

# CUKE TIMES

Middle Tyger YMCA

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## From the desk of Coach Ted to all YSSC Families

I want to personally welcome everyone to the 2016-17 season of the Fightin' Sea Cukes at Y-Spartaquatics!! The coaching staff and I are honored and excited to see everyone and are looking forward to a great year. I wanted to start out by thanking all the families for their amazing volunteerism and assistance that has been bestowed upon our great program!!! We ran many, many meets this past year and everyone was a great success due to the immense amount of help from CUKE Nation!! We are aiming to host another fantastic year of meets and are excited to get this season rolling. The Cukes will be hoping to host the USRY Championships again in March. That meet is in the bid process currently and we will let you know once the decision is made.

This has been a year of transition that saw the hiring of Coach Harmilee, but also saw/is seeing the departure of Coaches Kat, Austin, Megan, and Storm. We are sad to see our coaches depart, but also excited for their future potential endeavors. We are also excited for the CUKE future as we interview potential candidates that will continue the traditions and process of the Fightin' Sea Cukes! As I have stressed in the past, we will be patient in this process to ensure that we get the best candidates for the job. I want to thank everyone for the overall patience as this coaching staff coalesces and continues to mold the 'CUKE Way' going forward. The YSSC Staff is eternally grateful for all the support we get from our families.

Summer has come and gone in a flash! The high school season is here and I want to take a second to remind everyone of the YSSC Suit Policy. YSSC has one of the best modeled technical suit policies in the entire country. Many of the top teams in the country have adopted the YSSC Suit Policy. It is for many reasons, but the biggest reason is future development.

For 13&Overs, we want to save the 'shave, taper, and suit' feel for our focus meets. The shave, taper, and suit feel should be reserved for only 2-3 times per year; any more than that can diminish the impact of this very special time in a swimmers season. With that in mind, we ask that our 13&Overs only wear 'technical' suits for the HS State Meet during the 2nd week of October.

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## *Cuke Day: Saturday, September 17th at MTY!!!*

We are planning our 3rd annual CUKE day on Saturday, Sept. 17th at 12:00pm at Middle Tyger YMCA.

Be ready to enjoy food, Fellowship, and fun! You can sign up for volunteering,

Purchase equipment from Augusta Swim Supply, sign up to find a carpool buddy, and meet other Cuke Families! Bring your deck chairs and a good appetite!

We are also aiming to have all team T-Shirts out to the swimmers on Cuke Day, but rest assured if we cannot make that happen, the will be ready by the Clemson Meet the following weekend!

We do need your help in making this a great event! Sign Up to bring appetizers, sweet stuff, drinks, etc.

through the following Signup Genius Link:

<http://www.signupgenius.com/go/5080544aeaf2da46-201610>

Please bring any tents or tailgating games (corn hole, ladder golf, etc.) to make this a FUN day!!!

## Clemson Classic Info from Coach Scott

For those of you that are new to YSSC this year, my name is Scott Stephens and I am the Head Age Group Coach of the program! I want to welcome you and hope that your first days of practice went very well! I know the Coaching Staff is very excited about this upcoming season, but first, I want to remind and clarify a couple things about the  
**Upcoming Clemson Classic Meet!**

This is a new meet for YSSC. I found it will give an opportunity for all of our 12&Unders to compete in September just like our High School swimmers do!

### **THIS MEET IS LIMITED TO 12&UNDERS ONLY!!**

We will be competing in the **AFTERNOON** sessions **ONLY** - we will not be doing the 'Open' events. An 'Open' event is an event that any age can compete in. I find it best to always compete against your age group or younger. So when the coaches do entries for this meet, you will see your children in the 12&Under events only, not open.

If you have not signed up for this meet, please find the event page here: [Clemson Classic Event Page](#). Once you are there, please hit the 'Edit Commitment' button to attend or decline the event. This allows our coaching staff to enter your children in the meet. There is also a comment section that you may let us know if you can only attend 1 day, 2 days, or all days of the meet, depending on the meet. The Coaching Staff will have the final say in the entries for each child. We need everyone to register by **September 12th, 2016!**

If you have any specific questions, please feel free to contact your child's coach or myself!  
Welcome, and I look forward to having a great season with the CUKES!!!

Thank you,  
Coach Scott  
Head Age Group Coach

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## YSSC Contact Info

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## From the desk of Coach Ted (*continued*)

For 12 & Unders, wearing a technical suit such as a LZR at a very early age (under 12 unless competing nationally) is very detrimental to a swimmers development. It allows them to think they can only go fast with the suit on... and every other time they swim, they will not be as good as when they wore the suit. We encourage any 12 and unders participating in HS league to NOT wear a technical suit during the HS season, even for the State Meet.

We cannot stress enough the importance of our suit policies. It is a big factor that separates YSSC from any other club in the state/region/country. We want your child to be swimming when they are 22 and are taking those steps and planting those seeds at an early age to allow them continued success and development.

Thanks everyone and GO CUKE NATION!!!

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## College Dual Meet at Middle Tyger YMCA Oct. 29!

YSSC is proud to announce that we will be playing host to a Collegiate NCAA-Division I Dual meet at MTY on 10/29! The Gardner-Webb Bulldogs (located in Boiling Springs, NC) vs. the Univ. of Maryland - Baltimore Campus Retrievers (UMBC).

Gardner Webb's roster has Senior Nathan Lile, GWU's 1st NCAA Qualifier, while UMBC's roster includes Senior Emily Escobedo who placed 3rd in the 200 Breaststroke at the 2016 NCAA Division Championships. This will be an exciting dual meet between conference rivals. We will have more information about this amazing event as we get closer to October 29th! We would love for all Cukes to come out, pack the house, and show their best display of cheering for these amazing teams!

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

## Upcoming Officials Clinics!

Over the next few weeks, we will be offering officials clinics with our very own William Brown in the conference room at Middle Tyger YMCA for all parents interested in becoming an official!

The dates and times for these clinics are as follows:

**Thurs, 9/22 @ 6:30pm (Stroke & Turn Clinic)**

**Thurs, 10/13 @ 6:30pm (Stroke & Turn Clinic)**

**Mon, 10/17 @ 6:30pm (Starter Clinic)**

We will be covering all Official Registration Fees this year for anyone interested! Come check them out!

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## YSSC Apparel Orders coming soon!

Be on the lookout for YSSC/CUKES apparel and equipment order forms coming out soon! Items to be ordered will include: Team Shirts, Towels, Tank Tops, shorts, jackets, and Tumblers! These will be emailed out soon!

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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!

TBD - USRY Championships @ MTY, Duncan, SC

-There are qualifying standards for this meet

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

-Open to swimmers with Sectional Qualifying Times ONLY!

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