

STARTING BLOCK

Tiffany Vroegop, HC

Watching our team show up at the Intrasquad Meet was a beautiful sight! I loved seeing new and veteran swimmers stand together to cheer one another on. Here's what you can expect at every swim meet:

1. Warm-ups will take place in a lane with your child's practice group.
2. A Riptide Team cheer with the team and coaches will happen after warm-ups and before the meet begins.
3. Swimmers 10 and under will normally gather in the "bullpen" several events ahead of their races to get lined up and walked behind the blocks by volunteers. Swimmers 11 and up will never get lined up in a bullpen, rather, they are responsible for getting behind their blocks a couple of events before their race.
4. At times, heats/events may be combined to keep a meet running on time. Always pay close attention to the event being called to the blocks.
5. Parents can cheer on their swimmers from the bleachers/viewing area, not from behind the blocks.
6. Swimmers can cheer on their teammates at the turning end of the pool.
7. Meets, especially invitationals, can last quite a long time. Take plenty of snacks and drinks!

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*)

Coach Sheryl: For the Pre-Team Group 2, we have continued to focus on our stroke technique in freestyle, backstroke, and breaststroke. This week, we will be introducing butterfly, which requires a great deal of upper body strength in combination with a powerful kick. It would be helpful if you can review some videos of expert butterfly swimmers, such as Michael Phelps and Dana Vollmer, with your swimmer so they have a really good idea of how the stroke is performed. We have also been working on our starts in THE BIG POOL! This will also build their confidence in swimming in deeper water.

Coach Gina: We have really been focusing on proper swim techniques such as our push off the wall, perfecting our streamlines, our pulls and our kicks with kickboards. We have been working on our endurance. Instead of just going down or down and back (20y/40y), we are working on not stopping in four laps (80y). We also worked on our starts next to the blocks and swimming a full 25y in the big pool. I'm seeing so much progress already! I'm really proud of our Pre-Team swimmers!

Junior Team

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

Coach Sophia: We have continued to work on our freestyle technique and we are now focusing more on breaststroke and backstroke! It is so amazing to see these little legends show up every day with a positive attitude and smiling faces. As we gear up for our next meet we have been working on counting our strokes from the flags to the wall in backstroke so everyone can have a strong finish! We will also be working on our relays this week.

9-10 Orange – *Coach Michael*

Things are going very well as we start the season off. My group has been working very hard and listening 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

9-10 Blue

Coach Nori: My 9-10 Blue Groups 2-3 are by far the most fun, energetic, and enthusiastic new swimmers I have ever had the privilege of coaching. Last week we chatted about what a "DQ" stood for at a swim meet. Of course, Dairy Queen was the popular response. As most of these kids have never swum in a meet before, we wanted to go over what we learned after the Intrasquad Meet. It was such a positive and wonderful learning opportunity for these new swimmers. This week, we continue to work on stroke technique in freestyle and back stroke. We are still working hard on practicing legal breaststroke kick and even started working on butterfly kick. These swimmers continue to do their best and are improving every day. I couldn't be prouder of how far they have come in such a short time.

11-12 Blue 1, 2 & 3

Coach Jessica: Getting ready for the first of many swim meets, the 11-12 Blue group will continue to focus on stroke development and technique. Big thanks to all the swimmers who have shown up for practice ready to learn! This week we plan to focus on breaststroke and backstroke alongside proper turns for each stroke. I suggest to those swimming backstroke this weekend to try to get in extra practice when possible to work on those turns!

11-12 Orange

Coach Tiffany: My group learned one of my favorite quotes (that my dad taught me growing up): "Practice makes progress and practice makes permanent." The closer we get to practicing "perfectly" the better the permanent results will be. In other words, if we practice with sloppy strokes, skip flip turns, breath on every pull in freestyle, etc., that is how our bodies will permanently start to swim. So, we are working on "perfecting" our strokes, techniques, and habits every day at practice so that we make progress and permanent improvements.

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

Coach Jessica: After several weeks of hard training and stroke technique, our swimmers have shown incredible improvements! This week we plan to dial back just a little bit and focus not only on proper technique but also on our swimmer's goals for the meets coming up. Keep up the hard work seniors!

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.

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

From the Corner Office

Give Hope 2023

Creating a brighter future . . .

What an incredible start to the swim season. I want to start with a big thank you to the coaches, volunteers, staff and everyone who has pulled together to make this amazing season a reality.

Of course, the YMCA mission extends far beyond the swimming pool. Did you know that our YMCA operates three homeless shelters and helps thousands each year avoid or recover from homelessness? I wanted to take a moment to share a little bit more about the mission of the YMCA and a way that you can help make a difference.

Right now, on any given night, 250 women, including 30 expectant mothers, 300 men, and 227 children are spending the night in shelter at the YMCA Van Buren Center. These numbers serve as a stark reminder of the challenges our neighbors face daily due to the lack of affordable housing, unemployment, and homelessness. As an organization committed to driving transformational social change, we are determined to make a difference.

At the YMCA of Central Ohio, our mission extends beyond our Community Centers. We create strong communities through collaboration, donations, and support from individuals like you who believe in our cause. We provide opportunities for empowerment for all, but we cannot do it alone. We need your support to minimize homelessness and increase stable housing for those in need.

That's why I invite you to join us in the journey to make a difference through our Give Hope Campaign. Every dollar you contribute offers a lifeline to those who need it most, providing a chance for adults and children to secure housing in a stable and loving environment.

Our flagship event, Give Hope 2023, is just around the corner. Join us for a night of inspiration and connection, emceed by the esteemed local news anchor, Monica Day. At Give Hope, you'll have the opportunity to hear firsthand the stories of struggle and survival from real people in our community. You'll also connect with change-makers in Central Ohio who, like us, are committed to making a positive impact.

Every dollar raised from ticket sales, donations, and the live auction during this event will directly benefit individuals and families currently in shelter at YMCA Van Buren Center. Your support can truly be the difference between someone staying in a shelter and finding stable housing. Together, we can rebuild lives and create a brighter future for our neighbors in need. To learn more about Give Hope 2023, make a donation or to purchase tickets, please visit this [link](#).

Thank you for being a part of our mission to create strong, resilient communities. With your help, we can make a lasting impact in the lives of those who need it most.

Delaware YMCA
Executive Director

Roger Hanafin



Give Hope 2023

Date: Thursday, November 2nd, 2023

Time: 5:00 PM - 8:00 PM

Location: The Grange Insurance Audubon Center (505 W Whittier St, Columbus)



Volunteer Voice

Intrasquad thanks!

A huge thank you to all of our families who stepped up and helped out with our Intrasquad Meet! We are so appreciative of your hard work and willingness to, in some instances, learn a new skill. It takes a village for a swim meet to be successful and we are so thankful for everyone's support. Also, thank you to those who helped with the potluck. Both those families who helped set up and those who stayed over to clean up afterward. We are off to a great start and couldn't do it all without this amazing family participation!

Be on the lookout for more volunteer opportunities at upcoming away meets and at future home meets.

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

Pumpkin Classic Invitational

- Date: October 14, 2023
- 11 & Up: 9:00 a.m. start
- 10 & Under: 2:00 p.m. start
- Location: Pickaway YMCA
- *Entries are Closed*
- *All Jobs Filled*

GCY & DRY @ Gahanna

- Date: October 21, 2023
- Time: 12:30 pm start
- Location: Gahanna YMCA
- *Entries are Closed*
- *All jobs filled*

HURY Invitational

- Date: October 28, 2023
- 10 & Under: 10 am start
- 11 & Over: 3 pm start
- Location: Hilliard YMCA
- *Entries are closed*
- *Need one Level 1 official for morning session.*

LYST Invitational

- Date: November 4-5, 2023
- Sessions on Saturday & Sunday (see event info on TeamUnify)
- Location: Lancaster YMCA
- *Entries deadline: Oct. 17*

Focus on Fundraising

Delivering the Goods!

Handmade bracelets a big hit with swimmers and parents

The Fundraising team has seen a great response to bracelet sales this month. Thank you to everyone who has supported our philanthropic team members! If you haven't placed an order yet please email Erin Gregory @ ern036@gmail.com. Bracelets are \$3 each for Riptide orange and blue rope (other colors will be available later), \$1 for up to 5 letters (e.g., name, YMCA, back, swim, etc.), and \$1 for additional charms. Additional purchase opportunities will be available at Orange Crush.

Does your swimmer have an interest in participating in fundraising? We are happy to support additional ideas to help our team grow and thrive.

And the Riptides are always accepting donations and sponsorships. If your company is connected with the community and looking for ways to give back, please let us know!



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

Intrasquad, Potluck & Pumpkins

Big meet, big food, and big fun

The Winter 2023-24 swim season kicked off with the Riptide Intrasquad Meet on Saturday, September 30th. The day started with team photos, followed by warm-ups and a team cheer! The potluck that followed was filled with great food and conversations. Some of our Big Fish/Little Fish got to meet in person and we debuted our Meet the Team video.



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](#)

Team spirit was high at Lehner's Pumpkin Farm as several families were wearing their Riptide sweatshirts. We also got in a team cheer when we gathered for a group picture and then a hayride.



Stay tuned for more activities and opportunities from Spirit Committee to show your Riptide Pride throughout the season, and if you have any ideas, let us know!

Operations Center

Intrasquad meet in the books

Swim teams have intrasquad meets for the same reason football and basketball teams have scrimmages. Not only does it give new athletes the chance to experience competing in an actual swim meet, but it gives coaches and officials a chance to “work out the kinks.”

And let’s be honest—there were some kinks! With so many new swimmers, and so many swim families that weren’t able to set up accounts on TeamUnify, officials were behind the eight ball (and caution tape), having to manually input all swim entries, and spending an additional hour on the pool deck making additions and corrections. Trust us—it usually runs much more smoothly!

The key to everything working smoothly is TeamUnify. That is the program used by all YCO teams (and most swims teams in the U.S.). You **must** have a TeamUnify (TU) account in order to swim with Riptide. All swim meets are posted in TU, swimmers select the events in which they wish to participate in TU, relay teams are built in TU, all billing takes place in TU, and the entry file is downloaded from TU and sent to the meet’s host. Most meets do not allow manual, or “deck” entries, for obvious reasons (see the second paragraph above). We still have families who are swimming with Riptide but have not built a TU account. If you’re having difficulty, please contact Mark Hatten at markhat52@gmail.com.

I’d also be remiss if I didn’t take this time to thank Bill Reitz for spending several hours prior to the meet manually loading entries into Meet Manager, then another hour manually adding entries and reformatting heat sheets on the pool deck, then helping run the meet for several hours after that. We could not have done it without him! Thanks also to Nathan Booth, whose experience with the timing and scoring system was invaluable.

If you don’t know Bill, he’s been the head coach of the DARTS swim team (the summer swim team that swims at Mingo Pool in Delaware) for decades, and was also a teacher and head swim coach at Delaware Hayes High School until his retirement a few years back. While some may look at DARTS and Riptide as “competition,” they’re really “complementary.” (DARTS swims in the morning, and Riptide in the evening.) It’s a great example of how the swim community in Delaware – Ohio Wesleyan, Hayes HS, Dempsey MS, DARTS, and Riptide – all work together to ensure the best for area swimmers!

The Pumpkin Classic is fast approaching, and after that the meets start coming fast and furious. Here are a few things swimmers should keep in mind at upcoming meets:

Touch Pads – Swimmers **must** hit the touch pad on the large, flat surface (at our home pool, it’s the yellow section). In breaststroke and butterfly, it must be a two-hand touch, while freestyle and backstroke only require one-hand. We witnessed dozens of swimmers come down with their hand(s) on top of the pad – on the metal frame – which will not stop the timer. Practice your touches in practice so it becomes second nature in the meets!

After your race – Look up at the scoreboard! It might take a second or two, but you should see your time. As you get out of the pool (wait until the official signals you to do so!) ask your lane timer what your time was. It should be very close – within 3/10th of a second. If it’s not, tell your coach. Parents: a good habit to get into is to snap a quick picture of the scoreboard will all the times/positions.

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

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- 11 & Up: 9:00 a.m. start
- 10 & Under: 2:00 p.m. start
- Location: Pickaway County Family YMCA

GCY & DRY @ Gahanna

- Date: October 21, 2023
- Time: 12:30 pm start
- Location: Gahanna/John E. Bickley YMCA

HURY Invitational

- Date: October 28, 2023
- Time: 10 & Under - 10 a.m.; 11 & Up - 3 p.m.
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