*Developing Children to be
Champions in Life through Swimming*

Meet Recaps:

October was a very busy month for swim meets. For several swimmers, the SC High School State Championships kicked the month off. Following the SCHSL State Championships, the Riptides competed in the CAC Classic and the MPSC Spooky Invite.

MPSC Spooky Invite –

Ten swimmers made the trip to Mt. Pleasant for the 7th Annual Spooky Invite. It was a great meet for the Riptides, particularly those who had first opportunities of the season to compete in the 1000- and/or 1650-yard freestyle events.

Rafael Adi earned four best times in the 50-free, 100- free, 50-backstroke and 50-breaststroke. Rafael also had first time swims in the 100- backstroke, breaststroke and butterfly events and 200-freestyle.

Mackenzie Angwin earned three best times. Her best swim came in the 1000-freestyle, where Mackenzie slashed over 2minutes 20seconds from her previous best time!

Chad Bateson swam to two best times. However, all of his swims were with 1-2 seconds of his best times earned at the CAC Classic.

Eddie Bateson continues to improve, earning 6 personal best times, 2 new SC State Championship q-times and 4 team records. Eddie improved his 1650-free time by more than 2 minutes 30seconds!

Andi Churchill had three best times for the meet. But Andi led all swimmers with an amazing drop in her 1000-free by 3minutes 16seconds! In fact, her 500-split in the 1000, was better than her best 500 time. Andi also swam the 1650-free for the first time, nearly going under the 20:00 barrier.

Connor Churchill earned best times in the 50-free and 200-IM. On Sunday, Connor competed with the "senior" swimmers and held his own very well.

Danielle Flaherty picked up best times in the 200-IM and 100-backstroke. Like Chad, Danielle was within a couple seconds of her best times from the CAC Classic.

Kylie McWhorter swam to best times in the 50-backstroke, improving by over 4 seconds and in the 25-backstroke, improving her time by more than 1 second.

Peyton McWhorter earned 5 best times in the 50-free, 50-fly, 200-free, 100-free and 50backstroke. Peyton's largest improvement was nearly 8 seconds in the 200-free.

Ethan Nechemia swam to 7 best times and 2 SCS State Championship times. Ethan's SCS q-times were in the 50- and 100-backstroke events.

The Myrtle Beach Riptides is a competitive swim team. While it is the goal of the coaching staff to teach our athletes the skills required to become more proficient swimmers, it is also the goal of the coaching staff to have our athletes achieve at the highest levels possible. In order to accomplish this goal, it is crucial our swimmers attend practice _and_ meets on a consistent and regular basis.

Competitive performance and achievement are criteria for moving from one training group to the next training group.

Swim meets are what the athletes are training to do. The coaching staff has created a meet schedule which will offer events for every level of swimmer. Not all meets are appropriate for each swimmer, so if a parent has a question, please feel free to reach out to your child's primary coach for information.

With only a handful of meets left before the February State Championships, the coaching staff would like to encourage all of our athletes to enter as many meets possible, which they are eligible to compete. Let's do our best to achieve the 2012-13 SCS State Championships and beyond!

Riptides going to online bill-pay:

As mentioned in a previous email, the Riptides will begin utilizing online bill-pay for members to pay their monthly dues. Families will be able to add a credit card and pay tuition each month utilizing the website. The credit card will be charged a fee as per the processing company which handles the billing service. Parents may still pay by check if they desire, but we recommend the credit card system for more accurate bookkeeping.

In the future, we may offer the service for meet entry fees. We will let members know when this service is available.

To set up your credit card system, you must first logon to TeamRiptides.com. From there, go to the side menu bar and click on MY ACCOUNT. Next, click on AUTO PAY. You will see a screen similar to the one below...

Select the "current payment method" and change to "Automatically charge."

Now add your credit card information by clicking the "edit" button to the right of the grey box. A screen will pop up like the one below...
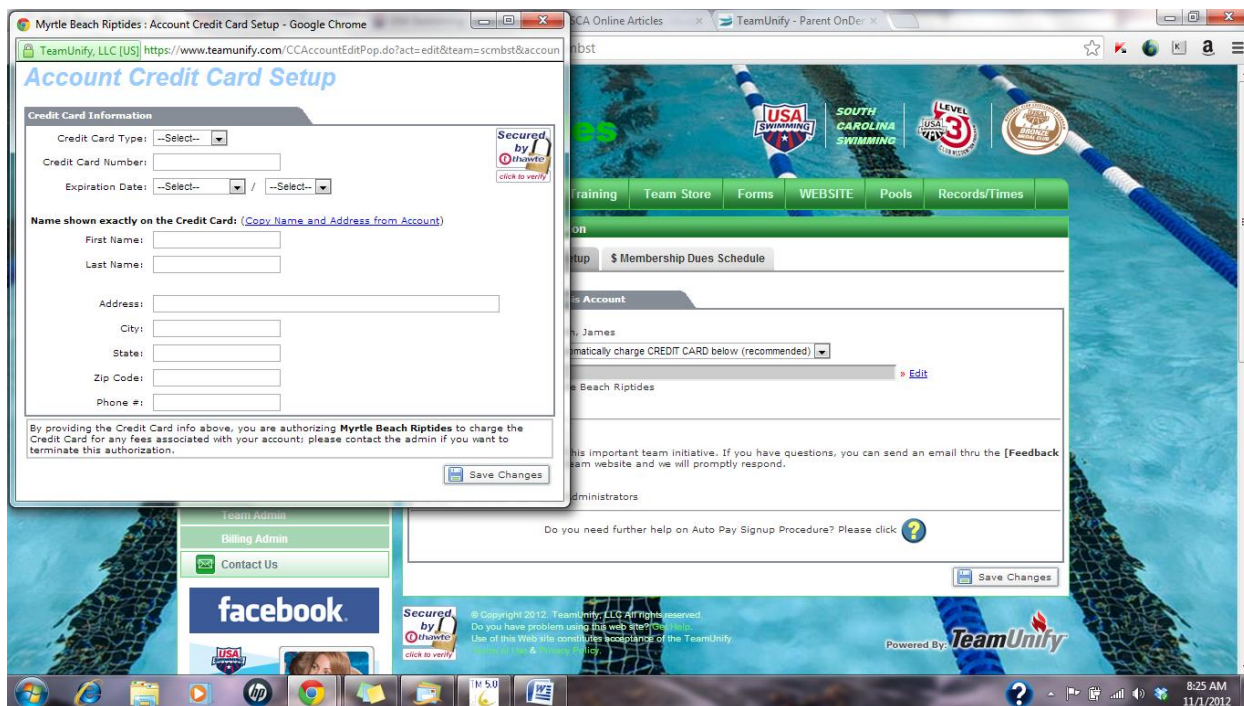
Once you enter the information, be sure to SAVE CHANGES. And then click the SAVE CHANGES on the background screen.

Once this is completed, you are now capable of paying monthly dues online. A record of your payment will be issued immediately.

It is the goal of the Riptides to make the dues paying process easier and more streamline. If you have any questions, please contact Coach Jim.

2012 New Year's Eve Marathon:

As the 2012 New Year's Eve Marathon swim approaches, it is important to get out and promote it to our family and friends. One of the best ways to do this is to add email addresses to your swimmer's profile and add your profile to your Facebook account.

To update your swimmer's profile, logon to TeamRiptides.com and click on the PLEASE HELP button. From there, you will see a screen similar to the one below.

Be sure to click on the PROMOTE tab and now you can import electronically or manually all of your email addresses.
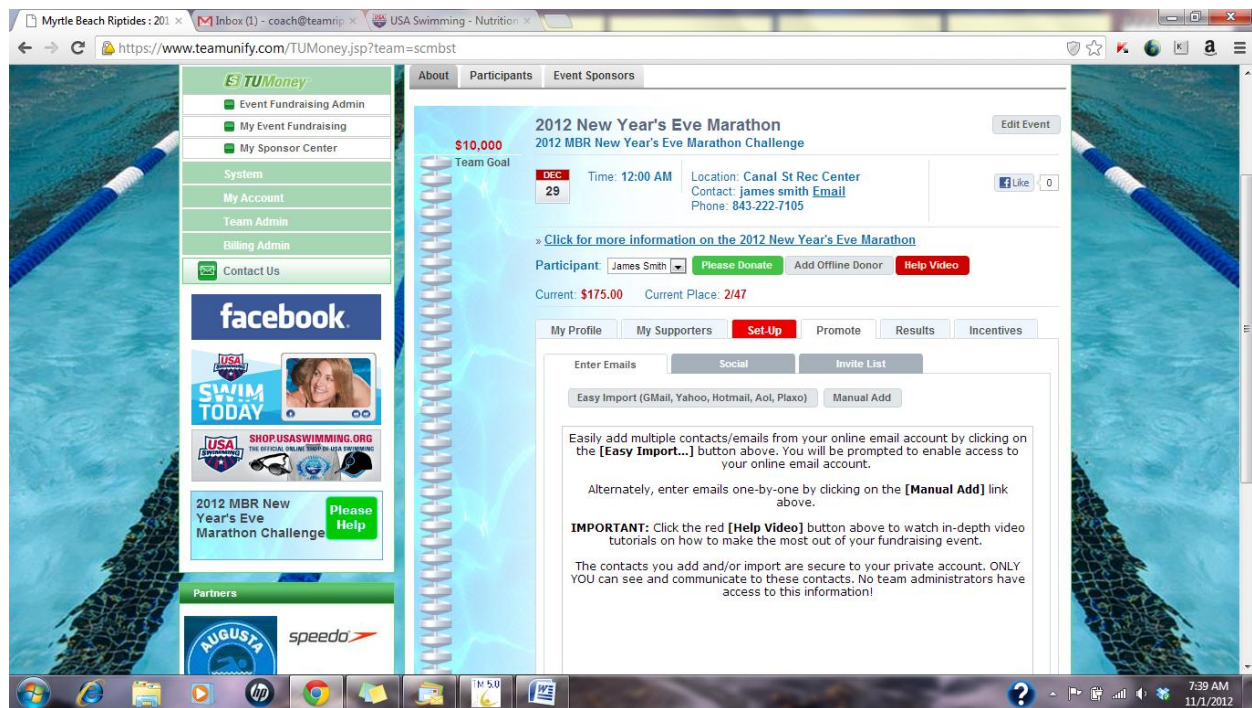
From this same page, you can also add this to your Facebook page by clicking on the SOCIAL tab.
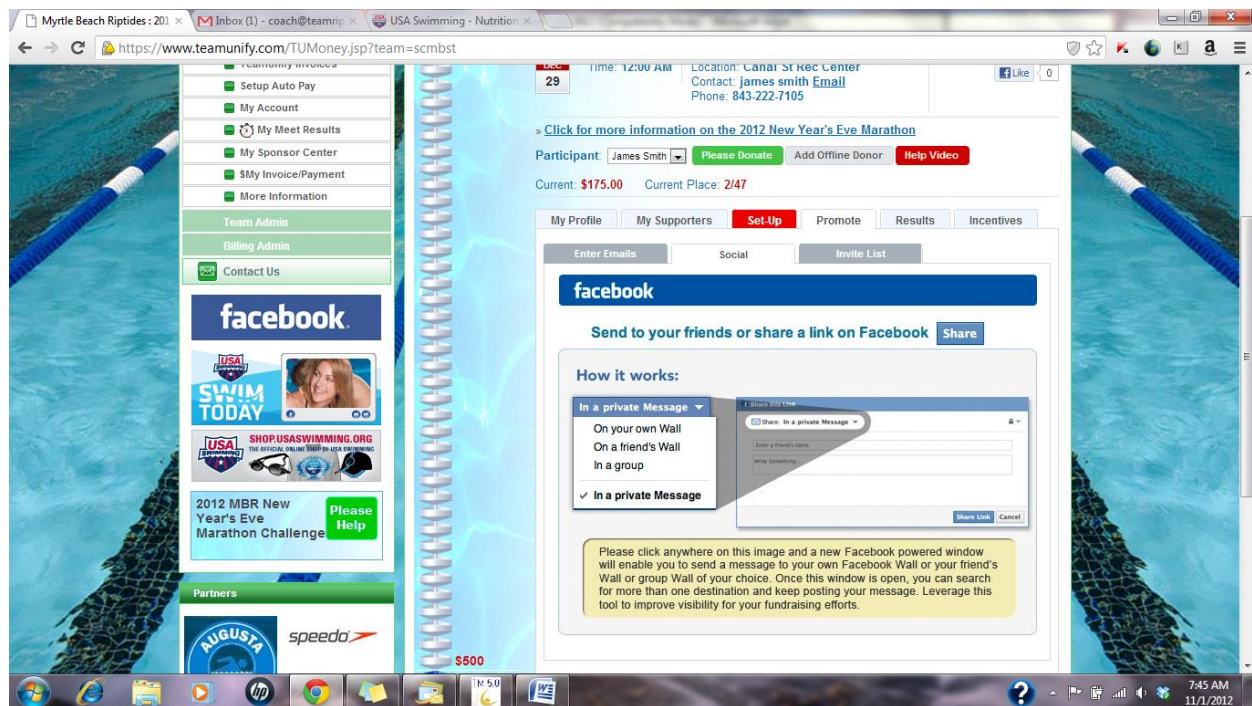
The goal this year is to raise $10,000. With everyone's assistance, this goal can be achieved. Remember, swimmers can earn prizes for the monies they raise!

Good luck Riptides!

NUTRITION: PROTEIN POST-TRAINING
BY DAN MCCARTHY//NATIONAL TEAM HIGH PERFORMANCE CONSULTANT

Ongoing research has led to more concrete information regarding the timing of protein intake, the quantity of protein ingested and the best source of protein for hard-working athletes. The existing research is very sound; however, modern tools and methods have made evaluating the ability of skeletal muscle to synthesize protein possible.

When

Post-exercise the muscle's ability to synthesize protein is increased. Recent research suggests that four equally spaced meals throughout the course of the day and one larger pre-sleep meal may be ideal for maximizing protein synthesis and negating protein breakdown. Hard-working athletes should time one of their meals to occur after each workout to benefit the most from the enhanced muscle protein synthesis. The larger pre-sleep meal helps lessen the impact of protein breakdown that occurs during slumber, when no eating is going to occur.

How Much

Each meal should contain .25-.30 grams of protein/kg of body weight/meal. The larger pre-sleep meal should contain .60 grams of protein/kg of body weight. For a 150 pound athlete:

- 150 pounds/2.2 kg/pound = 68 kg
- .25 grams of protein/kg x 68 kg = 17 grams of protein **per meal**
- .30 grams of protein/kg x 68 kg = 20.4 grams of protein **per meal**
- .60 grams of protein/kg x 68 kg = 40.8 grams of protein pre-sleep

A 150-pound hard-training athlete should have a meal four times per day with 17-20 grams of protein per meal and a larger meal containing 40 grams of protein before bedtime. Breaking the protein intake up throughout the day is a key strategy for maximizing protein synthesis.

Ingesting large quantities of protein at one meal and very little at other meals does not appear to be effective, nor does eating mini-portions (2.5 grams of protein) frequently (10+ times) appear to be an effective strategy for maximizing muscle protein synthesis either.

Best Source

Research has also shown that milk proteins are slightly better than soy proteins following exercise. The combination of whey and casein proteins in milk seem to be slightly more effective at promoting protein synthesis and suppressing muscle degradation following intense exercise than soy protein. After intense exercise, whey protein, found naturally in milk, cheese and yogurt, is critical in promoting muscle protein synthesis because of the amino acid, Leucine.

It is important to note that the recommended protein intake is for athletes engaging in a hard or intense training cycle. During training that does not result in the breakdown of skeletal muscle it is generally recommended that athletes eat .8 grams of protein/kg of body weight per day.

Playing Favorites:

By John Leonard

One day a few years ago, a club board member accused me of "having favorites" on our club team. Several other parent board members nodded their heads in agreement The implication was that this was a terrible sin. When I was a younger coach, I thought it was terrible also. And he was right. I did have favorites. My favorites were those athletes who most fervently did what I asked of them. Those that did, I gave more attention to. I talked to them more. I spent more time teaching them. I also expected more of them.

The implication that he was making was that my favorites got better than the others because they were my favorites, and that was somehow unfair. He mistook cause for effect.

The fact is, that the athletes who came to me ready to learn, ready to listen, ready to act on what they learned and try it my way, even if it was more challenging, more difficult than they imagined, were ready to get more out of our program. And they were my favorites.

As a coach, I have only one thing to offer to an athlete. That is, my attention. Which means that I attend to their needs. The reward for good behavior should be attention . . . attending to their needs. The consequence of inattention, lack of effort, unwillingness or un-readiness to learn or just plain offensive or disruptive behavior is my inattention to that athlete.

How could it be other than this? If you have three children, and you spend all of your time and energy work working with the one that is badly behaved, what does that tell your other two children? It tells them that to capture your attention, they should behave badly. What we reward, is what we get.

As a coach, I want athletes who are eager to learn eager to experiment to improve, eager to work hard. I want athletes who come to me to help develop their skills both mental and physical, and are willing to accept what I have to offer. Otherwise, why have they come to me. And I am going to reward that athlete with my attention. In so doing, I encourage others to become like the athlete above. If I spent my time with the unwilling, the slothful, the disruptive, I would only be encouraging that behavior.

The link I want to forge is between attention and excellence. Excellence in the sense of achieving all that is possible, and desired. My way of forging that, is to provide my attention to those who "attend" to me. This does of course result in increased performance for those that do so. I am a professional coach, and when I pay attention to a person, that person is going to improve. Over time, this makes it appear that my "favorites" are the better swimmers. Not so at all. The better swimmers are those that pay attention, and thus become my favorites.

What Dad didn't realize is that you must have favorites if anyone is to develop in a positive fashion. The coach's job is to reward those who exhibit positive developmental behaviors. Those are my "favorites," and they should be.

Upcoming Events:
Nov 3 – SMRT Grand Prix #2
Nov 10 – All practices at Canal St
Nov 16-18 – Palmetto Turkey Invite
Nov 22 – Thanksgiving (aka Fat and Happy Day)

Practice Changes:
Nov 3 – Bronze 10:30am-12:00pm
Nov 7 – Bronze 4:30-6:00pm
Nov 16, 17 – Practices TBA
Nov 22 – No Practices

Birthdays:
Ethan Nechemia – 26th