



*Developing Children to be
Champions in Life through Swimming*

2013 MBR Winter Invite:

The first MBR-hosted meet has come and gone and it was a HUGE success! With over 200 swimmers competing, the meet ran relatively flawlessly, less some facility issues out of the control of MBR. It was one of the finest meets hosted by MBR.

The success of the meet was two-fold – the performances of our athletes and the outstanding work done by our volunteers.

Regarding our volunteers, thank you to everyone for stepping up to make this event run smoothly. Many compliments were doled out by our visitors regarding the great officiating; the effort by the timers to volunteer for all events; and, plenty of food at the hospitality and concessions areas.

Our next big event is the Lowcountry Palmetto Championships March 22-24. This event is an even bigger deal. There will be at least six sessions – two each on Fri, Sat and Sun – up to 9, depending on the size of the event. The meet is formatted as prelims/Finals all three days. Coordination of the event will begin in February; meaning, we will need to start signing up volunteers and organizing hospitality and concessions. We expect 5-7 teams accounting for 225-275 swimmers. Thank you in advance for stepping up, again.

Thirty Riptides competed and did an outstanding job as well, earning many best times, MBR records and new State Championship q-times. Leading the charge with personal best times at 8 were Chad Bateson and Danielle Flaherty.

Several swimmers earned seven best times including Andi Churchill, Barbara Long and Peyton McWhorter. Rafael Adi, Mackenzie Angwin, Eddie Bateson, Dayton Busse, Julia Campbell, Jake Flaherty, Kailey Habib, Tucker Hendrix, Matthew Key, Ty Kinner-Costello, Megan Koppel, Taylor Koppel, Hannah McDonough, Sophia McKanna, Kylie McWhorter, Ethan Nechemia, Yianni Paraschos, Lexi Roberts, Jacob Sessions, Chloe Stampfle and Cobi Williams each swam to personal bests during the meet. Swimming in their first meet

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with Riptides were Josh Guerra-Devine and Alyssa Cozart.

Chad and Eddie Bateson each set new team records and earned additional State Championship q-times. Julia Campbell, Andi Churchill and Lexi Roberts also earned new State Championship q-times. And Danielle Flaherty earned her first 11-12 Age-group Sectional Championships q-time and additional State Championship q-times.

The Winter Invite also served as the last chance opportunity for swimmers to earn or improve 2013 SC Swimming State Championship qualifying times. Riptides is proud to announce the 2013 short-course SC Swimming State Championship team – Chad Bateson, Eddie Bateson, Julia Campbell, Andi Churchill, Connor Churchill, Danielle Flaherty, Barbara Long and Lexi Roberts. Congratulations to all our swimmers.

Schedule Change for Saturdays:

Beginning February 2, 2013, there will be a slight change in the practice schedule for Saturday's. **Red will now join Blue from 11:30am-12:15pm at "Pepper" Gedding Rec;** White will remain 12:15-1:00pm.

Thank you for your understanding and cooperation.

Characteristics of Successful Swimmers:

After 30-plus years of being in the sport of competitive swimming, one indomitable truth remains – success in swimming can be perceived in many ways. For most, achieving a personal best time or mastering a new event is a success. For those who look for more, achieving a new championship qualifying time to participate at higher level competition defines success. And in my 30-plus years, certain characteristics of successful swimmers stand out – *desire, dedication and determination*.

Before going too far into this article, talent does play a role in achieving success. But in the “swimming world” very few swimmers have a “natural” talent, but rather more of a “developed” talent.

When children begin their swimming “career” it is usually at the swim lesson level. From there, parents may enroll children onto a swim team to continue skill development/water safety or at the suggestion of a swim lesson instructor. Children coming out of a swim lesson program generally display an aptitude for swimming, but have not yet developed the characteristics of successful swimming. This comes with time.

Characteristics of successful competition swimmers are *Desire*, *Dedication* and *Determination*.

Desire is an unwavering “want” for something. It is the “heart” the athlete puts into achieving their goals. The desire cannot be created... it must come from within. A coach can offer the opportunities for an athlete, but the athlete must have the heart, the desire, to attack and achieve.

Dedication is an unshakable commitment to one’s craft. The dedicated athlete is a disciplined and coach-able athlete; the athlete who listens to and applies instructions given in order to achieve the goal. If one is truly dedicated to their craft, the athlete will focus on making even the slightest improvement required. Often missing practice or less-than-full effort are not the qualities of the dedicated athlete.

Determination is the ability to make sacrifices to achieve the goal. A determined athlete will do everything possible to attend practices and competition and push beyond the “threshold barrier” to achieve success. The “threshold barrier” (sometimes referred to the pain barrier) refers to the point at which the body wants to stop and the mental must take over and push the body beyond; in this case, “pain” does not refer to injury. The “barrier” is similar to climbing a mountain... the higher the mountain gets, the steeper it becomes. Only the best will push to the mountain’s summit.

Not all athletes possess all three characteristics. Most possess one or two, but the lucky few who possess all three and can implement all three, have the greatest chance of achieving their ultimate goals.

If one were to consider Riptides and the athletes who have come through this program, one would immediately notice some of the “disadvantages” our athletes have faced... most swimmers at or less than average heights, there isn’t any access to long-course training, current facilities are not generally ideal for high-level training (water temps on the hotter side, shallow pools) and geographically isolated with regard to competition.

But, yet, Riptides’ swimmers have been able to achieve at every level. Why?

Simply because those who wanted to achieve had the characteristics of the successful athlete (*and proper coaching guidance, of course!*). There are the stories of extremely difficult training sets which have resulted in swimmers “leaving” practice; or swimmers breaking down (physically, mentally and emotionally), but yet continued to train; or swimmers racing at paces faster than what they believed they could do in practice, which led to successful competition. The stories are all true. Within the arena of the Grand Strand, no other swimmers have been able to train at the same level or difficulty than those of Riptides’ swimmers. Ever.

Not every child will achieve championship qualifying time standards. Not every child possesses the three core characteristics of *desire*, *determination* and *dedication*. But for those who do, and take advantage of them, success is more likely.

New Year's Eve Marathon:

The final tally is in and the 2012 New Year’s Marathon raised a team-record of nearly \$7,000! Although we fell short of the goal of \$10,000, if we do not dream big, we will never challenge ourselves.

For swimmers who raised funds eligible for prizes, those prizes are on their way. It may take a few weeks, but the goal is to have everything returned by the 2013 State Championships.

For swimmers who still have a balance on their fundraising, there is still an opportunity to satisfy this obligation. Swimmers can sell meet advertisements for the 2013 Lowcountry Palmetto Championships in the form of signs.

Many may have noticed the signs which decorated the window-side of the pool during the 2013 Winter Invite. Each sign will measure 24”x36”. The cost per sign is \$200, with approximately \$125 going towards your fundraising obligation. Once your sponsor is secured, they will need to send Coach Jim a jpeg of their company logo.

Following the event, the sign will be returned to the sponsor as a “thank you from the Riptides” so they may proudly display at their place of business.

Swimmers who wish to continue to fundraise may do so as well. Sign sales are tax-deductable and local businesses are a great place to start for sponsorships. But anyone can purchase a sign... family, friends, etc... let your imagination run wild!

Sign sales, like all fundraising, are directed to the MBR Booster Club to offset the costs of facility rent and other items.

Sign orders and jpeg logo must be returned to Coach Jim no later than **March 15, 2013**.

Recruiting new swimmers:

As the seasons move from winter to spring, many parents will begin to seek activities for their children for the spring and summer. Riptides' wants to be able to secure new swimmers for the spring and summer and this is where our current membership comes in.

We will be hosting "Bring-A-Friend" days in February, March and April. As previous B-A-F days have gone, the activity will occur at the Canal St site on a designated Saturday from 12:00-1:00pm. The B-A-F days are FREE to those who wish to participate.

For those friends who cannot attend a B-A-F day, the coaching staff can always schedule an athlete evaluation.

Thanks to Alicia Sanders and friends who have created and been updating the Riptides' facebook page. Riptides' parents who have pics they would like placed can contact Coach Jim, who will then turn pics over to Alicia.

Kudos to Kimberly Busse who was able to secure electronic advertising with Forestbrook Elementary school for Riptides in the form of email blasts, general announcements and even placement on the school's facebook page. Any parents who have contacts at their child's school which can do the same, please contact Coach Jim for the advertisement.

Riptides' has room to grow and with your help, we can continue to build the team and develop the finest young swimmers from the Grand Strand.

Changes at Riptides:

Since the inception of the Riptides in 2008, it has been structured as a head coach/CEO-run, Board of Directors-supported program. The reason for this structure has been primarily to allow the paid, professional staff to manage the daily operations of the Riptides and utilize the volunteer energies of the Board members to organize events and support the needs of the coaching staff to improve the Riptides' opportunities.

Any member who has been to the Riptides' website lately may have noticed a tab labeled as Grand Strand Aquatic Management. This new company, GSAM, is owned and operated by head coach Jim. GSAM offers professional management and consulting services.

In order to improve the utilization of the resources available, the GSAM will assume the daily operations of the Riptides. The Board of Directors will continue, but instead will continue as the Riptides' Booster Club and maintain its 501-c-3 tax

status. This change in business operations will not affect the Riptides' organization.

Any current Riptides' parents who would be interested in serving as a member of the Booster Club should contact Coach Jim. We will need to fill positions for officers and committee chairs. Each officer position is a 2-year commitment; each committee chair is a 1-year commitment.

However, **effective February 1, 2013**, all checks – tuition, meet entries, clinics, and activities not deemed as fund raising – are to be written to **Grand Strand Aquatic Management**.

We also request parents to please be proactive in returning monthly tuition at the beginning of each month and meet entry fees on or before the entry deadline.

Thank you for your continued support of the Riptides.

Upcoming Events:

Feb 9 – "Bring-A-Friend to Practice" Day, 12:00-1:00pm @ Canal St
Feb 15-18 – SC Swimming State Championships
Feb 23-24 – Grand Prix Championships

Practice Changes:

Feb 8 – NO Practices all groups
Feb 9 – RED 11:30am-12:15pm @ PG
Feb 15-18 – NO Practices all groups due to State Championships
Feb 23 – NO Practices for Bronze, Blue, Red, White due to Grand Prix Championships

Birthdays:

Aubry Cloutier and Chase Teasley– 21st, Connor Churchill – 28th