

STARTING BLOCK

Tiffany Vroegop, HC Diving In

DRY swimmers get wet

Our first few weeks of practice have gone very smoothly and enthusiastically! Thank you to parents for getting your children to practice on time with the needed equipment—primarily suits, goggles, and water bottles.

Swimmers are learning that the more they put into their pool time, the more they will get out of it! On that note, as a coaching staff, we are working on building team unity within each group by learning each other's names, cheering for one another, and practicing water etiquette. We are also working on stroke technique for all swimmers, and that is foundational for becoming a fast swimmer down the road!

Swimmers are learning that this sport is multi-faceted and includes a detailed focus on body alignment, hand placement, stroke form, core strength, flexibility, cardiovascular endurance, and so much more.

At home you may be noticing that your swimmer is more tired at night and hungrier during the day. Both are normal and expected! To help feed their rising metabolism, please make sure your swimmer is getting plenty of healthy protein and carbohydrates as well as drinking LOTS of water.

GO RIPTIDE!

DRY Coaching Staff

A View from the Pool Deck

A closer look at what's happening on (and below) the surface

From the bleachers, it can be hard to understand what we're working on with the kids, both in the water and on deck. We'll be using this section of RIP CURRENT to give you a coach's perspective of each group's progress throughout the season.

Pre-Team (*Coaches Brooke, Gina, Nori & Sheryl*)

For our Pre-Team swimmers, we are working on basic stroke techniques, starting with freestyle and building skills in for both backstroke and breaststroke. We are also learning how to do proper open turns, circle swimming (so we don't collide with other swimmers during practice), and how to streamline our push-offs from the wall.

Junior Team

8U Blue/Orange & 9-10 Blue 1 - Coaches Sophia & Olivia

A huge thanks to our swimmers for coming ready to learn and have fun! Our groups have been working hard on swimming etiquette as we have many new swimmers! We've been mostly working on freestyle technique and streamlines, with some stroke work and starts. In the next few weeks, we plan to continue streamlines and starts and really work on butterfly and breaststroke.

9-10 Blue 2 & 3 - Coach Nori

I have had a blast getting to know the new swimmers in 9-10 Blue groups 2 and 3. We have been working hard on introducing so many new swimming concepts, like streamlining and proper breathing techniques in freestyle. We are also working on proper swimming technique in backstroke and starting to work on breaststroke. We have practiced a lot of kicking, freestyle, backstroke, and even introduced breaststroke kick.

Starts and turns can be difficult for new swimmers but this group has been working hard on practicing these important new skills. We will continue to practice starts and turns each practice. We end each practice with our favorite game of "swim freeze tag."

9-10 Orange – Coach Michael

Things are going very well as we start the season off. My group has worked very hard and has listened very well. Our group has been concentrating on fundamental mechanics and how to focus on improvement with every length of the pool. We are doing a lot of great kicking workouts and a lot of drills which feature getting a great feel for the water. Moving forward we will continue to build kicking endurance while emphasizing proper hand movement and engaging core muscles every time we swim.



DRY Coaching Staff

A View from the Pool Deck

(Continued from Page 1)

Junior Team

11-12 Blue 1, 2 & 3 – Coach Jessica

What a great start to a season! Over the first two weeks we have focused on the fundamentals of swimming and technique—mostly in freestyle and a little bit of butterfly. In the coming weeks, I plan to work on backstroke, breaststroke, and turns.

11-12 Orange – Coach Tiffany

Our large 11-12 Orange group has been hard at work improving body alignment in the water by focusing on streamline formation off of the starts and turns, as well as improving core muscles through dryland and in-water core exercises. Along with body alignment, swimmers have been focusing on hand placement for free, back, breast, and fly. Every little technical change makes a big difference in the water!

We've also been discussing the importance of slowly increasing yardage (distance swam at practice) and speed through practice sets. Can't wait to keep improving!

Senior Team & Pre/Post High School (*Coaches Ezra & Jessica*)

For the seniors and pre/post highschoolers, we have done a lot of work on stroke technique over the first few weeks and we plan to continue working on technique while building speed and endurance.

Specialty (*Coach Nicole*)

I have briefly gotten to meet a lot of the swimmers and what a great group of kids we have! We've gone over all four types of dives off the blocks and discussed that the dive that's the most comfortable might not be the dive that gets you the best distance off the blocks. I have encouraged all swimmers to try all four to see which works best for them.

We also worked on having our heads tucked and staying through position during their dive. We will continue working on dives (which they all love) and start to tackle flip turns.

DRY Coaching Staff

Michael Cavanaugh

Ezra Ferguson

Nicole Ford

Jessica Hackathorn

Nori Materkoski

Sophia Mellblom

Brooke Parker

Sheryl Ray

Olivia Reed

Gina Santiago

Tiffany Vroegop

The Life Aquatic

Don't Forget the Fluids

Stay hydrated for peak performance

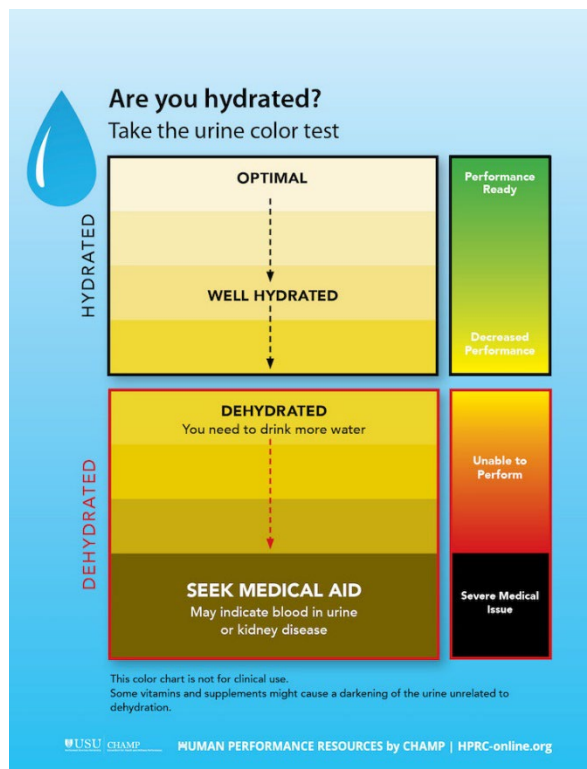
Swimmers often don't realize that they sweat, but indeed they do! In fact, swimmers typically sweat out about four ounces of fluid for each 1,000 meters of training they do at a moderate intensity. Ramp it up, and they lose even more. This equates to our senior swimmers losing 19-27 ounces of sweat in just one workout. That's about two pounds of water weight!

In order to stay hydrated swimmers should do these three things:

1. Come to practice fully hydrated. You should be drinking fluids all day long.
2. Replace fluids as you lose them by bringing a water bottle to practice and drinking a few gulps between each set. Another way to think about it is to aim to drink 5-10 ounces every 20 minutes.
3. After practice, drink some more fluids!

The goal is for your urine (Yes—I want you to look at your pee when you go to the bathroom!) should be pale yellow to almost clear. If it's a darker yellow, you may need to drink more! You should also do a mix of water and sports drinks. Too much water without electrolytes is not good for you, but many sports drinks can add too many unnecessary calories to your diet, so be sure to balance both.

Now that you are fully hydrated, you should be pickin' up good vibrations with your good, good, good, good hydration!



Delaware YMCA Aquatics

Kellie Demmler



Works Cited: Salo, Dave and Scott A. Riewald. *Complete Conditioning for Swimming*. Champaign: Human Kinetics, 2008.

Volunteer Voice

We Want YOU...to Volunteer

How, when, and where you can pitch in to help this whole thing work



In case you missed it, it takes a LOT of people and a LOT of work on the part of coaches, swimmers, and families to build a strong and successful swim team. Regardless of how many swimmers you have on the team, we ask each family to volunteer at least twice throughout the season. Fortunately, there are plenty of opportunities to do so and all of them count!

We'll need the most help for our home meets (since we're the host team), including this weekend's Intrasquad Trial Meet. We

will still need to provide some volunteers for away meets, but not nearly as many as home meets in most cases.

Jobs, jobs, and more jobs!

While certain jobs require training and certification, others require no prior experience and you may be paired with someone who has, so there's no need to worry.

- **Bullpen** – A “bullpen” is used at some meets to help stage our younger swimmers before their scheduled heats. Volunteers will check to make sure the right kid is in the right place at the right time, so they don't miss their next start. *(And please review the DRY Family Handbook and Issue 1 of RIP CURRENT for tips on how to mark up your swimmers with a Sharpie for the meet!)*
- **Timers**: Timers will use a manual stopwatch to time the swimmer in their lane from the starter's signal to the final touch at the wall. Each lane needs two timers as a backup/double-check of the computer timing, and a separate lead timer will run two stopwatches during each heat in case another timer experiences a malfunction.
- **Runners**: Timers will record their times on printed sheets that need to get back officials during the meet in order for heat results to be verified and posted. Runners collect and deliver those timing sheets throughout the meet so timers can keep their focus on the swimmers in their lane.
- **Officials**: YCO-certified swim officials will be on deck to look for rule violations that could result in a disqualification (DQ). These violations can be related to start procedures, improper technique for a given stroke, turn, or wall touch, illegal swimsuit or other article of clothing, etc.
- **Operations Officials**: Operations officials are responsible for the general running of the swim meet, including heats, timing, scoring, etc.

How to sign up for event jobs in Team Unify

Step 1: Find the empty slots shown as "-----".

Step 2: Click on the checkbox in front of the empty slot that you want to sign up for.

Step 3: Select [Signup] button to sign up for the slots that you selected.

The DRY Parent Advisory Committee can also use your help throughout the season in all kinds of ways, so if there's an area in which you'd like to help, just ask the committee leads! If families do not meet their volunteer requirement, they will be asked to pay \$100 to help offset the costs associated with outsourcing the help needed. So, sign up, help the team, have some fun, and save yourself some money!

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

Intrasquad Trial Meet

- Date: September 30, 2023
- Time: 9:00 a.m. –12:30 p.m.
- Location: Delaware YMCA
- Jobs: All spoken for!

Pumpkin Classic Invitational

- Date: October 14, 2023
- 11 & Up: 9:00 a.m. start
- 10 & Under: 2:00 p.m. start
- Location: Pickaway YMCA
- *Jobs Needed*
 - Timer – AM (2)
 - Timer – PM (2)
 - Level 1 Official – AM (2)
 - Level 1 Official – PM (2)

GCY & DRY @ Gahanna

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

HURY Invitational

- Date: October 28, 2023
- Time: TBD
- Location: Hilliard YMCA

Focus on Fundraising

Positively Charming

Entrepreneurial athletes supporting the Riptide with style

Beginning September 30th at our Intrasquad Trial Meet, two of our 11-12 group teammates, McKinley Gregory and Hadley Lago-Jones, will be selling handmade rope bracelets with personalized charm messages. Support our young athletes and entrepreneurs—and thank you to the wonderful Y parents who recommended selling bracelets on the Riptides Facebook page!

We are working out details for selling bracelets at upcoming swim meets or making them available to teammates for purchase throughout the season. Stay tuned for additional information.



Bracelets will be \$5 each for Riptide orange and blue rope (other colors will be available later) and charm messages (e.g., YMCA, back, swim, etc.) Available payment options include cash, Daxko (payment service for YMCAs), or parents can have their account billed later.

All proceeds will benefit the Delaware YMCA Riptide Swim Team Fund.



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.)

Delaware Riptide Swim Team Sponsor/Donor Program

The Delaware Community Center YMCA is reaching out to businesses and individuals interested in supporting the DRY Riptide swim team as a sponsor or donor this season. Please review the letter from the Y accompanying this issue of RIP CURRENT for more information, and feel free to share it with anyone you think might want to participate!

Riptide Spirit

Gone fishin’

Big Fish/Little Fish program sees big response



The Spirit Committee has been hard at work in planning our Big Fish/Little Fish program and our first potluck of the season to follow the Intrasquad Trial Meet.

We’ve had 63 swimmers sign up to participate in Big Fish/Little Fish, so it’s sure to be a great season and our pairings will be announced on September 30th. The potluck will be held in the National Guard Gym, and families can drop off their crockpots to the National Guard Kitchen that morning before the meet begins. Even if your family is not participating in Big Fish/Little Fish, we still want all families to attend the potluck as it will be a great chance get to know other Riptide families somewhere other than the pool deck!

If you’d like to bring an item to share at the potluck, sign up [here](#).

Everything, everywhere, all at once

It takes a village to raise our kids and get them to all the things. Our goal is to help connect Riptide families near each other to serve as swim shuttles for practices, meets, or both. Together, we can make everything easier.

If your family would like to be included on the carpool list, please use this [link](#) to sign up. This information will only be shared with families that fill out the form.

Meet the Riptide

In addition to Big Fish/Little Fish, we’re working on a “Meet the Team” video for the Intrasquad Meet to give everyone a bit of a look under the swim cap and behind the goggles of our Riptide swimmers. Our vision is to play the video at home swim meets during the season and to hopefully convert the energy and enthusiasm of the swim into a wave of support from the broader Delaware YMCA membership.

We currently have over 60 Riptide swimmers in the first version of the video, but this will likely be an ongoing project and we’ll add more over time. If you would still like to participate, please submit a picture to delawarriptidevolunteer@gmail.com along with your swimmer’s first name, last initial, age, and practice group. Pictures may also be featured in the Swimmer Spotlight section in future issues of RIP CURRENT. And if you’d like to participate but would prefer to not use a photo, just let us know and we can use a placeholder instead!



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

Intrasquad Team Lunch

- Date: September 30, 2023
- Time: 12:30 p.m.
- National Guard Gym

Fall Team Night

Spend a gourd-geous day at the farm with your DRY teammates!

- Date: October 8, 2023
- Time: Noon
- Price: \$13/person (**mention Delaware Riptides to get \$3 off per ticket!**)
- Lechner’s Pumpkin Farm
2920 State Route 203
Radnor, OH 43066
- [Get tickets](#)

Operations Center

It's a Great Swim Meet...

Pumpkin Classic Invitational kicks off official swim meet season

While Charlie Brown (probably) won't be on the heat sheet, on Saturday, October 14th, Riptide swimmers will be heading south for the first real swim meet of the Winter 2023-24 season.



Every autumn, Circleville is the epicenter for all things pumpkin, including gourds the size of a VW Beetle. Before the annual Pumpkin Show opens on October 18th, the DRY Swim Team will be carving up the competition at the Pickaway County Family YMCA.

Invitational meets are very similar to normal dual, tri, and quad meets, but there are some differences worth noting. Much like our own Orange Crush, invitational meets often have a fun theme that relates to the host team in some way. In general, these meets are run in the same way too, but the event's format may have some unique twists and they're often larger meets with more teams. In some cases, there may be small per-event fees involved as well. Outside of the championships, invitationals are among the bigger meets of the season and give swimmers a chance to test themselves against a larger field, earn some ribbons, and contribute to another banner for the wall at Riptide HQ!

Registration for athletes and volunteers is open and will close on October 4th, so be sure to submit your commitments before the registration window closes. This is also probably the farthest drive from our area all season, so don't forget about our team carpool option if that might be helpful for you. (See **Riptide Spirit** section for more info.)

Gahanna swim meet promises to be as easy as one, two, three...teams

One week after the Pumpkin Classic, the DRY Riptide swim team will head east to take on the Gahanna Gators and Grove City Manta Rays. This tri-meet is simply a "normal" swim meet with three participating teams. While all swim meets provide good experience and tough competition, these types of meets can also be good opportunities for swimmers to test some things they've been working on in practice, like trying a block start and/or flip turn or posting an official time in a new stroke and/or distance.

Stay tuned for additional communications once athlete and volunteer registration is open and specific details become available.



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

Intrasquad Trial Meet

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

Pumpkin Classic Invitational

- Date: October 14, 2023
- 11 & Up: 9:00 a.m. start
- 10 & Under: 2:00 p.m. start

Pickaway County Family YMCA
400 Nicholas Dr.
Circleville, OH 43113

GCY & DRY @ Gahanna

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

Gahanna/John E. Bickley YMCA
555 YMCA Place
Gahanna, OH 43230

HURY Invitational

- Date: October 28, 2023
- Time: TBD
- Location: Hilliard YMCA

Operations Center

Making the Cut

Pushing performance through national standards

In Issue 1's *Swimmer Spotlight*, we highlighted Riptide athletes who joined The Cut Club and mentioned that we ended the Summer 2023 season with several more knocking on the door. With the Pumpkin Classic Invitational just a few weeks away and because the Riptide is a competitive swim team, we thought now would be a good time to dive a little deeper into what all of this means.

What are time standards?

Various swimming organizations use time standards as a way to compare swimmers around the country. Some use them as criteria for invitations to regional or national meets, and the most widely used time standards are the **USA Swimming National Age Group Motivational Time Standards**. They also give swimmers and their coaches benchmarks for goal setting and to track improvement.

The standards **start at B**, which means the swimmer would be in the **top 55%** of swimmers in that age group, of the same sex, in the U.S., and go up to **AAAA**, which would put the swimmer in the **top 2%**.

That's a lot of numbers—what do they mean?

First, it's important to note that not all competition pools are the same, meaning that time standards are different based on the length of the pool used, including long course (50 meters only), short course (25 meters), and short course (25 yards). The competition pool at the Riptide HQ is a 25-yard pool, as are others we'll swim in for meets within the YCO Swim League this season. Other meets our swimmers could compete in, such as USA Swimming or during their school swim team, may utilize meter or long-course pools, so it's always good to check the size of the pool in order to set appropriate goals.

The link below will provide you with the current USA Swimming Motivational Time Standards, broken down by age group, gender, and event (i.e., stroke and distance). For our YCO swim meets, we'll be using the "Short Course Yards" chart since that's the size of the pools our swimmers will be competing in. It's worth noting that these are national benchmarks and are derived from results from USA Swimming clubs, which represent a higher level of performance, generally speaking.

[2021-2024 National Age Group Motivational Times \(Short Course Yards\)](#)

We encourage our swimmers to use these time standards as motivational tools, but we also want them to focus on continuous improvement and earning *their own* personal bests throughout the season, which can and should always be a source of pride and achievement. As athletes get closer to achieving any of these time standards, a lot of hard work can go into finding that last fraction of a second. These are challenging goals, so it's important for swimmers to stay focused and positive as they work to reach them. That's also why achieving them is worth celebrating and we hope to do just that in future issues of RIP CURRENT throughout the season.

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

Intrasquad Trial Meet

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

Pumpkin Classic Invitational

- Date: October 14, 2023
- 11 & Up: 9:00 a.m. start
- 10 & Under: 2:00 p.m. start

Pickaway County Family YMCA
400 Nicholas Dr.
Circleville, OH 43113

GCY & DRY @ Gahanna

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

Gahanna/John E. Bickley YMCA
555 YMCA Place
Gahanna, OH 43230

HURY Invitational

- Date: October 28, 2023
- Time: TBD
- Location: Hilliard YMCA