

YMCA OF KANAWHA VALLEY KRAKEN SWIMMING

SEPTEMBER 2022



Andrew Hill, Harper Greathouse, Liam Dailey, Peyton Greathouse, Jamison Silkwood, Liam Kessler, Emma Hill, Katie St. Jean, Lily Patnoe, Owen Newell, Kenneth McGlothen, Coach Melissa, and Tabitha Morris helped at the Charleston Distance Run on 9/3. Your energy was amazing! Not pictured: Jack Mullen, Madilyn McGlothen.

KICKING OFF A NEW SEASON

The 2022-2023 short course is in full swing with practices resuming for AG 3, AG 4, and Senior group on August 17th! We are excited to see so many new faces around the pool deck. On Tuesday, September 6th we welcome back our AG 1 and AG 2 swimmers with Coach Mackenzie leading their practices. Senior Group will resume mornings on September 7th following normal schedule - M/W/F from 5:45 - 7:15am.

The practice schedule and equipment needs are listed for all groups on our website - click on the Practice tab on the left. Swimmers should have their equipment each and every day - if you have any questions, please feel free to contact your swimmer's coach.

UPCOMING MEETS

9/24 - RION FOSTER MEMORIAL (declare by 9/17)

YMCA Meet

10/1 - PARKERSBURG AUTUMN FEST (declare by 9/21)

YMCA MEET

10/15-1016 - KORTZ/BIRD INVITE (declare by 10/5)

Kraken Hosted Meet - USA

10/30 - Tri-Meet Parkersburg (declare by 10/22)

YMCA MEET

11/4-11/5 - LYST TYR Invitational (declare by 10/26)

YMCA MEET

REMIND APP GROUP CODES

The Remind app is an easy way for coaches to communicate information in a quick way. It is a free app available from the App Store or Google Play. Use the following codes to connect to your swimmer's group:

AG 1 - @ag1kraken

AG 2 - @ag2kraken

AG 3 - @ag3kraken

AG 4 - @ag4kraken

SR Group - @srkraken

IMPORTANT DATES:

September 5th - no practice - Labor Day pool closed

September 13th - Officials Clinic 5:30 - 7:30 pm;
Kanawha Valley YMCA; led by Gary Walker

October 2nd - WV Swimming HOD Meeting

- 12:00 - Coach / Athlete Meeting
- 1:00 - HOD Meeting

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MURKEY MILE

Several of our Kraken swimmers participated in the 2022 Murky Mile held at Cave Run Lake in Kentucky. This is an open water race following an out and back loop format - participants choose either 1/2 mile or 1 mile race. Coach Rob joined in on the action as a race volunteer, paddle boarding the course to keep swimmers on track. Their team, Lucky Dawgs, earned first place overall! We are so proud of you all.

AWARDS - 1/2 Mile Race

Peyton Greathouse - 2nd place overall

Awards - 1 Mile Race

Kenneth McGlothen - 1st place overall; 1st place male finisher

Ashton Walker - 4th place overall; 1st place female finisher

Matthew Smith - 6th place overall; 1st place male 17-25

Lily Patnoe - 7th place overall; 3rd place female finisher

Maddie Schaefer - 9th place overall; 1st place female 16-under

Matthew Schaefer - 13th place overall

Eli Berry - 20th place overall

Liam Riley - 29th place overall



SWIMMING TERMS

SEOWV YMCA League- Southeastern Ohio West Virginia Swim League is the YMCA that our team is a part of.

LSC - Local Swimming Committee - the local level administrative division of USA Swimming. Kraken is a member of the WV Swimming LSC.

Short Course - events that are competed in a 25 yard (or meter) pool.

Age Group - division of swimmers according to age.

Some examples include 6-under, 7-8, 9-10, 11-12, 13-4, 15-over