

# CUKE TIMES

Middle Tyger YMCA

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November 2nd, 2016 Volume 4, Issue 5

## *From the Desk of Coach Scott,*

Dear Age Group Parents,

I would like to start this article off with a formal introduction of myself – My name is Scott Stephens and I am the head Age Group Coach of Y-Spartaquatics. Some of you may be wondering what a Head Age Group Coach does! My job as Head Age Group Coach is to oversee the direction of our AG program. This involves the coaching of my two groups – Blue & Yellow, and oversight of the Age Group staff and the progression of any child entering the program, whether they be in YSL or directly in one of our color groups. This is my 4th year in this position at YSSC and I could not see myself doing anything else, and I truly mean that. I love coaching and I love swimming.

First of all, we ask that parents do not talk to the coaching staff during practice times. The reason for this article from me is to implement a new policy as it pertains to communication, practice viewing, and coach interaction. As you know, our time with your child is very limited – all of our color groups practice for less than 2 hours per day. In those limited hours, the coaching staff has daily, weekly, monthly, and seasonal goals we wish to accomplish. Time spent talking to a parent impedes our ability to implement these goals with your entire children. Our entire coaching staff has office hours available to communicate; feel free to contact us by phone, email, or a drop-in visit. Please contact your child's coach for their office availability. During these hours, we need you, the parents, to utilize those hours instead of our on deck time to ask questions. It is vital to the success of our program that all allotted deck time be with your children.

In addition to coach interaction during practice, I would like each parent that watches practice to not sit in front of where their child's group is practicing. The reason for this is blunt, but true – you become a distraction to the child. You are your child's shining star – and they want to do nothing more than to impress you. Impressing you at the end of the lane could come at a cost of not listening to a drill or a set that the coach is giving. I do not want this to come across as you can't watch practice – I invite you to watch practice, but from afar.

Both of these topics are also covered in our Parent Code of Conduct, attached to this email. This was given to you in the registration packet. Any repeated negligence to abide by the Code of Conduct will result in disciplinary action.

If you have any questions or concerns regarding this, please contact me directly. My email is [sstephens@spartanburgymca.org](mailto:sstephens@spartanburgymca.org). I want to see our Age Group Program continue to flourish as it always has – we have a very exciting group of children this year and I see many great things coming from them, but please – let us coach when it our time to coach.

Thank You,

Coach Scott Stephens – Head Age Group Coach

## **Volunteers & Donations Needed for YSSC Thanks- giving Invite!**

As we roll towards our 23rd Annual Thanksgiving Invite, hosted at MTY, we again are taking any and all families who wish to sign up for volunteering early!

The sign-up genius is up and rolling on the webpage for the event, and can be found here:

<http://www.signupgenius.com/go/5080544AEAF2DA46-20169>

Please take time to look over all available volunteering positions today! Remember, if you do not sign up in advance, you may find the spot you want gone, or you may be assigned a position as each family is expected to volunteer at each session they have a swimmer participating!

Also, financial/food donations for concessions at the meet are now being accepted! You can sign up/ find more info here:

<http://www.signupgenius.com/go/5080544aeaf2da46-november>

**Thank you for all you do to  
make Cuke-Nation a success!!**

## **December Meets Approaching Fast!!!**

With the Thanksgiving Invite Registration period over, and entries being sent to meet management, our next big administrative focus comes in the form of the upcoming **December Meets!**

YSSC participates in THREE (3) meets to accommodate our separate levels during the month, all of which are listed below with an explanation of who should look at attending each:

### **1. TYR Capital Classic -Raleigh, NC- Dec. 2-4**

This meet is a team travel trip for swimmers aged 13&Over that have achieved at least 4 qualifying cuts. It is also open to 11-12s who have achieved at least 3 qualifying cuts. 11-12s and their families are responsible for all travel/lodging/meals while attending the meet.

### **2. 2016 Speedo Jr Championships EAST -Columbus, OH, Dec. 7-10**

This meet is a team travel trip for swimmers that have achieved at least 1 Winter Jr. National Qualifying Standard.

### **3. 2016 RAYS Snowflake Invite -Rock Hill, SC- Dec. 9-11**

This meet is for all athletes who are not attending either the Capital Classic or Junior Nat'l Championships.

**\*\*\*There is info on our hotel block for this meet on PAGE 3 of this newsletter!!!\*\*\***

**Make sure to contact your coach and/or register on the website for your meet TODAY!!**

## **YSSC Contact Info**

### **YSSC Head Coach**

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### **Head Age Group Coach**

Scott Stephens  
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### **MTY Head Development Coach**

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### **TOM Head Site Coach**

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### **MTY Age Group Coach/ Office Manager**

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### **MTY Strength/Conditioning**

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### **TOM AG I Coach**

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### **TOM YSL/AGII Coach**

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## **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!

**Continue reading for a special article from Coach Wendy!**

# ***How to make your kids HATE swimming*** ***101***

**An article written by AG Development Coach, Wendy Viney**

- 1. Complain about the meets or the sport, in general.** Saying things like, "Waited all day to watch you swim for 2 minutes", or, "ANOTHER meet??", or, "WHAT time do we have to be there?" Your children want to believe that you WANT to be there—regardless of the logistics or realities of "sit and wait".
- 2. Correct or Coach your swimmer after a race.** "You should have gone out faster" "You need to work on your flip turn" "You fell apart on the last lap" "Your start is still slow" "You need to work on your turns" When you correct your own children, they immediately go on the DEFENSE and are less likely to take coaching positively from anyone! They would really prefer for you to say "great job", or "shake it off....you will get'em next time", or "love watching you swim!" Then, the coach can address the specific skill needs of the swimmer.
- 3. Question the coach (in front of or behind the coach).** "I don't know WHY your coach put you in that event" "That's not the way I would swim that event" "What is she thinking?" These comments and questions plant doubt in your swimmer. The swimmer may begin to discredit the coach and be difficult to reach. After all, why would they listen to a coach that you have discredited? You want your children to be coachable. Teach them trust the coach's input.
- 4. Keep track of other swimmers' times and compare your own child to them.** Kids do not want to feel like your affection depends on if they measure up to another swimmer. They want to feel secure. Comparing them to other swimmers will a) defeat them and b) drive you crazy. Teach them to race their own race. They need to concentrate on the "controllables" (things within their control), and how ANOTHER child swims is not within their control. Simply, being compared to others is a lifelong struggle we put ourselves through. Don't add to that reality. Build them up!
- 5. Be sure to use body language to communicate disappointment in performance.** The "dreaded eye roll." The "exasperated hands in the air, turn, and walk off." The understated, *yet condescending*, "shake of the head"... These are all good examples of deflating your swimmer and frankly setting a negative example of how to deal with disappointment. Your children see it, other parents see it, other swimmers see it...when YOUR child sees your reaction, it can set off a negative reaction for the rest of the day's events. Again, your child is or will be aware of their performance. Observing an unfavorable reaction of parents is not helpful. Also, demonstrate **kindness, humility, and mental toughness**. This will contribute in developing your children to be an athlete that is caring, humble, and ready for the next challenge. Cheer for other swimmers—model "the team" mentality and watch your child encourage others...it is beautiful to witness and will likely fill you with more pride than a child achieving a "cut".

## **Rock Hill Snowflake**

### **Invite Hotel Info!!**

At every 'Away' meet, we try to set up a block of available rooms at one of the area hotels for convenience to swimmers' family's planning. We have details now about the available block for the Rock Hill Meet, Dec. 9-11 for all interested!

**The Cut-Off Date to Sign Up is Nov. 9th, 2016!!!**

**Hotel Name:** Hampton Inn Rock Hill

**Address:** 2111 Tabor Drive, Rock Hill, SC 29730

**Phone Number:** 8033251100

**Group Name:** YSSC

**Group Code:** YSS

**Check-in:** 09-DEC-2016

**Check-out:** 11-DEC-2016

The Webpage address for the Block is:

[http://hamptoninn.hilton.com/en/hp/groups/personalized/R/RCKSCHX-YSS-20161209/index.jhtml?WT.mc\\_id=POG](http://hamptoninn.hilton.com/en/hp/groups/personalized/R/RCKSCHX-YSS-20161209/index.jhtml?WT.mc_id=POG)

**The 2016-17 YSSC Short Course Meet Schedule can be found below on page 4!**

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## **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