

# CUKE TIMES

Middle Tyger YMCA

720 Shoals Road, Duncan SC 29334

(864) 433-9623

www.gocukes.com



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Thomas E Hannah Family YMCA

151 Ribault Street, Spartanburg SC 29302

(864) 585-0306

November 17th, 2016 Volume 4, Issue 6

## CUKE - A - THON!!!

The 2016 Cuke-A-Thon is quickly approaching, and we are looking for everyone's participation!

This annual fundraising event is currently in the planning and 'ask' phase. As everyone should know, packets with information about the Cuke-A-Thon have been handed out at practice and swimmers have been encouraged to think of family members, friends, or people in their local community that would be interested in pledging donations towards their swimming. Once packets have been completed, they should be brought in to coaches to send out from there. Swimmers turning in completed packets qualifies them for weekly raffles for all kinds of prizes! Each week, on Tuesdays, we will be drawing names from the pool of all swimmers that have turned in packets to determine who wins weekly prizes. This will continue until, and be expanded on, the Y-A-Thon event on Saturday, 12/17!

On a more serious note, please know that all donations go towards the YMCA's 2016 Annual Campaign. The Annual Campaign is the fundraiser that helps the YMCA to complete its goal of providing health, community, and youth development to people across all income levels. It is this process that qualifies the YMCA as a non-Profit Charity, and is part of what makes the Y great. While it may seem that the Swim Team does not have much of a stake in this process, I would argue that this is an excellent way for the team to give back, and that the success of the Annual Campaign is interwoven into the success of the swim team. With each dollar raised, more and more people are able to access our facilities, to gain knowledge on water safety, and even to be financially able to swim with YSSC. The more that we help raise, the more we are able to help the YMCA and its programs, including YSSC, achieve its mission.

The Cuke-A-Thon can be an excellent event, and we look for everyone to participate in making both the fundraising, and the event practice a success! Thank you, and be sure to bring in your packets!

## Snowflake Entry Reminder!

Parents,

As many of you who are planning on attending the Snowflake Invite Meet in Rock Hill on Dec. 9-11 know, the coaching staff has already made a 'preliminary entry' file to send to Meet Management. The purpose of this file is to ensure our team's entry into a meet that fills up very quickly.

Please know that changes CAN be made to the entries and that the preliminary report is not necessarily the Final.

**If you would like to change to NOT Participating:** PLEASE Email your coach BEFORE the November 25th sign-up Deadline. If you have not emailed us before then, your child will be entered into the meet!

**If you would like to be entered into the meet:** Please log in to gocukes.com, visit the event page, and commit to attend BEFORE the November 25th sign-up deadline, and/or email your coach before that deadline so we may try to add your swimmer!

## Thanksgiving Break - Modified Schedule!

With the arrival of the Thanksgiving holidays, the YSSC coaching staff has made a modified schedule for the days that swimmers have off from school, which stretch from Wednesday, Nov. 23 - Saturday, Nov. 26th.

While the schedule can be found online, there are several things families should know:

1. **ALL PRACTICES WILL BE AT MTY!** These breaks are a great time for athletes to practice together and get multiple opportunities for feed back from all coaches on deck, so we do like to take advantage of that!
2. **ALL GROUPS WILL BE OFF ON THANKSGIVING!** Enjoy the day with your families and remember those things to be thankful for this season!
3. **SWIMMERS WITH 'DOUBLE' PRACTICES ARE EXPECTED TO BE AT BOTH!** When we have the opportunity for Doubles, it is an opportunity for swimmers to work multiple elements in the course of a day that they are not usually able to. The goal is not to present an 'either-or' option, but rather an opportunity to build growth!

The Thanksgiving Break Schedule can be found, and printed, [HERE](#). We look forward to seeing you, and hope you enjoy the holiday!

## **Athletes MUST Sign-In before practice!**

The Coaching Staff and YMCA Administration wants to take this time to remind all athletes that they **MUST** sign-in at the front desk before EVERY practice they attend! Each member should have a scan-card to use at the front, and should you misplace it, the front desk can sign you in or you can purchase a new card for \$3.

Signing in is not just something we encourage due to insurance and liability reasons... we require it of all YMCA members because it is the best way to make sure you and your children are safe in our facilities!

## YSSC Contact Info

### YSSC Head Coach

Ted Pierson  
[tpierson@spartanburgymca.org](mailto:tpierson@spartanburgymca.org)

### Head Age Group Coach

Scott Stephens  
[smstep3@gmail.com](mailto:smstep3@gmail.com)

### MTY Head Development Coach

Wendy Viney  
[wviney@spartanburgymca.org](mailto:wviney@spartanburgymca.org)

### MTY Lead Senior Coach

Harmilee Cousin  
[Harmilee.cousin.iii@gmail.com](mailto:Harmilee.cousin.iii@gmail.com)

### TOM Head Site Coach

Bart Simonson  
[barts@spartanburgymca.org](mailto:barts@spartanburgymca.org)

### MTY Age Group Coach/ Office Manager

Heather Martin  
[hmartin@spartanburgymca.org](mailto:hmartin@spartanburgymca.org)

### MTY Strength/Conditioning

Kari Horomanski  
[khoromanski@gmail.com](mailto:khoromanski@gmail.com)  
Kristi Stratton  
[ckstratton4@yahoo.com](mailto:ckstratton4@yahoo.com)

### TOM AG I Coach

Lindsay Wilson  
[Lindsay.wilson@gmail.com](mailto:Lindsay.wilson@gmail.com)

### TOM YSL/AGII Coach

Rachel Smith  
[rsmith@spartanburgymca.org](mailto:rsmith@spartanburgymca.org)

---

## **2016-17 Short Course Meet Schedule**

~~September 24th-25th - Clemson Classic @ Fike Recreation Center, Clemson, SC  
-For 12&Under Swimmers ONLY!~~

~~October 22nd-23rd - YSSC YMCA Dual & Invitational Meets @ MTY, Duncan, SC~~

~~November 11th-13th - YSSC Thanksgiving Invitational @ MTY, Duncan, SC~~

~~November 11th-13th - MOR Senior Invite @ Pullen Aquatic Center, Raleigh, NC  
-For swimmers with 1 or more Y-Nat cuts ONLY!~~

~~December 2nd-4th - TYR Capital Classic @ Triangle Aquatic Center, Cary, NC  
-11 & Overs ONLY~~

~~-13&Over swimmers with 4 cuts participate in team travel~~

~~December 9th-11th - RAYS Snowflake Invitational @ Rock Hill Aquatics, Rock Hill, SC~~

~~December 7th-10th - Speedo Winter Jr Championships @ Ohio State Univ, Columbus, OH  
-For swimmers with 1 or more Jr-Nat cuts ONLY!~~

~~December 31st - YSSC New Year's Invite @ MTY, Duncan, SC~~

~~January 7th-8th - YSSC / MAC Dual Meet @ MTY, Duncan, SC~~

~~-For any swimmer not attending the Knoxville, TN meet~~

~~January 13th - Clemson Invite @ Fike Recreation Center, Clemson, SC~~

~~-For 11-12s swimming the 1650 ONLY!~~

~~January 13th-15th - Pilot Flying J Classic @ Allan Jones Aquatic Center, Knoxville, TN~~

~~-13&Overs with qualifying standard ONLY!~~

~~February 3rd-5th - YSSC February Fling @ MTY, Duncan, SC~~

~~-Can only swim events in which they do not have a 'State Cut'~~

~~February 17th-20th - Short Course State Championships @ WAC, Greenville, SC~~

~~-Open to swimmers with State Qualifying Standards ONLY!~~

~~March 11th-12th - 8&Under State Championships @ WAC, Greenville, SC~~

~~-Open to all YSSC 8&Under swimmers!~~

~~March 16th-19th - Age Group Sectionals @ Greensboro Aquatic, Greensboro, NC~~

~~-Open to swimmers with Sectional Qualifying Times ONLY!~~

~~March 23rd-26th - USRY Championships @ MTY, Duncan, SC~~

~~-There are qualifying standards for this meet~~

~~March 24th-26th - Palmetto Championships @ Rock Hill Aquatics, Rock Hill, SC~~

~~-Cannot swim any events they have sectional cuts in~~

~~April 3rd-7th - YMCA Short Course Championships - GAC, Greensboro, NC~~

~~-Open to swimmers with Y-National Qualifying Standards~~