



*Developing Children to be
Champions in Life through Swimming*

“LANE 4” TIMES

VOLUME 5 ISSUE 9 JUNE 2013



YSSC Summer Splash:

Twelve Riptides made the journey to Spartanburg May 31-June 2 for the 4th Annual YSSC Summer Splash. It was just the second long-course meet of the season and a tremendous improvement over the meet in April. The meet was highlighted by personal best times, new team records and new SC State Championship qualifying times.

Chad Bateson swam to 7 personal best times, 3 SCS q-times (100- and 200-breaststrokes and 400-IM) and a new team record... 100-backstroke.

Eddie Bateson also earned 7 personal best times, 2 SCS q-times (400-IM and 200-backstroke) and four new team records... 50- and 100-freestyles, 200-backstroke and 400-IM.

Connor Campbell impressed with 3 personal best times, two new SCS q-times (100-free and 100-backstroke) and a new team record... 100-free.

Andi Churchill raced to 5 personal best times and improved her SC q-time in the 400-free.

Connor Churchill added two best times in the 50- and 100-freestyles.

Danielle Flaherty swam to a best time in the backstroke.

Walker Harwell re-qualified to SC State Champs in four events and set 4 team records – 100-fly, 100-breast, 200-free, and 200-IM.

Keenan Lineback competed in her first meet of the season since returning from college. Despite only being back to practice for one week, Keenan displayed her competitive nature and raced very well.

Barbara Long in her second long-course meet with Riptides earned four SC q-times (200-free, 200-breast, 200-backstroke, and 400-free) and three personal bests.

Peyton McWhorter added 4 new SC q-times to her repertoire – 100-fly, 100-backstroke, 100-freestyle and 200-IM in addition to two personal bests.

Ethan Nechemia swam three events for the first time in long-course and picked up a personal best time in the 100-backstroke.

Chase Teasley went 7-for-8 in personal best times with his largest improvement in the 400-IM, slashing over 25 seconds from his previous time.

Head coach of the Riptides, James Smith, said, “This meet was a last minute replacement for another meet we originally were scheduled to attend. In the end, it turned out better for our swimmers to have the extra week of training, as evidenced by the results.

“We still have a long way to go, but the swimmers are getting there.

Smith continued, “I am particularly happy with the work of our age-group coach, Mary [Churchill]. The younger swimmers are really stepping up and the results are coming with new SCS q-times and team records.

Smith was also happy to have the college swimmers back to the team.

“Having swimmers like Keenan [Lineback] and Lauren [Campbell] return for summer training always brings a new element to the program. Since both girls are competing at the Division-I level, our up and coming swimmers can see what it takes to get to the ‘next’ level.”

The next meet for the Riptides will be at the end of June in Savannah, GA.

Summer Swimming is HERE!

Now that school is nearly out, we can basically claim Summer Swimming has ARRIVED!

With this event, the summer schedule will begin June 10th. All parents and swimmers are reminded to check the new schedule. The following training groups will go to a morning schedule – Senior, Senior Prep, Gold, Silver and Bronze.

The Blue, Red and White training groups will continue in the afternoons, but days and times have changed.

Thank you for your cooperation with the new schedule.

Meet Schedule 2013-14:

For 2013-14, the Riptides will be hosting at least three meets – “IM” for Breast Cancer Awareness (Oct.), Winter Invite (Jan.) and the Lowcountry Palmetto Championships (Mar.). We may add two more meets with details to come.

Now is a great time for members to start looking to sponsors for signs to post at the meets. Each sign, similar to last season, is \$200 with \$125 of the sale being allocated to each swimmer’s fundraising obligation. Signs will be posted at all MBR-hosted events and returned to the sponsor at the end of the season.

Something new for 2013-14 is the goal to create “Meet Committee.” The function of each committee is to take a leadership role in different areas of meet hosting and then coordinate to make each meet function as smoothly as possible.

The committee leaders will include –

- Volunteer – coordinates timers and awards/runners
- Concessions/Hospitality – coordinates food stuffs and workers

Any parents interested in leading a committee or serving should contact Coach Jim.

Thank you in advance!

Five Ways to Relax before Racing:

By Olivier Poirier-Leroy

Supersonic speed in the water is all about relaxation. Alexander Popov knew it, Ian Thorpe knew it, Michael Phelps knew it. Watch any of the ground-breaking swims by these athletes and what generally comes to mind is— They make it look so easy.

Being relaxed and loose in the water starts long before you ever slip into a bathing suit. Your pre-race and mental preparation have a visceral physical effect on your swimming. After all, when you are stressed, or your mind isn’t right, you can feel your muscles tighten up, anxiety starts to creep in, and your performance suffers as a result.

Here are 5 ways to stay relaxed the next time you mount the blocks, whether it’s a local meet or the Olympic final:

1. Ignore your competitors. How many times have you gazed across the pool and seen your main competitor warming up and gotten lost in what they were doing — their strokes seem effortless, they appear to glide through the water with uncanny precision and fluidity.

If you are like most swimmers, that seed of doubt will pop in your head: Holy crap, they are making that look easy... Did I really prepare myself that well? I probably should have slept more between heats and finals, they probably slept tons... And so on.

It’s precisely moments like this where you need to point your attention inwards. How many hours you put in. The hard work you have invested. The time spent honing your fitness and technique. Direct your energy and focus inwards.

2. Key in on the things that keep you loose and focused. For me, it was loud, aggressive music and complete aloneness. My eyes always had a pointed, “Don’t even talk to me” look across them. While some people might have found that intimidating (or rude), for me it was necessary. I didn’t want to chat with teammates, I didn’t want to joke around, and I sure didn’t want to think about anything except for how I was going to execute the best swim I was capable of. For others to relax or get into a mental state that produced optimal results, it’s joking around with teammates, playing cards or video games. Whatever the case is, learn what works best for you.

3. Search your history of awesome swims for what worked. Go back to the times you swam your butt off. What were the common pre-race rituals those races had in common? What was the mental attitude that you approached the race with? Go back and write down 3-4 things that you did before those successful performances and apply them to future races.

4. Focus on the Process. It can be really easy to fall victim to over-thinking your race. Whether it’s the competition, the pool temperature, what you had for lunch, the amount of water you drank that day, the fitful nap you had between sessions, or your cap not fitting just right.

Clear your brain of this gibberish by finding a quiet corner, putting a towel over your eyes and visualizing the execution of your race.

The dive. How many dolphin kicks you’re going to execute. What stroke you will take your first breath on. How the water is going to feel. During this process of visualization your brain will sometimes take you places where your race doesn’t go well. Block those negative thoughts and start over. The dive, gripping the block, the temperature of the water. Imagine your race in such depth that when you get up

on those blocks your body can simply react what your brain has already visualized.

Editor's Note: Michael Phelps, after all, had the same pre-race routine for nearly two decades.

5. Controlled Breathing. This is a fantastic way to calm yourself if you are getting anxious or too excited before your race. If done correctly, it not only lowers your blood pressure, promotes a sense of calm, but it also helps us de-stress. Whammy!

How to do it:

a. Place one hand on your chest, the other on your belly.

b. Breathe deeply through your nose without raising your chest – you'll feel a good stretch within your diaphragm and lungs.

c. Do this for a couple of minutes and you will experience an immediate decrease in blood pressure and heart rate. (This works for any stressful situation, so it's a handy little tool to have in the rest of your life outside of the pool.)

Why is Understanding Maturation Something Parents Need to Know?

From Fleet Swimming, Houston, TX

In and of itself, being an early maturer or a late maturer is not a concern. However, the potential short term and Long term ramifications if one ignores maturational differences are of concern.

Early maturers, who hit their growth spurt prior to their same aged peers, tend to have an advantage in sports, especially sports requiring speed, power, and endurance where body mass is helpful. For biological reasons, not because of greater talent or ability, they are often able to outperform their peers. In childhood, they have much early success for which they receive reinforcement and recognition and, therefore, tend to initially stay with the sport.

Into high school we start seeing problems as the early maturers, who are used to experiencing success, get frustrated because now peers are catching up with them. Others may ridicule and tease them because they are not experiencing the same outcome success and assume it is because they are not training hard or not putting forth the effort. Part of the dropout from sport we see around age 14 is due to early maturers leaving the sport out of frustration when they are not experiencing the same success as they did when they were younger. In reality, it's the physical changes that are occurring in their peers that are allowing others to catch up with them. We need to figure out a way to help our early maturers keep early success in perspective.

With late maturers, we have a different set of issues. The late maturing kids often experience early failure because they are at a biological disadvantage (they are not as physically strong or developed) that affects performance outcomes. In training, even though they may be working as hard, they often can't keep up with their peers, which is a huge source of frustration. This leads to much ridicule by their peer group. These late maturers, who are not demonstrating success relative to their peers, then don't get the coaches' attention, encouragement, or recognition that their early maturing peers are getting.

Unfortunately, in developmental sport programs, we often don't allow late maturers the time to allow their physical maturity catch up and their skills to develop. Instead, these children often leave the sport early because of lack of success and extreme frustration. This seems to hit late maturing boys the hardest because they are at an extreme disadvantage. Ironically, they may have the potential to be better athletes but we have to keep them involved at the younger ages to make sure they continue with their skill development. We need to figure out how to keep late maturers interested and involved in sport despite a lack of early success.

Fundraising Balances:

If your family has an outstanding fund raising balance an invoice will be mailed to you outlining such.

All balances must be cleared by July 31.

"I Went To The Results Board To See How I Did..."

By John Leonard

It was a great teachable moment. Out of the mouths of young people come things that "set up" the coach for an opportunity to do some great education. When an athlete came over to me and started with the sentence at the top of this page, here was my response:

"Really? You didn't already know how you did?"

"Well, I was sixth the 100 fly and 5th in the 100 back and...."

"No, really, you didn't already know how you did?"

"What do you mean?"

"Well, what did you do incorrectly in the 100 fly and what do you need to do to improve?"

"You said, 'I have to keep my hips up on the back 50 and make sure I keep breathing every second stroke...'"

“and so....??”
“Huh?”

“and so, THAT is “how you did”. Not the place. The place means nothing. I can take you to plenty of swim meets where you can finish first....and can take you to even more where you’ll finish dead last.....where you finish depends on what others have done, not on how you have done.....You need to measure two things...your time versus your best time (which is you against the previous best you) and how you did compared to the assignment I gave you before you headed for the starting blocks. How was your time?”

“Well, I don’t know, I never swam long course before.”

“Of course you haven’t, so now you have a time to measure yourself against...congratulations. And do you need a results board to tell you how you did?”

“No, I guess not.”

“Don’t guess. Know that you don’t. If you go to the blocks with clear goals, you know how you did without anyone else needing to tell you. You can evaluate the race for yourself, and “know how you did.”

“So what is the race for?”

“Two things...first, it’s always easier (and more fun) to swim fast when you are racing someone next to you. And second, as you mature, there is a purpose to ‘winning races’, but in the developmental stage, it’s a terrible way to evaluate yourself.....racing is stimulation, not measurement of you as an athlete, a learner, a person....anything.....Enjoy the race, but measure against your own best self.”

Upcoming Events:

May 31-June 2 – YSSC Summer Splash @ Spartanburg, SC

Tuition Payments and Meet Fees:

Just a reminder to parents who pay by check... Checks are to be made out to **Grand Strand Aquatic Management** or **GSAM**.

Families may also utilize the online billing system by adjusting their account and adding a credit card number; surcharges apply.

Thanks!

Practice Changes:

Summer Schedule begins June 10!!!

Birthdays:

Julia Campbell – 5th, Alyssa Cozart – 8th, Mackenzie Angwin – 9th, Danielle Flaherty – 23rd