

STARTING BLOCK

Tiffany Vroegop, HC

Rising Tide

Season Preview

Following a strong third-place finish in mid-July at the YCO Summer Championships at the Liberty Center YMCA in Powell, the Riptide staff has been gearing up for the upcoming winter season—and it's shaping up to be a great one!

Throughout the season, our experienced coaches will focus on stroke technique, endurance, and fitness during practices to improve swimmers' times at meets as they work toward their end-of-season goals. They will also be instilling values like teamwork, respect, sportsmanship—and fun!

DRY swimmers take to the water the week of September 11th and end the season at the Winter Championships in early March 2024. The full swim meet schedule was shared at the parent meeting and can be found online in Team Unify. More details about each meet will be shared via email and in future issues of the RIP CURRENT team newsletter.

On behalf of all of us at the Delaware Community Center YMCA, DRY Swim Team staff, and DRY Parent Advisory Committee (PAC), I want to welcome all of you to the team and wish you safe, fun, and rewarding season ahead.

GO RIPTIDE!

DRY Coaching Staff

Sea of Blue and Orange

Pre-season swim assessments spur massive turnout

From August 1st through 9th, the Riptide Coaching Staff welcomed around 200 new and returning swimmers and their families to new, mandatory evaluations aimed at “right-sizing” every swimmer’s experience this fall and ensuring a higher level of safety and efficiency during team practices. With assessments now complete, over 150 swimmers will be joining the team for the upcoming Winter 2023-2024 season (and using almost every drop of water in the pool week)!

Following these evaluations, the new-look Riptide will be grouped into four divisions: Pre-Team, Juniors, Seniors, and Middle School/High School (pre/post school season). Riptides Junior and Senior teams will also feature new Blue and Orange groups to help swimmers work toward their own goals at their own pace.

To better support the growing number of Riptide swimmers and the new team structure, the coaching staff has grown as well.

Led by Head Coach, Tiffany Vroegop, the experienced coaching line-up (see Family Handbook for bios) for the Winter 2023-24 season consists of the following assistant and specialty coaches:

Pre-Team

- Group 1: Nori Materkoski & Brooke Parker
- Group 2: Nori Materkoski, Brooke Parker, Sheryl Ray & Gina Santiago

Junior Team

- 8U Blue: Sophia Mellblom & Olivia Reed
- 8U Orange: Sophia Mellblom & Olivia Reed
- 9-10 Blue (Group 1): Sophia Mellblom & Olivia Reed
- 9-10 Blue (Groups 2 & 3): Nori Materkoski
- 9-10 Orange: Michael Cavanaugh
- 11-12 Blue (Groups 1, 2 & 3): Jessica Hackathorn
- 11-12 Orange: Tiffany Vroegop

Senior Team (Blue & Orange): Ezra Ferguson & Jessica Hackathorn

M.S. & H.S. Pre/Post Season: Ezra Ferguson & Jessica Hackathorn

Specialty (Starts, dives & flip turns): Nicole Ford

Stay tuned to RIP CURRENT throughout the season for group-by-group updates from our coaching staff.

Volunteer Voice

It Takes a Village

A swim meet guide for newbies

If you're new to the competitive swimming scene or your experience is limited to watching it on TV every four years during the Summer Olympics, you may think swim meets are all about the swimmers and the times they post. Pretty s(w)imple, right?

What you may not know is just how much time, effort, coordination, and cooperation it takes to make a swim meet run safely and smoothly for our swimmers. You'll soon discover that swim meets can be fun and exciting, but also a bit like herding cats.

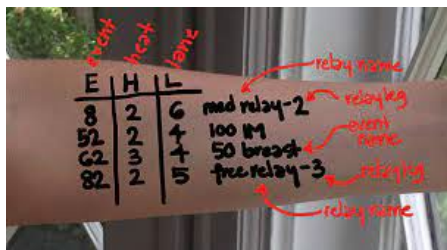
But by packing smart and with a little know-how, you'll be a "camp champ" in no time. The following are some helpful tips to guide all of our Riptide families through their next meet...swimmingly.

What do you mean by "camping?"

At most swim meets, teams will set up a "camp" either in the pool area (if there's room) or nearby in the gym. Be sure to pack camp chairs, healthy snacks and beverages, and maybe even a good book. (More on that in a moment.)

What to pack to be prepared

We'll keep this simple: team (or practice) swimsuit, team swim cap, favorite goggles, and two towels. Then bring backups because hey—things happen. And bring warm clothes for the time between races, too. The pool area can be rather warm and humid, but the camp area may be the opposite!



Sharpies and how to use them

Sharpies are a great way to keep your swimmer on track. Using the heat sheet as a guide, neatly write their event, heat, and lane numbers along with what stroke (and order number if a relay) onto the inside of their forearm or top on their thigh.

Some common abbreviations you'll see are: FR (Freestyle), BK (Backstroke), BR (Breaststroke), FL (Butterfly or Fly), IM (Individual Medley), and MR (Medley Relay). Swimmers also love to draw or write inspirational sayings on themselves (and their teammates) before meets—whatever works! Afterward, it comes off easily with some rubbing alcohol or even hand sanitizer.

Ways to pass the time

Swim meets are a lot of fun whether you're in the water or cheering from the pool deck. Even so, a swimmer's schedule can vary from meet to meet based on the events they're in and their order on the heat sheet, meaning they might have an hour or more between swims. With that in mind, playing cards (UNO is a team favorite), reading a book, or listening to some tunes (with headphones) helps to pass the time and keep swimmers relaxed and in the zone—just make sure they're able to hear announcements so they don't miss their next start!

DRY Volunteer Committee

**Jessica Banik
& Melissa Lago-Jones**

Mission Statement

The mission of the Volunteer Committee is to communicate the vital role volunteering has in the overall success of the DRY Swim Team. The Committee will also serve as a helpful resource for team parents by offering tools and information that will support volunteer needs.

Upcoming Volunteer Opportunities

Intersquad Trial Meet

- Date: September 30, 2023
- Time: 9:00 a.m. – Noon
- Location: Delaware YMCA

Pumpkin Classic Invitational

- Date: October 14, 2023
- Time: TBD
- Location: Pickaway YMCA

GCY & DRY @ Gahanna

- Date: October 21, 2023
- Time: TBD
- Location: Gahanna YMCA

HURY Invitational

- Date: October 21, 2023
- Time: TBD
- Location: Hilliard YMCA

Focus on Fundraising

Growing Team, Growing Needs

Making hard work pay off and every second count

As we know, swimming can be a tremendously beneficial sport for many reasons, but unfortunately its related costs can sometimes become a challenge for families and teams alike.

The staff at the Delaware Community Center YMCA has worked hard to keep swim team fees as fair and low possible for the Winter 2023-24 season, based primarily on the amount of pool time the team will need each week. Thanks to past DRY fundraising efforts, we are able to provide scholarship assistance to families where its needed most. This is vital for the continued health and success of our swim team, and we will continue to raise scholarship funds so that any child who wants to join us is able to do so.

Our growing swim team has other growing needs that cannot be funded through the Delaware Community YMCA as the items are both expensive and specific to the swim team rather than available for general use by YMCA members.



The backstroke flags located five yards from the ends of the pool are being replaced as the current set is no longer in good condition. While these flags may look decorative, they are actually important for swimmer safety. The flags give swimmers a visual reference for how far they are from the wall, helping them determine their pre-turn stroke count during practices and meets.

We will also be purchasing new timing touch pads and a sound system, both of which are critical for hosting swim meets at our home pool. Pressure-sensitive touchpads sync with the official timing system to accurately record and display splits and finish times for all swimmers throughout a meet. They also typically feature a non-slip texture which is important for backstroke swimmers to get off to a safe and fast start.



These touchpads need to be replaced occasionally and they are expensive, but the benefits of having a properly functioning timing system include meets that run more smoothly, a level playing field regardless of which lane a swimmer draws in their heats, and quick and reliable results for swimmers, coaches, and families to review.

DRY Fundraising Committee

Erin Gregory

Mission Statement

The mission of the Fundraising Committee is to ensure the DRY Swim Team remains accessible for all families through scholarships that can help offset costs when needed. The Committee also aims to improve the overall safety, development, and performance of swimmers by purchasing swim team-specific equipment and other needs that are above and beyond the financial assistance provided by the Delaware Community Center YMCA for the benefit of its members.

Team Fundraising Needs

- Purchase new team training equipment (e.g., kickboards, pull buoys, and fins)
- Provide scholarship money for more families to swim on the DRY Swim Team
- Cover team bonding experiences (e.g., pizza parties, etc.)

Fundraising Events

Details coming soon!

Riptide Spirit

Smells like team spirit

Show your Riptide pride

We're planning a number of team activities throughout the season to have some fun as a "swim family" and give back to the community.

Big Fish/Little Fish



One favorite we're looking to bring back this season is [Big Fish/Little Fish](#), where we connect our older, more experienced swimmers with those who are just getting their feet wet on the swim team. Big Fish/Little Fish is a great way to remove

the figurative lane lines between age groups who may not share practice sessions or swim in the same events or heats at meets. For swimmers, it's like they have their own mini fan club. And for new families, it offers them a resource to help them learn the ropes. We are aiming to pair our Big Fish and Little Fish in time for the upcoming Intersquad Trial Meet, so if your swimmer(s) would like to participate, [sign up](#) no later than September 15, 2023.

Intersquad Post-Meet Team Lunch

Following the Intersquad Trial Meet on September 30th, we will be holding a team lunch where swimmers and their families can refuel and get to know each other a little better before the season really ramps up. More information will be shared as we get closer.

[Sign up here!](#)

DRY Car "Pool"

The DRY Swim Team is excited to have a growing team from in and around the city of Delaware. We understand it can be challenging to make the commute to the Y on a regular basis and to get your swimmer(s) to meets all over Central Ohio. We also know some families have multiple swimmers on the team (sometimes with different practice schedules), other commitments, and that unexpected situations can surface from time to time. The DRY Spirit Committee would like to help by connecting families that live near each other to give them a car "pool" option that may help them in a pinch or balance busy lives. If you're interested in participating, please email [Karen Coburn](#) and [Judy Wiener](#).

Stay tuned to this column in future issues of RIP CURRENT for information on planned events and ways to keep Riptide spirits high all season long!

DRY Spirit Committee

**Karen Coburn
& Judy Wiener**

Mission Statement

The mission of the Spirit Committee is to instill a sense of excitement, pride, support, and togetherness for DRY Swim Team families. The Committee will also aim to spread Riptide team spirit throughout the YCO Swim League during meets as well as through the local community.

Riptide Spirit Shop

Show your Riptide Pride with fresh gear from our Etsy shop!



[SHOP NOW](#)

Upcoming Spirit Events

Intersquad Post-Meet Team Lunch

- Date: September 30, 2023
- Time: Noon
- Location: TBD

Fall Team Night

- Date: October 20, 2023
- Time: TBD
- Location: TBD

[Full list \(subject to change\)](#)

Operations Center

(Inter)squad Goals

Riptide swimmers to set stage for season ahead

On Saturday, September 30th from 9:00 a.m. to noon, Riptide swimmers will get their first taste of real competition for the season in the friendly waters of their home pool.

The DRY Interquad Trial Meet will give returning swimmers a chance to shake the rust off and new team members and their families a sense of how a swim meets flow, how they're managed and officiated, and what it's like to find your race pace—all so everyone feels more confident for the rest of the meets this season.

For the new swimmers and families on the team, there's also a lot of swim terminology you might not be familiar with—seed times, heat sheets, PB, etc. We'll touch on some here, and you can refer to the Family Handbook for a more complete glossary of swim lingo.

A *seed time* is the term used for a swimmer's current personal best time in a specific event (e.g., 50 yard Freestyle, etc.) and is used to help coaches and meet officials organize event heats based on seed times of the registered swimmers in descending time order (i.e., heats gets progressively faster).

No seed time? Don't panic! If you're new to the YCO Swim League or haven't competed a certain event at a meet yet, swimmers' seed times on a meet's *heat sheet* will appear as "NT" (i.e., no time) and they will be seeded in the earlier heats for that event. After swimming that event and earning an official time (i.e., no disqualification or "DQ" ...not Dairy Queen®) that will become their seed time for that specific event until they earn a personal best (PB), meaning you beat your seed time by as little as one one-hundredth of a second (0.01)!

Event 310 Girls 11-12 50 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals Starts at 02:37 PM				
1	Monn, Lily	12	GYG-OH	57.21
2	Bahe, Allison R	11	DRY-OH	52.42
3	Montero, Ashley C	12	HURY-OH	46.33
4	Geiser, Addy A	11	HURY-OH	51.99
5	Stover, Ava R	11	DRY-OH	56.89
6	Eiland, Yahmina T	11	EAST-OH	59.17
Heat 2 of 5 Finals Starts at 02:38 PM				
1	Peruri, Teju N	12	LTPY-OH	43.71
2	Kanjuka, Alaina C	11	DRY-OH	43.36
3	Gleason, Niah J	11	HURY-OH	40.39
4	Moffett, Lainey G	11	HURY-OH	42.75
5	Odum, Emily E	11	LTPY-OH	43.37
6	Phillips, Lorelai K	11	DRY-OH	43.93
Heat 3 of 5 Finals Starts at 02:40 PM				
1	Harris, Sydney	12	GCY-OH	38.99
2	Clark, Sadie F	12	HURY-OH	38.60
3	Wiener, Grace E	11	DRY-OH	37.53
4	Mackling, Beth C	12	LTPY-OH	37.58
5	Chirathangandla, Aishi	12	LTPY-OH	38.99
6	Balajee, Lithikka	12	DRY-OH	39.16
Heat 4 of 5 Finals Starts at 02:41 PM				
1	Cyr, Lily N	12	HURY-OH	36.51
2	Brinkley, Leia D	11	HURY-OH	35.00
3	Monahan, Maddy R	11	DRY-OH	34.48
4	Rode, Taylor A	12	DRY-OH	34.94
5	Simecek, Lainey M	12	GCY-OH	36.22
6	Zhu, Elina Z	11	LTPY-OH	37.42
Heat 5 of 5 Finals Starts at 02:42 PM				
1	Hatten, Skyler V	11	DRY-OH	33.95
2	Brown, Morgan A	12	LTPY-OH	30.44
3	Reville, Grace L	12	LTPY-OH	29.39
4	Brunner, Lila E	12	HURY-OH	30.16
5	Coburn, Kyla G	12	DRY-OH	33.73
6	Sommer, Mia E	12	LTPY-OH	34.21

DRY Operations Committee

**Mark Hatten
& Philip Kanjuka**

Mission Statement

The mission of the Operations Committee is to assist with the overall processes and activities of the team, with a focus on planning, communication, and execution. By taking ownership of many of the day-to-day tasks and responsibilities of the team, the Committee seeks to enable the coaching staff to focus on their primary mission of coaching swimmers.

Upcoming Swim Meets

Intersquad Trial Meet

- Date: September 30, 2023
- Time: 9:00 a.m. – 12:00 p.m.
- Location: Delaware YMCA

Pumpkin Classic Invitational

- Date: October 14, 2023
- Time: TBD
- Location: Pickaway YMCA

GCY & DRY @ Gahanna

- Date: October 21, 2023
- Time: TBD
- Location: Gahanna YMCA

HURY Invitational

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- Time: TBD
- Location: Hilliard YMCA

In Issue 2 of RIP CURRENT, we'll talk more about the upcoming Pumpkin Classic Invitational meet at the Pickaway County YMCA on Saturday, October 14th.

Operations Center

Swimmer Spotlight

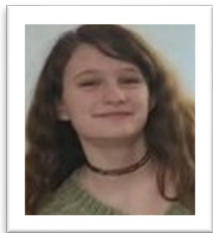
2023 YCO Summer Championships – A look back

At the YCO Summer Championships, we had 30 Riptide swimmers score Personal Best (PB) times, including ten swimmers who hit PBs in all the events they entered. The four swimmers who recorded the five largest PB improvements by percentage are listed below.

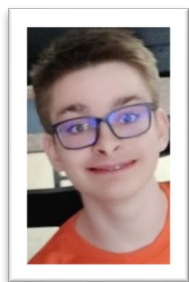
- **Kennedi Connell (12 F):** 50 Butterfly - 24.95%
- **Henry Cain (8 M):** 25 Freestyle - 14.26% & 25 Backstroke - 11.27%
- **Neil Randheer (9 M):** 50 Breaststroke - 14.22%
- **Esme Eisenhart (8 F):** 25 Butterfly - 12.76%

Also, during Summer Champs, we welcomed two new members to **The Cut Club!**

USA Swimming time standards (aka “cut times” or “motivational times”) set varying marks for swimmers of every age group, ranging from B to AAAA based on relative speed within the age group. Each age group has B standards, BB standards, A standards, AA standards, AAA standards and AAAA standards to give swimmers benchmarks for goal-setting and to track improvement.



Skyler Hatten (11 F) hit her B Cuts in 50, 100, and 200 Freestyle!



Michael Wiener (14 M) hit his B Cut in 50 Freestyle!



Ashley Hammond (17 F) went from a B Cut to a BB Cut in 50 Freestyle!

DRY Operations Committee

**Mark Hatten
& Philip Kanjuka**

DRY Summer '23 Cut Club

We ended the summer season with five members of The Cut Club!

- **Kyla Coburn (11 F)**
 - 50 FR
- **Ashley Hammond (18 F)**
 - 50 FR
 - 100 FR
 - 200 FR
 - 500 FR
 - 100 BR
 - 200 IM
- **Skyler Hatten (11 F)**
 - 50 FR
 - 100 FR
 - 200 FR
- **Megan Wallace (18 F)**
 - 50 FR
 - 100 FR
- **Michael Wiener (14 M)**
 - 50 FR

Cut Club Watch List

We'll be featuring a new Cut Club Watch List in future issues of RIP CURRENT.

Be sure to check out which swimmers are knocking on the door of The Cut Club as the season progresses, so they feel that wave of support while they push themselves to beat the clock.