



*Developing Children to be  
Champions in Life through Swimming*

### **A New Season Begins:**

As the Riptides' enters its sixth year, there is much excitement in the air. The Riptides' continues to grow with new swimmers, but more importantly, returning swimmers keep getting better and more committed. The goal of becoming a truly performance-based, premium program is coming together at all levels. And with this also comes new expectations for all members of the Riptides.

The 2013 SC Swimming Summer State Championships was one of the best meets for Riptides in a very long time. Although the overall ranking was not the best Riptides has done, the sheer number of personal best times and the amount of time swimmers were improving did rank among the best championship meets. The largest number of Riptides ever, qualified and participated at the State meet.

At the SSL Championships, Riptides' led the way, winning multiple events and even swept a few podiums. More importantly about the SSL Championships, the TEAM WORK of the Riptides was key in attracting new swimmers to join the Grand Strand's most acclaimed swim team. Thank you very much for your hard work.

To build on the excitement of the Riptides' recent successes and history of achievements, we need to consider how to continue to grow the team and programming. The best way to do this is through a facility. **The best swim programs in the country have one important common factor – they control their water.** How do they do this?

These most successful teams own their own facilities! Riptides and Grand Strand Aquatic Management are proud to announce the "Build-A-Pool" campaign. The goal is to design and build a site which will serve the present needs of competitive swimming, but also serve the long-term needs for the community through a variety of programs.

Ideally, the facility will include two pools (a main training/competition tank and a lessons/instructional/therapy tank), an aerobics/fitness room, four sets of dressing rooms, offices, meeting room and pro-shop. Above there will be a balcony which can serve as seating for events and an area for other activities.

# "LANE 4" TIMES

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The second phase of the project will eventually add a 4-6 lane x 50 meter outdoor pool.

To fund this project, we will need the assistance of family, friends, etc to make donations. The goal is to raise at least one-third of the project cost through donations. The balance of the project will be paid for through the programming and membership fees collected through the business.

Riptides and GSAM have created several opportunities for donations and a variety of prices we feel are very affordable. For example, custom engraved bricks or tiles will begin at an affordable \$150 and naming rights to the facility can cost \$300,000. In between this range are opportunities to donate to any of the amenities in the building, even naming any one of up 18 swimming lanes.

All donations are tax-deductable.

We need your energy to get this project moving. Help promote the "Build-A-Pool" campaign through social media and chat it up whenever you can. With everyone's involvement, the new aquatic center can ensure the short-term and long-term success of the Riptides and more!

### **What is Your Business?**

Have you ever wondered what other members of Riptides do for a living?

Have you ever thought, "I need a contractor, or physician, or a great restaurant, or whatever?"

Well, what you may not know is that there are many Riptides' members who own their businesses and most likely are in the industry you may need.

For the first time in Riptides' history, we would like to create a page where our team members can advertise their business to other Riptides!

A special tab will be created on the website for all to see. On the page, each Riptides' member business can have their log with a brief description of the business and a web-link. The fee is a modest \$100 for the entire year – Sept-Aug!

If your business is interested, contact Coach Jim for specific details.

## Training Group Moves!

Now that a new season has begun, there are new faces in new training groups. The new faces are either of swimmers who have moved up from a previous group or have newly joined Riptides.

Two of the primary determining factors in a swimmer's move are ability and commitment levels (which have been outlined many times in previous articles) and lane space.

Since we are very limited in lane space, once a training group is full, it will be closed. The limit per lane allows Riptides to not only offer the best quality practices for our swimmers, but to do so in the safest environment possible.

As Riptides' grows, so will the competitive nature for a swimmer to move to the next group. The swimmers who display better skills development, "coachability" and competitive performance will move more quickly.

Parents are welcome to ask a child's primary coach about their child's development at any time.

## Team Equipment

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

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

**Parents can order online the majority of team equipment from Swim Outlet.** Once logged in to the website, a tab will appear in the tool bar.

**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 2013-14. 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 2013-14:

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 contact Coach Jim at (843) 222-7105 or email at [Coach@TeamRiptides.com](mailto: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 and Senior Prep groups 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/Under's 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

### **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.

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.

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, but not as a major component in the dinner meal. 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

### **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 for swimmers who have not achieved SC Swimming State Championship standards
  - Swimmers 12 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
  - Meet is 3.5 days in duration
  
- 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, TN and WV
    - Approximately 600-700 swimmers will compete
    - Meet is 3.5 days in duration
  - Senior Sectionals –
    - Open to any swimmer who achieves the qualifying time

responsibility as a member of the "pit-crew" to do their part so we have the best "race car" at the meet.

### **Online Billing Required Jan 1, 2014:**

As the Riptides continues to grow, accurate tracking of billing becomes more challenging. Effective Jan 1, 2014, all accounts will be required to utilize online billing from the website. Checks for dues will no longer be accepted.

Those families who do not use credit cards may substitute a debit card number.

Thank you for your cooperation.

### **Practice Changes:**

**September 9** – Orientation @ Canal St Rec Center, 5:00-6:00pm

**September 21** – Practices TBD (SCS Board retreat, high school meet)

**September 28** – No Practices (GP #1 or high school meet)

### **Birthdays:**

Peyton McWhorter – 2<sup>nd</sup>, Keenan Lineback – 11<sup>th</sup>,  
Fiona Mullaney – 24<sup>th</sup>

- Held in March and July. Location can vary around the southeast USA
  - Teams invited are from AL, FL, GA, KY, LA, MS, NC, SC, TN and WV
  - Approximately 300-600 swimmers will compete
  - Meet is 3.5 days in duration
  - This is the first “national” level meet of USA-Swimming
- USA-Swimming Southern Zone Championships –
  - Held in the summer only
  - Limited to swimmers aged 11-18 (who have not achieved 1cm USA-S Junior 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 SC, NC, GA, FL (two teams), WV, KY, MS, LA, TN/AL/FL (send a combined team), TX (sends up to 5 teams)
- National Club Swimming Association (NCSA) Junior National Championships –
  - Held in March and July
  - 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 / US Open –
  - 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 (and the Junior version), 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 have 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?**