



Lane Lines

A Newsletter for the Families of Palmetto Aquatics



January/February, 2013

Coach's Message

Dear Swimmer's & Parents,

Greetings swimmers & parents! Happy New Year to everyone! What a great time of year. There always seems to be the feeling of a fresh start that accompanies the month of January. Setting goals & following up on current goals and simply reflecting on your priorities is an important aspect of going into the New Year. May we all spend a few minutes of our time looking at our lives, pondering where our priorities are & should be, and may we all evaluate ourselves in regards to school, academics, swimming, family and religious worship.

We are excited as we get into January as it brings into play the thick of our short-course swimming season. For most of you the competitive phase of our season is upon us. We have two meets leading into the State meet and then our championship meets will be in March. Let it be said that the time is now. This three-month span goes by so quickly. There is no time to waste. There is no time to procrastinate. 100% practice attendance to your assigned practice schedule is required. It's time to tighten up "the ship" and make sure your practice habits and behaviors are in line with a championship swimmer. Be on time. Get in the water on time. Stay in the water during your sets. Do not cut walls. Have your swim equipment out and available. Be prepared. Come to practice with a worker's mentality. **Then** go and be a work-horse. The coaches want you to train like **CHAMPS** not like **CHUMPS**. This will be a very positive short-course season. I can feel it. The coaches are working hard. The swimmers are working hard. The parents are working hard. That's a formula for big success!

Go luck the rest of this short course season. Those who have put in the most dedication, time, effort, heart and soul into your swimming will see the greatest results. It is up to each of you. I challenge you to hone in on your swimming goals, to have a better focus during your workout sessions and gain "the eye of the tiger!" If you want to talk about goals with your coach or have a meeting please let them know. Communication is vital!!! Go luck and let's finish this short-course season off right.

Love,

Coach Zia & Coach Heath

"Before everything else, getting ready is the secret of success." -Henry Ford

Short Course Meet Schedule

- ☉Feb. 1-3: RAYS Winter Invite, Rock Hill, SC
- ☉Feb. 15-18: Short-course State Meet, Greenville, SC (qualifiers only)
- ☉Mar. 2-3: 8 & under State Meet, Greenville, SC
- ☉Mar. 7-10: Age Group Sectionals, Greensboro, NC (qualifiers only)
- ☉Mar. 14-17: Senior Sectionals, Greensboro, NC (qualifiers only)
- ☉Mar. 22-24: Palmetto Spring Championship, Spartanburg, SC

Meet Hotels

We have posted the information on the web site. You will see a tab with "Hotels" once you sign into the web site. We try to use Hilton properties so you may want to join their Honor Awards program.

Feb. 1-3 – Rock Hill, SC – **Hilton Garden Inn**; 650 Tinsley Way; Rock Hill, SC 29730

Feb. 15-18 – Greenville, SC – **Embassy Suites Greenville** 670 Verdae Blvd., Greenville, SC 29607

Mar. 2 & 3 – Greenville, SC – To Be Determined

Mar. 7-10 – Greensboro, NC – **Doubletree – Greensboro**; 3030 High Point Road; Greensboro, NC 27403

Mar. 14-17 – Nashville, TN – See Coach Heath

Mar. 22-24 – Spartanburg, SC – **Hampton Inn** - 108 Spartangreen Blvd., Duncan, SC



“Dream Team” is a monthly (approximately) meeting for each of our groups for goal setting, motivation, education, and evaluation. This is an important part of our program. Please do not miss your Dream Team!

We often will have a session for parents, especially for the Blue team during the first few months of the year. *Parents are always welcome and encouraged to attend, and are asked to please attend at least the first Dream Team meeting.*

ALL: Bring a Swimming Journal (a folder or spiral notebook) and a pencil. **Always bring Swim Gear as well! We will swim afterward.**

HRC Blue Team Dream Team = Tuesday, Feb. 5th at HRC 6:30pm - bring journals & swimming gear.

HRC & USC Sr. A/Sr. Team/Jr. Team & Silver Teams = Tuesday, Feb. 5th at HRC 4:30-6pm - bring journals & swimming gear.

January Birthdays

Thomas Agostini	Simon Quinatoa
Catherine Akhvediani	Sydney Bland
Jonathan Eversfield	Benjamin Opgenorth
Mimi Correa	Abigail Merritt
Bailey Mitchell	Emily Antolick
Evan Pertile	

February Birthdays

Katie Goodale	Emerson Edwards
Mary Kate Penninger	Lauren Schwarz
Susie Gaskin	Justin McElveen
Jackson Widener	Tyler Beach
Doga Ozmen	Bella Merritt
Austin Chavis	Kelli Trotter
Shannon Shealey	Raegan Gallup
Laura Rushe	

Spirit Wear

We have received the invoice from our supplier for the Spirit Wear. We will be billing your account soon if you did not pay by check. Please make sure you review your charges for any errors.

Practice Changes

Friday, January 25th – NO PM PRACTICE at USC; all swimmers may practice at HRC times. This is due to USC holding a College Swim Meet.

Thursday, February 14th – All Swimmers that have qualified for the State Meet will practice from 4:30-5:30 pm at Harbison. Any HRC swimmer that normally practices at this time must go to USC. This practice is for State Meet swimmers only.

November Turkey Invite Meet Profits

Thanks to everyone for their help running our meet last November! After all the expenses were paid, we ended up making **\$8200 in profit from the meet!** Once again a big thank you to our meet director, all our sponsors and everyone who gave their time and resources to our swim meet. Thank you! Thank you!

Coach Heath plans to use the monies for a few pieces of equipment as well as supporting Nathaniel Fournel and Hannah Rice. He will also save monies for a “rainy day.”

State Meet Team Dinner

Congratulations to all the swimmers that have qualified for the State Meet in February thus far. We have one more meet to add to these swimmers. As part of the preparation for the State meet, Coach Heath hosts an annual dinner. This year the dinner will be held on **February 9, 2013** from (TBA). It will be at Uno's Chicago Grill in Lexington and each swimmer is responsible for any food they order. For more information about Uno's, click on their logo on our Home page.

Hannah Rice

If you remember, one of our swimmers, Hannah Rice, is dealing with tumors on/around her eye. Her family will be traveling a few times this year to Columbus, Ohio for treatment. Their first trip is scheduled for Feb. 16-23, 2013. The Rice family has to pay, out of pocket, all travel expenses including gas, food and hotel. Although it is not our responsibility to help them out, just like the Fournel family, we ask that you take the opportunity to make the

Rice family's burdens a little light during this difficult time. We will be accepting donations of your choice amount of cash, gift cards, pre-paid credit cards to help with their travel expenses. All donations are for a very worthy cause and will go straight to the Rice Family. There is no set amount to donate. Just whatever you are touched to give. A couple of dollars will go a long way. We will be collecting donations through Feb. 11th. You may turn in any donations to any of the coaches, Team Manager Bob, Meet Director Sue Walton, USC Blue Parent Stacey Merritt or HRC Jr. Parent Lynn Medlock. Let us know if you have any questions.

2013 Sponsorship

We are always looking for anyone who is interested in sponsoring our team. With the New Year, there may be someone you know that might be interested. The sponsorship money goes towards the championship meet goody bags, team socials (Christmas party), and, primarily, the awards at the team banquet in August. If you are interested in sponsoring the team, please let Coach Heath know.

AQUA-THON

Fun, food, movies, games!

Aqua-thon Packets are coming. Please be on the look out for your aqua-thon packets with more details.

When: Friday Night, February 22, 2013

Time: 8-10 pm – Junior/Senior/Senior “A” swim
10pm-midnight – Blue/Silver swim

Who: All swimmers in the Blue Group, Silver Group, Junior Group, Senior Group and Senior “A” Group

Spend-the Night: Blue, Silver, Junior, Senior, Senior A” (those w/ Sr. Sect'l cuts go home after swimming).

Pick up at 7:00 am sharp!

All Swimmers: Go ahead and start working on your sponsors for Aqua-thon. All swimmers are required to raise \$125. Families with multiple swimmers raise \$25/swimmer AFTER the first two swimmers.

Parent Volunteers: Several parents will be NEEDED to help with distributing t-shirts, food, and goody bags, and also to spend the night! This is a great way for parents to be involved with their children and the team, especially for parents of younger swimmers! If you are interested, please contact Lynne Medlock (augirl83@hotmail.com).

Payment Information

We wanted to make everyone aware of some upcoming charges to your account. On February 1st, we will be including any swim meet fees you may have for the 1) Augusta meet and 2) Rock Hill meet. Any State Meet fees will be included in your March 1st billing.

On March 1st, we will be including the Aquathon fee of \$125 for all Blue swimmers and up. Each family had to complete an Aquathon Agreement form when they registered. If you have any questions or concerns about your account and payments, please discuss them with Coach Heath.

State Meet

RELAYS - those in relays are expected to be there for your relays even if you do not have an individual event that day. No exceptions. This is the one meet out of the year that is most like a “team meet” and we want to maximize that experience.

What is a meet buddy? It's a team mate for you to cheer, encourage, and get to know better at state meet. Here is how it works:

- ⌚ Make your meet buddy a gift bag totaling no more than \$10 (such as Gatorade, snacks, cap, water bottle, etc.)
- ⌚ Make your buddy a sign to cheer him/her on! Done at State Team Dinner. (sign no larger than 12”x18” or a large sheet of construction paper).
- ⌚ Cheer on your buddy at the meet and ask them how they are doing!

Bring your gift bag to your buddy on February 14th, at the State Team practice at Harbison! We try to have Meet buddies that are swimming on the same day at State Meet.

Photographs

Please visit TSS Photography at <http://www.tssphotography.com/v2/FindGroup.aspx?FranKey=534499&FromZ=534499> to view all of the recent photos. Also, you can place orders if you have not or if you want additional photos.

Graduating Seniors

South Carolina Swimming will recognize Graduating Seniors at the State Meet on Sunday February 17th. In addition, they are also recognized at the All State Banquet

on April 20th. Please make sure that you discuss with Coach Heath your intentions for these two ceremonies.

Swim Camps

Just a reminder that we have added links to several Swim Camps. Please click on the "Swim Camp" tab. The Swim Camps should be at the top of this page. Please talk with your Coach if you have any questions or plan on attending a Camp.

Spring Break

Spring Break & Annual Team Break – each year the program takes off the week(s) of Spring Break. This is vital to the program as all swimmers (young & old), all parents, and all coaches need time off. The two (2) week break will be Friday, March 29th thru Sunday, April 14th. There will be no swimming for the Silver, Junior, Senior, and Senior A groups. During these two weeks, the Novice/Fledgling swimmers & Blue swimmers **ONLY** will have swim practices on Monday, April 8th through Thursday, April 11th. All swimmers will return to swim practice on Monday, April 15th, 2013 at their normal time. Taking time off is part of the program and part of what we are teaching the kids about their bodies and training. If you have any questions, please contact Coach Heath or Coach Zia.

- ⊙ **HRC Blue & Novice Teams** = practice will be held Monday-Thursday, the week of April 8th. No Friday, Saturday or Sunday. Any Questions, Talk to Coach Zia.
- ⊙ **HRC & USC Sr./Jr./Silver Teams** = will be off Friday, March 29th – Sunday, April 14th. Regular practice starts back on Monday, April 15th.
- ⊙ **USC Blue & Fledgling Teams** = practice will be held Monday-Thursday, the week of April 8th. No Friday, Saturday or Sunday. Any Questions, Talk to Coach Heath.

** Remember that the two week break at the end of each season is an important part of our program, the sport of year-round swimming and helps prevent physical and mental burnout. Because this break is a part of the training cycle and program as a whole there is no prorating of monthly dues. This is not a new policy just a gentle reminder. **FOR SWIMMERS** who are **new** or want to continue training during the spring break please see your coach.

Stay Healthy

This time of year brings colds, sinus infections, sore throats, the flu and other bad things we do not want! Do everything you can to stay healthy. If you are currently not well, get your rest and do whatever is required to get better. A few tips to getting

healthy/staying healthy: a) get plenty of rest (especially at night and on the weekends), b) eat healthy (more fruits, vegetables, vitamins and complex carbohydrates), c) wash your hands throughout the day and d) say your prayers and take your vitamins!!!!

SUMMER LEAGUE

Are you swimming in the Columbia Swim League this summer? If not, please see Coach Heath or Coach Zia! You can find more information at www.swimleague.com

In addition, Palmetto Aquatics is offering a "Summer League Tune-Up" for any friends you may have on your Summer League Team. Here are some details:

Time: Start Date is Monday, Feb. 4th, 2013!!!!

Swim February, March, April and May 2013

COST: \$65.00 per month plus \$40.00 registration fee (multiple child discount) You can join at any time!!!!!!!

How To Get Started =

- Contact Coach Heath for placement group. Either email him at coachheath@palmettoaquatics.com or call him at 665-8444.
- Register online by going to www.palmettoaquatics.comthen click on "summer league tune-up" button and follow instructions!

T-Shirt Orders

We are working on a **T-Shirt** Order. We will be updating the Form to include a couple of items. Please be on the look out for an email regarding this.

Friday, Jan. 25 th	No PM Practice at USC; swimmers can go to HRC	USC & HRC
Feb. 1-3	Rock Hill Winter Invite	Rock Hill, SC
Tue., Feb. 5	HRC Blue Team Dream Team	HRC 6:30-7 pm
Tue., Feb. 5	Senior/Junior/Silver Dream Team	HRC – 4:15-6:15 pm
Sat., Feb. 9	State Team Dinner @ Uno's Chicago Grill – Lexington	TBA
Thurs., Feb. 14	Practice Change – State Meet swimmers only at HRC	HRC – 4:30-5:30 pm
Feb. 15-18	South Carolina Short Course State Meet	Greenville, SC
Sun., Feb 17	Graduating Seniors – State Meet recognition	Greenville, SC
Fri., Feb. 22	Aqua-thon	HRC
March 2 & 3	8 & under Short Course State Meet	Greenville, SC



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