



“LANE 4” TIMES



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2012 US Olympic Swimming Trials:

The 2012 US Olympic Trials are about complete and the US Olympic Team will have its final members on Monday.

Perhaps the most exciting aspect of the meet was to see former Riptide, Megan Kingsley, do so well at Olympic Trials. Kingsley ended the meet with an 11th place in the 200 butterfly and 25th place in the 400 IM.

Kingsley earned her first OT cut in the 200 butterfly as a member of the Riptides. This achievement was the culmination of years of hard work, dedication, and great support. Kingsley is the first swimmer in the history of Grand Strand swimming to achieve this level and she did it as a Riptide.

But there is more to the story....

This (national) level of swimming began nearly 6 years ago with the former City of Myrtle Beach Swim Team. Prior to 2006, the area had only produced one swimmer to achieve the “B” level Junior National Championships, known as the NCSA Junior Nationals. *I call this the “B” level because the USA-S Junior National Championship has faster standards.*

From 2006-07 through today, the old MBST and now MBR has produced astounding results –

- 13 NCSA Junior National qualifiers
- 10 USA-S Scholastic All-Americans
- 6 USA-S Junior National qualifiers
- 7 NCAA collegiate scholarship swimmers
- 2 USA-S National qualifiers
- 1 US Olympic Trials qualifier
- 1 NCAA All-American

The aforementioned success demonstrates that the Riptides is indeed the BEST swim program in the history of Grand Strand swimming. Achieving at the highest levels isn’t guaranteed. But the Riptides has the history and knowledge of creating opportunities for its members. However, the athlete and family must be just as committed to achieving success.

Work ethic, coachability, dedication, sacrifice, pain threshold, guidance and support are among the characteristics needed to move to the next level. If your athlete wants to be the next swimmer to be on tv during the Olympic Trials, the time to begin is NOW!

Meet Recap: Summer Swim League #2

SSL meet #2 was another great success for the Riptides. With over 20 swimmers participating in the second meet of the season, the Riptides continue to improve.

Jaden-Grace Anderson competed in the 25 free and 25 backstroke, earning a best time.

Kathleen Berkery competed in her first meet as a Riptides, garnering event wins in the 100 free and 50 back and 2nd place finishes in the 50 fly and 100 breast.

Connor Campbell grabbed two 4th places in the 50 free and 50 back and 5th in the 50 breast.

Andi Churchill led the field in the 100 free and took 2nd in the 100 breast.

Joseph Del Duca competed in his first meet in the 25 free and 25 backstroke.

Danielle Flaherty took the top spot in the 100 breast and a 3rd place in the 100 free.

Jacob Flaherty nabbed the top spot in the 20 free, two 3rd place finishes in the 20 back and 20 fly and 5th in the 25 breaststroke.

Macey Gilson earned best times in the 100 free and 50 backstroke.

Tristan Lee swam to three best times in the 20 fly, 50 free and 50 backstroke.

Richard Lusardi led the field in the 50 free, was runner-up in the 25 fly and 50 breaststroke and finished third in the 50 backstroke.

Sophia Lusardi went four-for-four in best times in the 25's of butterfly, free, back, and breaststroke.

Caroline Lyons earned a 4th place in the 25 free.

Jessica Lyons slashed over 10 seconds in the 25 free.

Olivia Lyons had top-10 finishes in the 25's fly, back, breast and free events.

Sophia McKanna went three-for-three in event wins... 25 fly, back and breast events.

Kylie McWhorter had a best time in the 25 fly.

Peyton McWhorter earned best times in the 50 fly and 100 free.

Ethan Nechemia competed in his first meet with the Riptides and picked up 3 events wins – 25 fly, 50 back, and 50 breaststroke.

Yianni Paraschos swam to 4 best times in the 50 fly, 100 free, 50 back and 100 breaststroke.

Lexi Roberts also swam to 4 best time in the 50 fly, 100 free, 50 back and 100 breaststroke.

Jacob Sessions earned best times in the 50 free and 50 back, dropping over 8 seconds.

Congratulations and great job to all of our swimmers.

Fall Practice Schedule:

The City of MB has not yet announced our actual practice times and locations, but it is safe to say it will be similar as last year. Listed below is the TENTATIVE schedule for each training group –

Group	Mon	Tue	Wed	Thur	Fri	Sat
Senior	4:30-6:45pm	4:45-5:45pm (d/l), 6:00-7:45pm (swim)	4:30-6:45pm	4:45-5:45pm (d/l), 6:00-7:45pm (swim)	4:15-6:30pm	9:00-10:00am (d/l), 10:15am-12:00pm (swim)
Gold	4:30-6:45pm	4:45-5:45pm (d/l), 6:00-7:45pm (swim)	OFF	4:45-5:45pm (d/l), 6:00-7:45pm (swim)	4:15-6:30pm	9:00-10:00am (d/l), 10:15am-12:00pm (swim)
Silver	5:15-6:45pm	OFF	5:15-6:45pm	OFF	5:00-6:30pm	10:15-11:45am
Bronze	OFF	6:45-7:45pm	OFF	6:45-7:45pm	4:00-5:00pm	10:15-11:15am
Blue	OFF	6:45-7:45pm	OFF	6:45-7:45pm	OFF	10:15-11:15am
Red	OFF	6:00-6:45pm	OFF	6:00-6:45pm	OFF	11:15am-12:00pm
White	OFF	6:00-6:45pm	OFF	6:00-6:45pm	OFF	11:15am-12:00pm

Remember, this schedule is TENTATIVE and should be used as a guide. Practice sites have not been determined.

2012-13 Season:

We look to have a large team next fall and invite all of our current swimmers to return. We will offer a pre-registration day for current swimmers on Saturday, July 21.

Training group assignments for swimmers for 2012-13 will be announced on or before July 16. Training group assignments are based on athlete commitment (practice and meet attendance), ability (training and competition level) and age. Parents are encouraged to speak to your child's coach about the fall.

Our space is very limited so we strongly encourage parents to sign up for the fall by July 21.

Announcements:

July 2 – Practice changes for Gold (6:30-8:00am), Silver (6:30-8:00am), Bronze, Blue, Red, White (8:00-9:00am) at "PG"

July 3 – Practice change for Senior, Gold – 3:00-5:00pm at NMB

July 4 – No PRACTICES

July 6-7 – SMRT LCQ

July 12-15 – Senior Sectional Championships

July 26-29 – SCS State Championships

July 28 – **LAST PRACTICES!!!**

Birthdays:

Olivia Lyons – 2nd, Ty Kinner-Costello – 5th, Jacob Sessions – 11th, Jaden-Grace Anderson – 26th