



THE RIPPIES

WINTER 2024-25

CELEBRATING
A SEASON OF
RIPTIDE PRIDE
& PERFORMANCE

OPENING REMARKS

WINTER 2024-2025 SEASON

ROGER HANAFIN

DISTRICT VP OF OPERATIONS – DELAWARE YMCA

ELIZABETH ASHWILL

AQUATICS EXPERIENCE DIRECTOR – DELAWARE YMCA

TIFFANY VROEGOP

HEAD COACH – DELAWARE RIPTIDE SWIM TEAM

THE ROAD TO CHAMPS (AND BEYOND)

WHERE WE STARTED...

140

SWIMMERS

25

WEEKS

15

YMCA MEETS

7

USA SWIMMING MEETS

2025
orange
CRUSH
SWIM INVITATIONAL
CHAMPIONS





TEAM POINTS 3,833

PODIUMS 89

PBs 185

CUT TIMES 33

ZONE TIMES 5 IND/1 REL

THE ROAD TO CHAMPS (AND BEYOND)

TEAM PERFORMANCE – Y INVITATIONALS & CHAMPIONSHIPS

MEET	TEAM FINISH	PODIUM FINISHES	PERSONAL BESTS
PUMPKIN CLASSIC	2ND	14	69
HURY FALL SQUALL	3RD	23	67
LYST INVITATIONAL	2ND	22	67
GATORTHON PENTATHLON	N/A	31	121
ELF CLASSIC (10&U)	2ND	4	30
PENGUIN PLUNGE	2ND	43	90
ORANGE CRUSH	1ST*	96	202
YCO WINTER CHAMPIONSHIPS	3RD	89	185
YMCA GREAT LAKES ZONE CHAMPS	15TH (WOMEN)	5	22

THE ROAD TO CHAMPS (AND BEYOND)

...AND WHERE WE FINISHED

1660+

PERSONAL BESTS EARNED

223

CUT TIMES SET

370+

PODIUM FINISHES*

42

CUT CLUB MEMBERS

*INVATIONALS & CHAMPS ONLY

THE ROAD TO CHAMPS (AND BEYOND)

...AND WHERE WE FINISHED

9/3

YMCA ZONES QUALIFIERS (IND/REL)

9

OLD RECORDS BROKEN

3

OHIO JUNIOR OLYMPICS QUALIFIERS

3

NEW RECORDS SET



MEET THE TEAM

RIPTIDE COACHING STAFF

WINTER 2024-2025 SEASON

- **LEVEL 1**

- **VIKKI SCHOLL**
- **ASHLEE WAGNER**

- **LEVEL 3**

- **NORI MATERKOSKI**
- **OLIVIA REED**

- **LEVEL 5**

- **PAUL PHUNG**

- **LEVEL 2**

- **MICHAEL CAVANAUGH**
- **JESSICA HACKATHORN**
- **OLIVIA REED**

- **LEVEL 4**

- **SARAH DENEN**
- **TIFFANY VROEGOP**

- **SPECIALTY**

- **NICOLE FORD**

GIRLS

8 & U

JUNIOR RIPTIDE

GIRLS 8 & UNDER

JUNIOR RIPTIDE

- **EVELYN BRYANT**
- **GRACE CASSARO**
- **SHEAY CHLAPATY**
- **ANVIKA EDUPUGANTI**
- **NAAMI FISHER-BARR**
- **EVANGELINE GRIBBLE**
- **MADELINE HALLE**
- **BROOKLYN LANE**
- **KIANA MANDAL**
- **ELLA MATERKOSKI**
- **GIANNA OYSTER**
- **PENELOPE RIGHTER**
- **ETTA SAUNDERS**
- **IRENE SONG**
- **MOLLY THIBODEAU**
- **REMI WAGNER**
- **FAYE ZAFFINI**

BOYS

8 & U

JUNIOR RIPTIDE

BOYS 8 & UNDER

JUNIOR RIPTIDE

- FELIX BURLESON
- KULLEN CARRICO
- BENHAM FORD
- LUCAS HEYDINGER
- BENJAMIN JOHNSON
- KELLAN KUGAL
- SANJAY
MAHENDHIRAN
- PARKER SMITH
- SRIKAR YETURU

GIRLS

9 - 10

JUNIOR RIPTIDE

GIRLS 9 –10

JUNIOR RIPTIDE

- **SWASSA ADREDDY**
- **MURRAY BLACKBURN**
- **KATHRYN COBURN**
- **SAVANNAH CORNA**
- **ESME EISENHART**
- **CLAIRE FISHER-BARR**
- **HADLEY FORD**
- **TRINAYA GANESH**
- **ANAGHA GOWDA**
- **TAYLOR HEYDINGER**
- **KAMRYN KISH**
- **JUNE LEE**
- **MACKENZIE LIZAK**
- **NISHIKA MALIK**
- **VIDA MARKWARD**
- **CONTINUED —>**

GIRLS 9 –10

JUNIOR RIPTIDE

- **RILEY MATERKOSKI**

- **KEIRA MCKINLEY**

- **CALI MCVAY**

- **ISHTI MEHTA**

- **ELSA NGO**

- **MISRI PADIA**

- **ANIKA PEYYALA**

- **OLIVIA PYLES**

- **MILA STOVER**

- **PRISHA VARMA**

- **ANNALEIGH VROEGOP**

BOYS

9 - 10

JUNIOR RIPTIDE

BOYS 9-10

JUNIOR RIPTIDE

- PAWAN BUDDHI
- COLLIN BURLESON
- GRANT CONNELL
- CARLIN DENEN
- REID DENEN
- HENRY GRIBBLE
- CHARLES HEIDRICKMAN
- SAMANYU KAR
- JACK LEMKE
- JACK MATHENY
- CONTINUED —>

BOYS 9-10

JUNIOR RIPTIDE

- ATHARV NAGARAJA
- REYANSH NAWALE
- AUSTIN OSBORN
- ERIK PETERSON
- JAMES PIRIE
- COOPER SAVAGE
- CHASE SONG
- ELIJAH WALLACE
- WINSTON WHIPPLE
- WYATT ZAKRAJSEK

GIRLS

11-12

SENIOR RIPTIDE

GIRLS 11 –12

SENIOR RIPTIDE

- **SIERRA CASSARO**
- **OLIVIA CINERESKI**
- **ANIKA DINAVAHI**
- **ELYSE EMERICK**
- **CHARLOTTE ENGLISH**
- **ELISE FOUGHT**
- **HARINI GUDA**
- **BAILEY HORTON**
- **DEEKSHAYA
JAGANKUMAR**
- **ROSEMARY JOHNSON**
- **NOELLE JORDAN**
- **ALAINA KANJUKA**
- **MARIA KAUFMAN**
- **HADLEY LAGO-JONES**
- **ALINA LATTA**
- **REBEKAH LEHMAN**
- **SHANMATHY
MAHENDHIRAN**
- **LILIANA MELVIN**
- **CONTINUED —>**

GIRLS 11 –12

SENIOR RIPTIDE

- **BRYNN MILLER**
- **SPURTHI PALLINENI**
- **AMELIA PENLEY**
- **CLARE PENLEY**
- **LORELAI PHILLIPS**
- **EDEN SAUNDERS**
- **EMILY SCHOELER**
- **HADLEY SCHOLL**
- **MAO SHIRAISHI**
- **LIPIKHA SREEJITH**
- **AUDRA STEWART**
- **AVA STOVER**
- **MADELYN SUTTON**
- **ELLIANA THIBODEAU**
- **ELLA VROEGOP**
- **FINLEY WHIPPLE**

BOYS

11-12

SENIOR RIPTIDE

BOYS 11-12

SENIOR RIPTIDE

- ANISH AGARWAL
- ISHAN
BHUPATHIRAJU
- JAKE BISCH
- AABIR BISWAS
- SAMUEL COOK
- PAXTON DENEN
- JUDAH EISENHART
- HENRY HEIDRICKMAN
- GRAYSON
HIGGENBOTHAM
- MICHAEL PIRIE
- CHIRAGH SHAIK
- VIHAN TALAK
- MICAH THIBODEAU
- OWEN WILLIAMS
- NEVIN XAVIER
SATHEESH
- SHRI YETURU

GIRLS

13-14

SENIOR RIPTIDE

GIRLS 13-14

SENIOR RIPTIDE

- **ASHI AGRAWAL**
- **LITHIKKA BALAJEE**
- **KYLA COBURN**
- **AUDREY EISENHART**
- **AMELIA EMERY**
- **SKYLER HATTEN**
- **ABIGAIL KIENZLE**
- **NAGA PERALA**
- **TAYLOR RODE**
- **PENNY WILLE**
- **HANITA XAVIER
SATHEESH**

BOYS

13-14

SENIOR RIPTIDE

BOYS 13-14

SENIOR RIPTIDE

- YUVAN DEVIREDDY
- ANSHUL EDUPUGANTI
- CADEN FOUGHT
- DEVIN GUCTAS
- GARRETT LEHMAN
- DEX MARKWARD
- AARAV MITTAL
- ETHAN PALMER
- NICKLAUS TACKETT
- YATHARTH VARMA

GIRLS

15-18

SENIOR RIPTIDE

GIRLS 15-18

SENIOR RIPTIDE

- **EMMALYNE LONG**

RIPTIDE PARENT ADVISORY COMMITTEE (PAC)

WINTER 2024-2025 SEASON

• YMCA ADVISORS

- ROGER HANAFIN**
- ELIZABETH ASHWILL**
- TIFFANY VROEGOP**
- NORI MATERKOSKI**

• FUNDRAISING

- KAREN COBURN**
- SUSAN RICKMAN**

• OPERATIONS

- MARK HATTEN**
- PHILIP KANJUKA**

• SPIRIT

- KAREN COBURN**
- KALIN RIGHTER**

• VOLUNTEERING

- AMY KANJUKA**

SPECIAL THANKS

TEAM OFFICIALS & OPERATIONS SUPPORT

- **ADMINISTRATIVE OFFICIALS (AOs)**

- **MARK HATTEN**
- **PHILIP KANJUKA**

- **LEVEL 1 OFFICIALS**

- **KHAHN NGO**
- **SHANE MILLER**

- **OPERATIONS SUPPORT**

- **BEN EISENHART**
- **KYLE EMERY**
- **SCOTT STEWART**

- **TEAM DATADUDE**

- **MARK HATTEN**

- **RIP CURRENT EDITOR-IN-CHIEF**

- **PHILIP KANJUKA**

RIPTIDE

AWARD

LEADING OUR TEAM

IN KINDNESS, ENTHUSIASM
& COMMITMENT

RIPTIDE AWARD – FEMALE

LEADING OUR TEAM IN KINDNESS, ENTHUSIASM & COMMITMENT

ALAINA

KANJUKA

RIPTIDE AWARD – MALE

LEADING OUR TEAM IN KINDNESS, ENTHUSIASM & COMMITMENT

**WINSTON
WHIPPLE**



RIPTIDE **DIRECTOR'S** **AWARD**

EXEMPLIFYING CORE VALUES

CARING, HONESTY, RESPECT
& RESPONSIBILITY

RIPTIDE DIRECTOR'S AWARD – LEVEL 1

PRESENTED BY COACH VIKKI & COACH ASHLEE

IRENE
SONG

REMI
WAGNER

RIPTIDE DIRECTOR'S AWARD – LEVEL 2

PRESENTED BY COACH MICHAEL & COACH OLIVIA

SAVANNAH

CORNA

MOLLY

THIBODEAU

RIPTIDE DIRECTOR'S AWARD – LEVEL 3

PRESENTED BY COACH OLIVIA & COACH NORI

GRAYSON

HIGGENBOTHAM

FAYE

ZAFFINI

RIPTIDE DIRECTOR'S AWARD – LEVEL 4

PRESENTED BY COACH SARAH & COACH TIFFANY

HADLEY

LAGO-JONES

MAO

SHIRAISHI

RIPTIDE DIRECTOR'S AWARD – LEVEL 5

PRESENTED BY COACH PAUL

AUDREY

EISENHART

**TIDAL
WAVE
AWARD**

GIRLS 8 & UNDER

HIGH POINT SCORER

ELLA

MATERKOSKI

421 POINTS

BOYS 8 & UNDER

HIGH POINT SCORER

**KULLEN
CARRICO**

341 POINTS

GIRLS 9 –10

HIGH POINT SCORER

ANNALEIGH

VROEGOP

358 POINTS

BOYS 9-10

HIGH POINT SCORER

**COLLIN
BURLESON**

95 POINTS

GIRLS 11-12
HIGH POINT SCORER

ELLA
VROEGOP

382 POINTS

BOYS 11-12
HIGH POINT SCORER

SAM
COOK

295 POINTS

GIRLS 13-14

HIGH POINT SCORER

**PENNY
WILLE**

277 POINTS

BOYS 13-14
HIGH POINT SCORER

NICKLAUS
TACKETT

43 POINTS

GIRLS 15-18

HIGH POINT SCORER

EMMALYNE

LONG

4 POINTS



RISING TIDE AWARD

GIRLS 8 & UNDER

MOST IMPROVED

**NELLIE
RIGHTER**

BOYS 8 & UNDER

MOST IMPROVED

**PARKER
SMITH**

GIRLS 9 –10

MOST IMPROVED

MURRAY

BLACKBURN

BOYS 9-10

MOST IMPROVED

WYATT

ZAKRAJSEK

GIRLS 11-12

MOST IMPROVED

**AMELIA
PENLEY**

BOYS 11-12

MOST IMPROVED

**SHRI
YETURU**

GIRLS 13-14

MOST IMPROVED

**SKYLER
HATTEN**

BOYS 13-14

MOST IMPROVED

GRAYSON

HIGGENBOTHAM

GIRLS 15-18

MOST IMPROVED

**EMMALYNE
LONG**



YOUTH VOLUNTEER AWARD

YOUTH VOLUNTEER AWARD

PITCHING IN TO HELP MAKE IT ALL WORK

AUDREY

EISENHART

MAKING

THE

CUT

MURRAY BLACKBURN

GIRLS 9-10

A

50 BREAST - 42.79

BB

50 FREE - 35.49

100 BREAST - 1:42.18

100 IM - 1:32.64

B

100 FREE - 1:29.48

500 FREE - 8:28.06

50 FLY - 44.93

200 IM - 3:32.81

COLLIN BURLESON

BOYS 9-10

B

50 BACK – 46.04

KULLEN CARRICO

BOYS 8 & UNDER

B

50 FREE – 37.78

KATHRYN COBURN

GIRLS 9-10

B

50 BACK - 47.26

50 BREAST - 50.05

100 BREAST - 1:57.61

100 IM - 1:43.27

KYLA COBURN

GIRLS 13-14

BB

50 FREE - 29.77

B

100 FREE - 1:07.83

200 FREE - 2:29.95

500 FREE - 6:45.77

100 BREAST - 1:28.47

200 IM - 2:47.13

SAMUEL COOK

BOYS 11-12

BB

50 FREE - 28.49

100 FREE - 1:04.19

B

200 FREE - 2:30.48

50 FLY - 34.69

PAXTON DENEN

BOYS 11-12

B

50 FREE - 32.76

100 FREE - 1:10.75

200 FREE - 2:33.91

500 FREE - 6:52.14

AUDREY EISENHART

GIRLS 13-14

BB

50 FREE - 29.80

B

100 FREE - 1:10.64

500 FREE - 6:48.77

100 BREAST - 1:28.69

ESME EISENHART

GIRLS 9-10

B

50 FREE - 37.33

100 FREE - 1:25.34

200 FREE - 3:11.46

500 FREE - 8:35.25

B

50 BACK - 45.98

100 BACK - 1:42.86

50 BREAST - 49.47

100 BREAST - 1:49.80

B

50 FLY - 42.47

100 IM - 1:35.66

200 IM - 3:39.11

JUDAH EISENHART

BOYS 11-12

B

50 FREE - 32.05

HADLEY FORD

GIRLS 9-10

BB

50 FREE – 32.51

100 FREE – 1:14.22

200 FREE – 2:44.29

50 BACK – 38.67

100 BACK – 1:23.36

100 IM – 1:30.46

B

50 BREAST – 52.02

200 IM – 3:25.13

ANAGHA GOWDA

GIRLS 9-10

B

50 BREAST - 53.95

MADLINE HALLE

GIRLS 8 & UNDER

B

50 BACK – 45.92

100 BACK – 1:40.27

100 IM – 1:43.89

SKYLER HATTEN

GIRLS 13-14

BB

50 FREE - 28.12

100 FREE - 1:02.21

200 FREE - 2:19.41

500 FREE - 6:07.78

1000 FREE - 12:56.75

TAYLOR HEYDINGER

GIRLS 9-10

B

50 BREAST - 51.68

BAILEY HORTON

GIRLS 11-12

BB

50 FREE - 30.84

100 BACK - 1:18.89

B

100 FREE - 1:12.64

200 FREE - 2:31.73

500 FREE - 6:47.48

1000 FREE - 14:46.78

50 BACK - 37.17

200 BACK - 2:57.66

100 IM - 1:21.15

HADLEY LAGO-JONES

GIRLS 11-12

BB

200 BREAST - 3:09.60

50 FLY - 32.83

B

50 FREE - 33.61

200 BACK - 2:57.51

50 BREAST - 42.32

100 BREAST - 1:29.49

100 FLY - 1:22.54

100 IM - 1:20.16

200 IM - 2:55.34

JUNE LEE

GIRLS 9-10

B

50 FREE - 39.52

100 FREE - 1:26.97

50 BACK - 47.64

50 BREAST - 51.49

100 BREAST - 1:57.14

MACKENZIE LIZAK

GIRLS 9-10

B

100 FREE - 1:27.48

100 IM - 1:41.91

ELLA MATERKOSKI

GIRLS 8 & UNDER

B

100 FREE – 1:27.47

200 FREE – 3:10.68

50 BREAST – 53.64

100 IM – 1:42.38

RILEY MATERKOSKI

GIRLS 9-10

AA

A

BB

B

50 FLY – 34.17

200 FREE – 2:36.90

50 FREE – 32.84

50 BACK – 44.80

100 FREE – 1:13.02

50 BREAST – 49.46

500 FREE – 7:39.41

200 IM – 3:25.01

100 FLY – 1:27.05

CALI MCVAY

GIRLS 9-10

BB

50 BACK - 41.57

50 BREAST - 48.68

B

50 FREE - 37.65

100 FREE - 1:22.70

200 FREE - 3:03.88

100 BACK - 1:37.30

100 BREAST - 1:54.97

50 FLY - 46.97

100 IM - 1:35.02

ELSA NGO

GIRLS 9-10

B

50 FREE - 36.43

50 BREAST - 51.24

100 BREAST - 2:00.27

100 IM - 1:35.52

AUSTIN OSBORN

BOYS 9-10

B

50 BREAST - 52.96

GIANNA OYSTER

GIRLS 9-10

B

50 FREE - 37.03

MISRI PADIA

GIRLS 9-10

B

50 BACK - 48.40

AMELIA PENLEY

GIRLS 11-12

BB

B

50 FREE – 30.96

200 BACK – 2:51.84

100 FREE – 1:08.36

50 BACK – 35.96

100 BACK – 1:18.02

CLARE PENLEY

GIRLS 11-12

BB

50 FREE – 30.27

500 FREE – 6:30.16

1000 FREE– 13:38.23

100 BREAST – 1:28.83

100 IM – 1:18.50

200 IM – 2:47.08

B

50 BACK – 38.68

100 BACK – 1:22.64

50 BREAST – 42.60

200 BREAST – 3:12.57

ERIK PETERSON

BOYS 9-10

B

50 BACK – 46.20

LORELAI PHILLIPS

GIRLS 11-12

BB

50 FREE - 30.39

100 FREE - 1:09.11

100 IM - 1:18.32

B

200 FREE - 2:38.32

500 FREE - 6:57.73

50 BREAST - 41.55

100 BREAST - 1:30.92

200 BREAST - 3:22.20

50 FLY - 34.97

100 FLY - 1:24.82

200 IM - 2:54.10

OLIVIA PYLES

GIRLS 9-10

AAAA

50 FREE - 28.24

50 BACK - 32.35

AAA

100 FREE - 1:03.00

100 BACK - 1:14.38

100 IM - 1:14.56

BB

200 FREE - 2:41.96

50 BREAST - 46.07

50 FLY - 37.02

TAYLOR RODE

GIRLS 13-14

B

50 FREE - 32.29

100 FREE - 1:10.58

500 FREE - 6:39.93

1650 FREE - 22:46.59

200 IM - 2:48.08

HADLEY SCHOLL

GIRLS 11-12

B

50 FREE - 33.30

100 FREE - 1:14.46

MAO SHIRAISHI

GIRLS 11-12

BB

50 BREAST - 40.07

100 BREAST - 1:26.54

B

50 FREE - 32.16

100 FREE - 1:12.97

100 IM - 1:21.72

CHASE SONG

BOYS 9-10

B

50 BREAST - 49.35

AUDRA STEWART

GIRLS 11-12

AAA

50 BACK – 29.53

AA

50 FREE – 27.62

100 BACK – 1:09.05

50 FLY – 29.67

A

100 FREE – 1:02.32

BB

500 FREE – 6:37.51

200 BACK – 2:38.77

50 BREAST – 38.44

100 IM – 1:16.06

B

100 BREAST – 1:32.17

100 FLY – 1:21.22

200 IM – 2:57.08

MILA STOVER

GIRLS 9-10

BB

50 BACK - 43.28

B

100 BACK - 1:41.76

50 FLY - 47.20

MADELYN SUTTON

GIRLS 11-12

BB

50 FREE - 31.63

100 FREE - 1:08.30

200 FREE - 2:30.35

B

500 FREE - 6:46.21

1000 FREE - 14:40.38

ANNALEIGH VROEGOP

GIRLS 9-10

AAAA

50 BREAST – 36.39

AAA

50 BACK – 32.83

100 BACK – 1:12.35

100 BREAST – 1:21.80

AA

50 FREE – 30.08

100 FREE – 1:05.15

50 FLY – 33.80

100 IM – 1:15.01

200 IM – 2:40.94

A

200 FREE – 2:33.80

500 FREE – 6:41.17

100 FLY – 1:24.68

ELLA VROEGOP

GIRLS 11-12

AAA		AA		A	BB
50 BREAST – 34.36		50 FREE – 27.89		200 BREAST – 2:49.44	50 BACK – 34.77
100 BREAST – 1:14.89		100 FREE – 1:00.03			100 BACK – 1:15.54
		200 FREE – 2:11.17			B
		500 FREE – 5:44.24			50 FLY – 36.16
		100 IM – 1:09.62			
		200 IM – 2:30.74			

FINLEY WHIPPLE

GIRLS 11-12

B

50 FREE - 33.85

100 BACK - 1:26.54

PENELOPE WILLE

GIRLS 13-14

A

50 FREE - 27.66

100 FREE - 1:00.31

BB

200 FREE - 2:14.56

500 FREE - 6:10.16

100 FLY - 1:10.49

B

100 BACK - 1:15.89



IN
THE
ZONE

IN THE ZONE

YMCA GREAT LAKES ZONE SWIMMING CHAMPIONSHIPS QUALIFIERS

- **MURRAY BLACKBURN (10 F)**
- **HADLEY FORD (10 F)**
- **BAILEY HORTON (11 F)**
- **RILEY MATERKOSKI (10 F)**
- **LORELAI PHILLIPS (12 F)**
- **OLIVIA PYLES (10 F)**
- **AUDRA STEWART (12 F)**
- **ANNALEIGH VROEGOP (10 F)**
- **ELLA VROEGOP (12 F)**
- **GIRLS 10&U 200 FREE RELAY: PYLES/FORD/MATERKOSKI/A. VROEGOP**
- **GIRLS 10&U 200 MEDLEY RELAY: PYLES/A. VROEGOP/MATERKOSKI/FORD**
- **GIRLS 11-12 200 FREE RELAY: STEWART/HORTON/PHILLIPS/E. VROEGOP**

JUNIOR OH-LYMPICS!

OHIO SWIMMING SHORT COURSE JUNIOR CHAMPIONSHIP QUALIFIERS

- **AUDRA STEWART (12 F)**
- **ANNALEIGH VROEGOP (10 F)**
- **ELLA VROEGOP (12 F)**

BREAKING

THROUGH

BREAKING THROUGH

(INDIVIDUAL) RECORDS ARE MADE TO BE BROKEN

MADELINE HALLE (8 F)

50 BACKSTROKE

OLD – 46.17 (2016)

NEW – 45.92 (–0.25)

ELLA MATERKOSKI (8 F)

25 BREASTSTROKE

OLD – 22.19 (2022)

NEW – 21.36 (0.83)

OLIVIA PYLES (10 F)

100 FREESTYLE

OLD – 1:04.60 (2016)

NEW – 1:03.00 (–1.60)

BREAKING THROUGH

(INDIVIDUAL) RECORDS ARE MADE TO BE BROKEN

ANNALEIGH VROEGOP (10 F)

100 BREASTSTROKE

OLD – 1:27.18 (2014)

NEW – 1:21.80 (–5.38)

ANNALEIGH VROEGOP (10 F)

200 IM

OLD – 2:57.98 (2013)

NEW – 2:40.94 (–17.04)

ANNALEIGH VROEGOP (10 F)

500 FREESTYLE

OLD – 8:27.70

NEW – 6:41.17 (–1:46.43)

ELLA VROEGOP (12 F)

50 BREASTSTROKE

OLD – 34.79 (2016)

NEW – 34.36 (–0.43)

BREAKING THROUGH

(RELAY) RECORDS ARE MADE TO BE BROKEN

GIRLS 9-10

200 MEDLEY RELAY

OLD - 2:18.16 (2016)

NEW - 2:15.92 (-2.24)

O. PYLES

A. VROEGOP

R. MATERKOSKI

H. FORD

GIRLS 9-10

200 FREESTYLE RELAY

OLD - 2:02.05 (2016)

NEW - 2:01.93 (-0.12)

O. PYLES

H. FORD

R. MATERKOSKI

A. VROEGOP

BREAKING THROUGH

SETTING BENCHMARKS & INSPIRING OTHERS

GIRLS 11-12

400 IM

TAYLOR RODE (12 F)

7:09.65* (3/5/2023)

GIRLS 11-12

200 BUTTERFLY

HADLEY SCHOLL (11 F)

3:47.81* (12/15/2024)

HONORABLE MENTION

ALAINA KANJUKA (12 F)

6:29.82

(12/15/2024)

BOYS 11-12

200 BUTTERFLY

SAMUEL COOK (12 F)

3:16.02* (3/2/2025)

***NEW TEAM RECORD**

M E E T M E O U T S I D E T H I S S U M M E R



GET READY TO RIP THIS SUMMER

DON'T TAKE THE OFFSEASON OFF!

- **LAP SWIMMING**
 - **CHECK BLACK BINDER ON TEAM TABLE FOR WORKOUT IDEAS**
- **ALL-AROUND SPORTS FITNESS**
 - **ENJOY OTHER SPORTS FOR CROSS-TRAINING & GENERAL FITNESS**
- **CORE STRENGTH/FLEXIBILITY**
 - **FOUNDATION FOR IMPROVING PERFORMANCE & PREVENTING INJURIES**
- **DIVING PRACTICE**
 - **EMAIL COACH TIFFANY TO SET UP EXTRA PRACTICE WITH COACHES**

SUNBLOCK & STARTING BLOCKS

RIPTIDE SUMMER 2025 SEASON PREVIEW

- FULL SCHEDULE COMING EARLY APRIL
- NEW SWIMMER ASSESSMENTS APRIL 4 & 5
 - WINTER EVALUATIONS & SUMMER PRACTICE GROUP RECOMMENDATIONS IN FOLDERS!
- REGISTRATION OPENS APRIL 7
 - 1ST STEP – ONLINE (TEAM UNIFY)
 - 2ND STEP – IN-PERSON (JOIN RECOMMENDED PRACTICE LEVEL & PAYMENT)
- PRACTICE BEGINS MAY 5
- DRY INTRASQUAD TRIAL MEET MAY 24
- YCO SUMMER CHAMPIONSHIPS JULY 12–13

TEAM
DRY



WHAT—MORE SWIMMING? YES PLEASE!

RIPTIDE x USA SWIMMING

- OPEN TO LEVEL 4 & 5 SWIMMERS*
- OPTIONAL & SEPARATE FROM YCO LEAGUE
- MEMBERSHIP IS YEAR-ROUND
- GREAT “BIG MEET/SMALL TEAM” EXPERIENCE
- COOL VENUES & FAST POOLS
- RACE AGAINST TEAMS FROM OTHER AREAS
- SOME MEETS ARE OPEN, WHILE OTHERS HAVE QUALIFYING STANDARDS

*Plus exceptions approved by Head Coach



THANK YOU

**WITHOUT THE UNWAVERING SUPPORT, DEDICATION, AND ENTHUSIASM OF OUR
RIPTIDE SWIMMERS, FAMILIES, COACHES, VOLUNTEERS, OFFICIALS, SPONSORS,
AND THE STAFF OF THE DELAWARE COMMUNITY CENTER YMCA, THIS SEASON
WOULD NOT HAVE BEEN POSSIBLE .**

THE TIDE IS STILL RISING.

JOIN US THIS SUMMER TO BE PART OF THE NEXT CHAPTER IN RIPTIDE HISTORY!