



“LANE 4” TIMES

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*Developing Children to be
Champions in Life through Swimming*



A New Season Begins:

Wet towels piled up on the floor. Wet swim suits hanging from the curtain rod in the shower. Wet kids starving for dinner. The smell of chlorine permeating everything. Ahh, its swim season again! The Riptides enter their 5th year with the largest team in it's history and it looks to be an exciting one.

As the Grand Strand's performance leader, we have a tradition of excellence we must continue to live up to. Our team motto is, "*Developing Children to be Champions in Life through Swimming.*" What does this mean?

Simply, it is our responsibility to do the best we can to achieve our goals. It is the responsibility of the swimmers, parents and coaches to ensure we do all we can to be the best we can be and achieve at the highest levels possible.

If anyone has ever been to the Riptides' website, you will have noticed the USA-Swimming Level 3 Club Recognition logo and the USA-Swimming Club Excellence Bronze medal logo. Those logos are issued to teams who have achieved at the highest levels with regard to athlete performance, organizational structure, coaching development and volunteer support. We are proud to be the Grand Strand's most recognized program!

To refresh our returning members and to educate our new members, this is what the Riptides has achieved in just it's first four years...

- 2012 US Olympic Trials qualifier
- USA-Swimming National Championship qualifiers
- USA-Swimming Junior National Championship qualifiers
- NCSA Junior National Championship qualifiers
- USA-Swimming Speedo Senior Sectional Champions
- USA-Swimming Scholastic All-American recipients
- USA-Swimming National and Zone Select Camp participants
- USA-Swimming nationally ranked swimmers
- South Carolina Swimming state champions and record holders
- South Carolina High School Swimming champions
- NCAA collegiate scholarship recipients
- NCAA collegiate All-American

No other swim team in the history of the Grand Strand has achieved what the Riptides has achieved. It's a pretty long list of successes. It's a lot to live up to. It can be done. It **WILL** be done.

Success is not just in the pool. It is also in life. Swimming is the greatest teacher of life skills. Those skills are numerous. But perhaps the best skill is the ability to deal not only with great success, but also the ability to deal defeat. Defeat in the form of a swimmer doing everything they can to achieve a goal, but falling short of this achievement.

Not every swimmer will earn the aforementioned levels of competition, but every swimmer has the opportunity if they are willing to be "coachable." Good luck Riptides!

To accomplish great things, we must not only act, but also dream; not only plan, but also believe. -- Anatole France

Team Equipment

Listed below is the required equipment for all members of the Riptides –

- Bronze, Blue, Red and White – Water bottle, long-blade rubber fins, jr. kickboard
- Silver – Water bottle, long-blade rubber fins, jr. kickboard, pull bouy, Han's paddles, Finis snorkel
- Senior, Gold – Water bottle, short-blade rubber fins, jr. kickboard, pull bouy, Strokemaker or Han's paddles, Finis Tempo Trainer, Finis snorkel

A water bottle can be any vessel to hold water. Swimmers **MUST** have a water bottle to participate in practice. Swimmers **MAY NOT** have any soda or carbonated beverages during practice.

Long-blade rubber fins are a one-piece fin, usually about \$20. They can be purchased at most sporting goods stores. Do not purchase SCUBA fins. Short-blade fins can be Zoomers or an old pair of long-blade fins with the blade cut down (this is a cheaper and usually better alternative).

A “junior” kickboard is just a small kickboard. The City of Myrtle Beach does have fins and kickboards, but its better for kids to have their own gear.

Equipment such as Finis Tempo Trainer and snorkel and Han's or Strokemaker paddles should be ordered through our vendor – Augusta Swim Supply. However, I have seen some of this gear at Dick's Sporting Goods. Swimmers should order their equipment as soon as they can, but don't worry if you do not have it all.

Augusta Swim Supply is who to contact for Riptides' competition suit. Their number is 888-799-7946. Let them know you are with Riptides and what you will need. Augusta Swim knows the team suit for 2012-13. Practice suits may be purchased at places like Dick's Sporting Goods, Kohl's and other apparel stores. A note about swim suits... kids **DO NOT** grow into them!

When purchasing a suit for boys, it **CAN NOT** come below the knees or about the navel. It should fit very snug. For girls, be sure to get a child's cut suit. It will have a smaller bottom. Rule of thumb for girl's suits... if you can pull the shoulder strap to the bottom of your child's ear, it is at least 2 sizes too big.

Swim suits will last longer when they are the right size and allow for better training of the swimmer as the suit will not fill up with water like a balloon.

When you child outgrows their equipment, don't throw it away... particularly swim fins. We may have younger swimmers who could use them and purchase them for a reasonable price. Let the coaches know when your child's equipment no longer fits and we will send an announcement to the membership. Thanks.

Corporate Partners for 2012-13:

The Myrtle Beach Riptides is always looking for corporate partners who share our same vision of developing excellence. As a 501-c-3 organization, corporate partnership with the Riptides offers many opportunities to local businesses, including assisting in the continued success and growth of the Riptides and a tax-deduction for the corporate partner.

The Riptides offers three levels of partnership – Gold, Silver and Bronze. Partnerships can allow the Riptides to do many things, including offering scholarships for swimmers.

If you are interested in the partnership information, please visit the Riptides' website and go to the Corp. Partnership tab.

Corporate Partnership information must be returned to Coach Jim no later than **September 30, 2012**.

For additional questions, please contact Coach Jim at (843) 222-7105 or email at Coach@TeamRiptides.com.

Philosophy of Training

At the Riptides, the coaching staff has established a very simple, but effective, philosophy of training. Simply put, our Developmental groups (Blue, Red and White) will emphasize skill development in all strokes; the Age-groups (Gold, Silver and Bronze) will continue stroke development and incorporate aerobic conditioning; and the Senior group will add more specialization.

The Riptides' coaching staff will utilize programs offered by USA-Swimming to develop all the skills of the athlete and make opportunities available. Programs such as the USA-S "IMX" is a primary tool. The IMX (or IM-Extreme) encourages swimmers to participate and become successful in the longer events and all strokes. One goal of the Riptides' coaching staff is to have EVERY swimmer earn an IMX score, which means all swimmers will compete in the events specified below at some time during the year.

- 10/Unders events include the 100's back, breast and fly; and 200's free and IM
- 11-12 events include 100's back, breast and fly; 200 IM and 400/500 free
- 13/Over events include 200's back, breast and fly; 400 IM and 400/500 free

Success in these events can lead to great opportunities such as selection to participate in swim camps including the South Carolina Swimming Select Camp or the USA-Swimming National or Zone Select Camps.

The Riptides' is the only team from the Grand Strand, and just one of a handful of teams in South Carolina, to have had members participate in any or all of those camps.

In the long-term, top times in the 400 IM and the 400 lcm or 500 scy freestyle events can assist in college scholarship opportunities. Did you know, EVERY swimmer who has graduated from the Riptides who has received a college scholarship earned such because of their times in those events?

In fact, EVERY swimmer who has achieved at the Junior National Championship level has earned the standards in those events. Granted, those same swimmers also had more "specialty" events, but the 400 IM and mid-distance free's were the foundation.

So if you are a swimmer looking to a future of collegiate swimming, start thinking about it now and put your emphasis on the 400 IM and 400/500 free.

The Championship Progression:

Now that we are the beginning of a new season, the time is right to explain to new and returning members the progression of championship competition for our swimmers. Each training group of the Riptides swim team has been designed to offer a championship level event and to encourage continued movement to the "next" level.

We will consider the progression of a fictitious swimmer, let's say is 8 years old...

- Lowcountry Grand Prix Championships –
 - Takes place in March and is a for swimmers who have not achieved SC Swimming State Championship standards
 - Swimmers 13 and under
- Palmetto State Championships –
 - Takes place in March and is for swimmers who have not achieved a "sectional" championship standard
 - There are two meets – one in the Upstate and one in the Lowstate (MBR hosts the Lowstate meet)
 - Swimmers 18 and under
- SC Swimming State Championships –
 - In the Spring, the meet is for swimmers aged 18 and under, who have achieved the standards
 - In the Summer, the meet is for swimmer any age, who have achieved the standards
 - Typically, 600 swimmers in South Carolina compete
- Sectional Championships –
 - Age-Group Sectionals –
 - Limited to swimmers 14 and under who achieve the qualifying time
 - Held in March. Location can vary around the southeast USA.
 - Teams invited are from AL, FL, GA, KY, LA, MS, NC, SC and TN
 - Approximately 600-700 swimmers will compete
 - Meet is 3.5 days in duration
 - Senior Sectionals –
 - Open to any swimmer who achieves the qualifying time
 - Held in March and July. Location can vary around the southeast USA
 - Teams invited are from AL, FL, GA, KY, LA, MS, NC, SC and TN

- Approximately 300-600 swimmers will compete
 - Meet is 3.5 days in duration
 - This is the first “national” level meet of USA-Swimming
- Southern Zone Championships –
 - Held in the summer only
 - Limited to swimmers aged 11-18 (and who have not achieve US National standards)
 - Team represents South Carolina and is selected by South Carolina based on results
 - Meet is a travel trip and all swimmers will travel together with selected coaches and chaperones
 - Meet is 7 days in duration
 - Teams come from each state in the southern corner of the USA
 - National Club Swimming Association (NCSA) Junior National Championships –
 - Held in March
 - Limited to swimmers 18/Under who achieve the qualifying times
 - Approximately **2%** of swimmers achieve the standards
 - Teams from all over the USA can compete
 - Meet is 5 days in duration
 - USA-Swimming Junior National Championships –
 - Meet is held in December and August
 - Limited to swimmers 18/Under who achieve the qualifying times
 - Approximately **1%** of swimmers achieve the standards
 - Teams from all over the USA can compete
 - Meet is 4-5 days in duration
 - USA-Swimming National Championships (or US Open in an Olympic year) –
 - Meet is held in December and August
 - Limited to swimmers any age who achieve the qualifying times
 - Approximately **0.5%** of all swimmers achieve the standards
 - Teams from all over the USA can compete
 - Meet is 4-5 days in duration
 - US Olympic Swimming Trials –
 - Meet is held in June every four years
 - Limited to swimmers any age who achieve the qualifying times
 - Approximately **0.05%** of all swimmers achieve the standards
 - Teams from all over the USA can compete
 - Meet is 7 days in duration
 - The top 2 swimmers in each event qualify to the US Olympic team
 - Olympic Games –
 - Generally hosted in late-July/early-August every four years
 - Swimmers from all over the world
 - Each team can send up to 52 swimmers (26 each men and women)
 - Chance of making team from USA is **0.0001733%**
 - Meet is 9 days in host country

Additional meets can include the USA-Swimming Grand Prix Series, Pan-Pac and Pan-Am (and the Junior versions of the same meets), World Championships, World University Games and several others. Most of these meets are done as Team USA and the swimmers are selected by USA-Swimming based on results done at USA-S National or Junior National Championships.

As you read, there is a world of opportunity for the Riptides’ swimmer who chooses to take their training, commitment and dedication to the next level. With the exception of qualifying to the US Olympic Swim Team, the Riptides has had swimmers qualify to every meet listed above. As a competitive swim team, the coaching staff stresses competitive opportunities to our members. The Riptides has the coaching staff who can guide the athlete to achieve their goals. Where do you want to go?

Nutrition and Rest... the forgotten components of training

Most swimmers and parents know training and competition are vital components to the development and eventual success of any swimmer. As a swimmer progresses through the Riptides' proven system of athlete development, the swimmer will increase their practice duration and/or practice days and level of competition. But there are two components of training not nearly as adhered to – nutrition and rest.

In this crazy world of so-called new diets, the reality is the same diet plan which was given to me when I was a kid (sooo many years ago) is still the best. It is the best because it utilizes a balanced plan of the four basic food groups – grains, fruits and veggies, dairy and meat.

Race cars get race fuel. A swimmer is, for all intents and purposes, a living race car. They need the best fuel they can get and in the right balance. In simplest terms, the swimmer's diet should consist of 65-70% simple carbohydrates, 15-20% unsaturated fats and 10-15% protein. A balanced diet should also occur at the right time of the day.

When is the right time for the right fuel? On a non-race day, it is best for the swimmer to consume the majority of the fat in their diet in the morning. The simple reason this is fat takes longer to burn. It can be burned throughout the day, not getting stored in the body through the night.

Protein should be consumed primarily at night with dinner and after heavy training. Protein is the building block for muscle and the body is looking for this as soon as training is completed.

Carbohydrates should be consumed throughout the day. Carbs are the primary fuel source for the body and assist in the burning of the other sources – fats and protein. But carbs should be simple ones. Avoid too many complex carbs, processed grains, etc. They are mostly sugars which will be stored and converted to fat.

Another misnomer is “carb-loading.” The reality is carbs should be the majority of the diet, however, sometimes people think if they “carb-load” the night before, they will have the energy stores needed. This is not true. It will take the body a couple days to fully digest and store the carbs from a heavy dinner. Keep the fuel tank loaded... don't let it get to empty and then try to fill again.

Race day fueling. On race day, meals should be smaller, but more of them. Swimmers will need to continue to fuel all day at the meet. Many experienced swimmers will have a small cooler filled with snacks to eat during the meet – plenty of water, chopped fruit, pb&j sandwiches, trailmix, graham crackers. Simple foods. Notice I did not mention “power” bars and the such? The simple foods are cheaper and work better!

Hydration. One last part on nutrition is hydration. As a member of the Riptides, all swimmers are required to have with them at all times a water bottle. Practice. Meets. Wherever they go, they must have their water bottle. In fact, Senior and Gold level swimmers are required to take their water bottle to warm-up and races during meets.

Rest... the best form of recovery. When a race car completes its event, it can be taken apart and inspected for damage. Parts can be replaced if needed. But for swimmers, they can't replace a part, so the way they repair is to get rest and sleep. This is the time the body uses to repair muscle damage from training and competition.

Swimmers should make every attempt to get 8 hours of sleep each night. During race weekends, the same applies. However, as a swimmer moves into higher level meets, those meets can be formatted as “prelims/finals” style events. In this case, a swimmer will compete in a few events in the morning prelims, and if the swimmer qualifies to the evening finals, they will swim those events again. In between the sessions, the swimmer needs to get rest and a nap of about 1-1.5 hours.

Hopefully these tips will help your swimmer achieve their goals. As parents, they need your help in getting the best fuel possible and ensuring they get the rest their bodies need. It's everyone's responsibility as a member of the “pit-crew” to do their part so we have the best “race car” at the meet.

Birthdays:

August – Jake Flaherty – 5th, Alex Markunas – 6th, Raevyn Ramsey – 9th, Ariella Menzer – 11th, Tucker Hendrix – 21st, Eliza Edwards – 25th

September – Peyton McWhorter – 2nd, Keenan Lineback – 11th