC, sixteen other members of Riptides were competing in Grand Prix #3 in Mt. Pleasant. The swimmers did a good job, turning in a combined 20 personal best times.

**Jaden-Grace Anderson** (10/Under) had the largest improvement by dropping over 9 seconds in in the 25-yard freestyle. Anderson also bested her 25-yard backstroke.

**Jordan Faircloth** and **Kylie McWhorter** led the team in total personal best times, each swimmer earning three personal bests. **Rafael Adi, Connor Campbell, Peyton McWhorter** and **Mackenzie Squires** each earned two best times. **Kailey Habib, Tucker Hendrix, Hannah McDonough, Ethan Nechemia, Jacob Sessions** and **Chloe Stampfle** each swim to a personal best.

The Riptides have completed their competitions for the calendar year and will return to competition in January, hosting the 2013 Winter Invitational at the North Myrtle Beach Aquatic and Fitness Center January 18-20.

## **THE MAGIC OF AN OPPORTUNITY:**

BY MIKE GUSTAFSON, USA-S CORRESPONDENT

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race."

You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim?

World records aren't broken every day. The opportunity is rare. You'd take advantage of it.

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day?

I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're already in.

People always get their foot in the door, but they rarely take advantage of it.

It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who could be stuck in an elevator with. Some of my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched her an idea they had rehearsed, and made the most of their opportunity. No joke.

Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "...and I'll aim for perfection."

Sometimes, swimming is viewed in a linear path. You'd think, "Times will get faster. Races will get easier. I'll eventually get here, do this, swim that, and by this year I'll be where I want to be." Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan."

But swimming is rarely predictable. It's not this linear, easily-planned calendar of time progression. It's more a chaotic fun house. It's opposite than what you'd expect. You swim fast when you expect to swim slow. You swim slow when you expect to swim fast. One day, you could be planning a trip to the beach, while your body secretly knows, "I could be breaking a world record right now, this very second."

You never know when the swim of your life will happen.

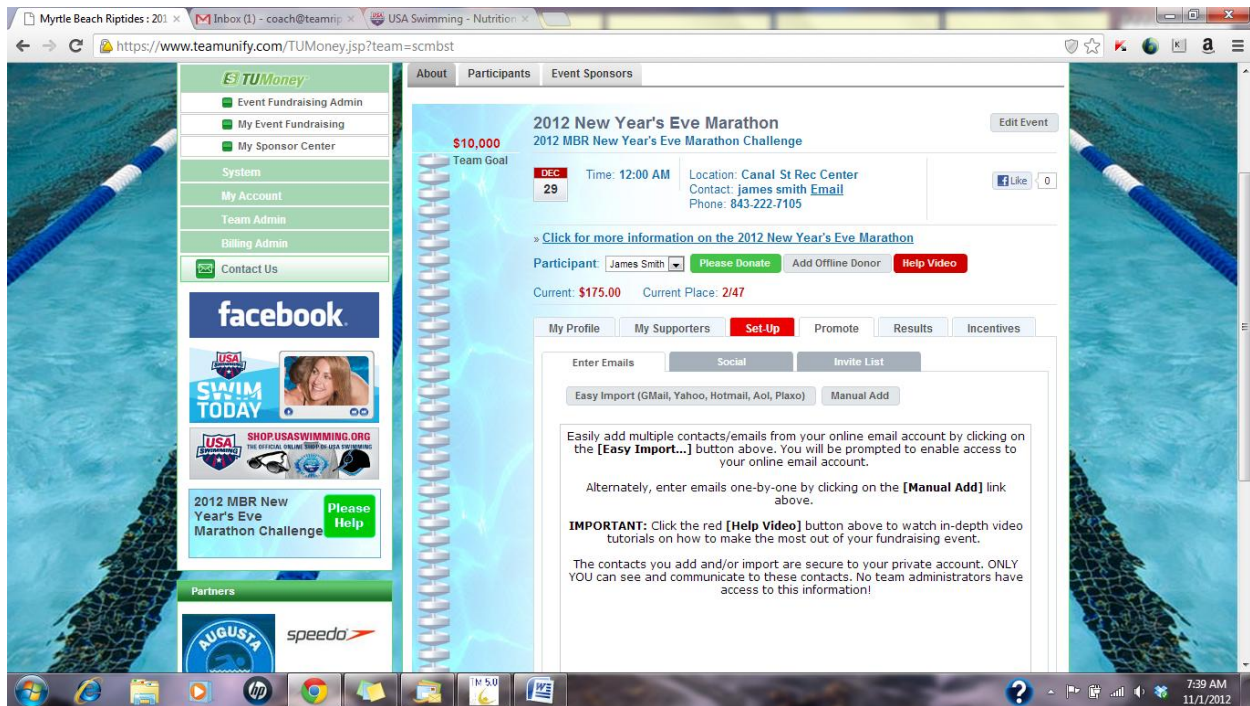
You can't plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it's best to say to yourself, "Give me a lane, anywhere, anytime – and it could be magic."

### **2012 New Year's Eve Marathon:**

As the 2012 New Year's Eve Marathon swim approaches, it is important to get out and promote it to our family and friends. One of the best ways to do this is to add email addresses to your swimmer's profile and add your profile to your Facebook account.

To update your swimmer's profile, logon to TeamRiptides.com and click on the PLEASE HELP button. From there, you will see a screen similar to the one below.

Be sure to click on the PROMOTE tab and now you can import electronically or manually all of your email addresses.



From this same page, you can also add this to your Facebook page by clicking on the SOCIAL tab.



The goal this year is to raise \$10,000. With everyone's assistance, this goal can be achieved. Remember, swimmers can earn prizes for the monies they raise!

Good luck Riptides!

## **NUTRITION: HOW TO MANAGE EXTRA WEIGHT IN THE YOUNG SWIMMER** BY JILL CASTLE, REGISTERED DIETITIAN AND CHILD NUTRITION EXPERT

There's no doubt that the sport of swimming can be an ally to the child who may be carrying extra weight. While swimming on a regular schedule will likely produce the benefits of greater physical endurance, fitness and self-esteem, and cement the cornerstones of a healthy lifestyle, it may not produce significant changes in weight status.

What many swimmers and parents don't realize is that it takes more than just swimming alone to battle the bulge.

### **Nutrition Habits**

Young swimmers may carry extra weight for a variety of reasons. Make sure it is truly "extra" weight, and not normal variations associated with growing. The following nutrition habits may need improvement:

#### **What is the swimmer eating?**

Are meals balanced with lean meats, whole grains, fruits, vegetables and low fat dairy products? Do snacks contain a protein, whole grain, fruit or vegetable? Getting the right balance of nutritious foods (90%) and fun foods (10%) is essential. Aim for three "square" meals that contain most of the major food groups, and snacks that represent wholesome foods that satisfy the appetite. Be as scheduled with snacks as you are with meals. Watch out for too many sweets or packaged snacks as these can ramp up the extra calories quickly.

#### **How is the swimmer eating?**

Look at the eating habits of the swimmer and the whole family. Is the swimmer eating out more than five times per week? This frequency starts to push the calorie load into overdrive. If eating out, where is it occurring and can the swimmer make (or is the swimmer making) healthy choices? Does the swimmer snack for more than 15-20 minutes? Dining at fast food establishments and lengthy snack sessions are associated with high calorie intake.

#### **Why is the swimmer eating?**

Many swimmers eat due to hunger, which is a good reason. However, the swimmer can be overly hungry because the quality of meals and snacks are not nutritious or satisfying. This can lead to overeating.

Cultivate good eating habits, including mindfulness when eating. Identify physical hunger from eating out of boredom, pleasure or emotions. For the swimmer, the goal is mostly to eat for physical hunger or fuel.

#### **Is Weight Loss OK?**

A gradual weight loss of no more than 1.5% of body weight per week (for the 150-pound swimmer, no more than 1-2# per week) in the presence of a nutritious and adequate diet is acceptable.

Don't make the mistake of cutting out carbohydrates or protein—these are essential nutrients for active athletes. Instead, target fats. Keep the good fats such as olive and other plant oils, avocado and nuts in the diet, and cut out the unhealthy fats like fatty meats and dairy, fried foods and processed snacks.

A registered dietitian specializing in weight management or sports nutrition can help with healthy weight management in the growing swimmer.

#### **Beware of the Risk Factors**

Managing weight in the young swimmer means being aware of the unintended consequences that may occur, such as extreme dieting and growth disturbances. While dieting is associated with a risk of disordered eating and eating disorders, ignoring important nutrients like calcium, vitamin D and iron, and overall calories to maintain growth may spur other problems.

*Bottom Line:* Swimming is one of the best sports around for healthy weight management, but remember, exercise alone may not correct excess weight. Fine tune nutrition habits to get the most out of swimming and other forms of exercise.

### **Upcoming Events:**

Dec 8 – "Bring-A-Friend to Practice" Day and Winter Luncheon at Logan's Roadhouse  
Dec 29 – New Year's Eve Marathon Swim!!!

### **Practice Changes:**

Dec 24, 25 – No Practices

### **Birthdays:**

Kylie McWhorter – 9<sup>th</sup>, Stergios Paraschos – 12<sup>th</sup>, Taylor Koppel – 14<sup>th</sup>, Kailey Habib – 18<sup>th</sup>, Lauren Campbell – 29<sup>th</sup>