

"LANE 4" TIMES



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The Past Creates the Future:

I spent a great deal of time thinking of an article to write for the new edition of the "*Lane 4*" Times. What topics should I use? Where do I begin? Many questions I could not answer. So I thought I should look back at what made Myrtle Beach Riptides a nationally recognized program. And the answer is in the core fundamentals – Education, Participation and Graduation.

Education –

All members of the Riptides can only achieve success if they become educated; athletes, coaches and parents. As head coach, it is my mission to do the best job possible to not only inform, but allow for members to learn how to make the Riptides a successful program.

Athletes are taught the fundamentals of skill development, training improvements and nutrition, just to name a few. Coaches are taught how to improve the same in all their athletes, but also the opportunities to explore their own ideas to achieve success. And our parent members are shown how they can become more involved in the sport through opportunities to become a member of the Board, or an official, or more.

Participation –

Following education, participation is crucial to success. For our swimmers, consistent attendance at practices and meets is vital. Coaches should do all they can to participate at educational clinics or talk with other coaches to share and learn. And our parents should look into attending Board meetings and even serving on the Board.

From our youngest swimmers to our oldest, practice attendance allows for skills to be taught, developed and refined. Athletes need to follow a consistent progression of training to achieve goals. Below are training progressions recommended for our athletes during the school year –

- Red - 2-3 practices per week for 1 hour
- Bronze - 3-4 practices per week for 1 hour
- Silver - 3-4 practices per week for 1.5 hours
- Gold - 4-5 practices per week for 2 hours
- Senior - 5-6 practices per week for 2.5 hours

If a swimmer is attending less than the minimum recommended practices, their chances for achieving success are greatly reduced. Swimmers can be promoted from one group to another based on several criteria – practice attendance, training ability and meet performance.

Coaches should participate in clinics whenever possible, take classes online and read through books and magazine articles. Talking to other coaches at meets is a great way to improve education.

Parents are always welcome to attend MBR Board meetings to get involved and share ideas. Contact Mike Angwin for BoD meeting days and time.

Graduation –

People are generally motivated to achieve the next level. Swimmers want to move to the next training group or championship meet. Coaches want the same for their swimmers and themselves. And parents want to support their athletes and the team to progress.

Graduation is the culmination of consistent improvements in education and participation. This ideology has allowed the Riptides to become the area's only nationally recognized swim team. We have achieved this because of our commitment to success and achievement. This was the culture created several years ago and this is the culture we need to which we need return.

Success –

We have many new members of the Riptides. Many of the members do not realize the successes achieved by the Riptides are remarkable, particularly because of the very small size of the team. And although most of the achievements are competition related, it is important we not forget what Riptides has done...

- **USA-Swimming Bronze National Club Excellence, 2011, 2012.** Only 200 teams in the USA and 3 teams in SC achieved Club Excellence in these years
- **USA-Swimming Level 3 National Club Recognition.**
- **USA Swimming Olympic Team Trials qualifier, 2012.**
- **USA-Swimming Junior and Senior National championship qualifiers, 2009-12.**
- **NCSA Junior National championship qualifiers, 2009-12.**
- **USA-Swimming Scholastic All-Americans, 2009-12.**
- **USA-Swimming nationally ranked swimmers, including Top-100 All-Time.**
- **NCAA All-American.**

The Riptides were the first and only team to achieve all of the aforementioned from any team in the history of swimming along the Grand Strand. The ONLY team. The Riptides are about being successful in the pool, in the classroom and in life.

The Past Creates the Future.

Summer Schedules:

The City of Myrtle Beach has issued the Riptides their pool time for the summer. Below is the summer schedule, which will begin as soon as school lets out for the summer. Please be sure to review the schedule. If you have any questions, please contact Coach Jimmy.

Tentative Summer Practice Schedule -

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	6:30-9am @ PG	7:30-10am @ CS	6:30-9am @ PG	7:30-10am @ CS	6:30-9am @ PG	10:30am-12pm @ PG
	D/L 4:30-6pm @ PG	Swim TBA	D/L 4:30-6pm @ PG	OFF	Swim TBA	
Gold	6:30-8:30am @ PG	7:30-9:30am @ CS	6:30-8:30am @ PG	7:30-9:30am @ CS SSL MEET	OFF	10:30am-12pm @ PG
Silver	6-7:30pm @ CS	8:30-10am @ CS	6-7:30pm @ CS	SSL MEET	OFF	10:30am-12pm @ PG
Bronze	6:30-7:30pm @ CS	OFF	6:30-7:30pm @ CS	SSL MEET	OFF	12-1pm @ PG
Red	6-6:45pm @ CS	OFF	6-6:45pm @ CS	SSL MEET	OFF	12-1pm @ PG

Listed below is the TENTATIVE meet schedule. The dates of the USA-S meets are based on previous year's dates, so there may be some changes. The dates and times of the SSL meets are confirmed; all SSL meets take place at "Pepper" Geddings -

USA-S Long-course schedule:

- April 14-15 - SMRT Invite, SC
- April 21-22 - SCS All-State, Charleston, SC
- May 11-13 - Augusta Invite, GA
- June 8-10 - WAVE Invite, Cary, NC
- July 9-10 - SMRT LCQ, SC
- July 12-15 - Senior Sectionals @ Greensboro, NC
- July 19-22 - SCS LCM State Champs @ Columbia, SC

Summer Swim League Schedule - 10/Under at 5:30pm, 11/Over at 7:30pm
June 21, June 28, July 5, July 12, July 19, July 26, July 28 (Championship)

SC State Championships:

Congratulations to the Riptides 2012 SC Swimming State Championship team of Mackenzie Angwin, Chad Bateson, Eddie Bateson, Julia Campbell, Lauren Campbell, Connor Churchill, Danielle Flaherty and Ryan Sutton.

The coaching staff was very proud to see all of our swimmers race every event. There were several personal best times achieved at the meet and several team records as well (the records will be updated as soon as possible).

Keep up the great work, Riptides, as we prepare for Senior Sectional Championships and Palmetto Championships.

Summer League Swimmers:

The Summer League is one of the best times to bring new children into the sport of swimming. To get new children ready for summer league swimming, we will offer members in Silver, Bronze and Red and opportunity to "Bring a Friend" to practice days.

The "BaF" day is free to any child who is interested in joining the Riptides for the summer. More information regarding summer league swim fees will be available soon.

We need everyone's assistance in getting the word out regarding the summer swim league. Thank you in advance.

Announcements:

March 3 – Practice change. Senior, Gold – 10:15am-12:00pm; Silver – 11:30am-1:00pm; Bronze, Red – 12:00-1:00pm. All practices at Canal St.

March 8-11 – Senior Sectional Championships

March 23-25 – Lowcountry Palmetto Championships