

STARTING BLOCK

Tiffany Vroegop, HC

Meeting Up

Season now in full flow

We are two months into swim practice already and the swimmers' progress is showing in the pool! We have had four swim meets (including the Riptide Intrasquad Meet) and several more meets are on the horizon. *Please remember that in order for your child to be able to participate in the end-of-season Winter Championships, he/she must compete in a MINIMUM of TWO swim meets (can be invitationals or dual/tri meets) and post an official time to compete in that event.*

Unfortunately, we know illnesses are running high this fall and we want to help keep your swimmers as healthy as possible. If your child is sick and unable to attend swim practice, we completely understand! If your child is sick and unable to swim in a meet at the last minute, PLEASE contact me at tiffany.vroegop@gmail.com or riptidescoach@ymcacolumbus.org as soon as possible. If your child is registered for a meet, I try to get them on a relay team. When swimmers do not show up to a swim meet, it affects the entire relay team (often that relay will get scratched.) So, the earlier you can let me know about not attending a meet, the better for everyone. Thank you for understanding!

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: The Pre-Team is getting stronger and more confident with every practice! We continue to focus on stroke technique and our dives. Each practice we are trying to swim longer distances during our warm-up so we can build up some endurance. I'm so proud of their hard work each day!

Junior Team

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

Coach Sophia: Now that we have worked a little on each stroke, we are working on making sure everyone has a legal stroke! We have also been hard at work on our starts and turns, building confidence and skill, and my goal is to have everyone comfortable and confident off the block. We are still focusing more on butterfly and breaststroke as the timing is difficult to master. A huge thank you to these amazing swimmers for sticking with it and having great attitudes! We are so proud of them!

9-10 Orange – Coach Michael

Check back in the next issue for an update on our 9-10 Orange group!

9-10 Blue

Coach Nori: The 9&10 Blue groups continue to amaze me with their hard work and dedication. We have now introduced all four strokes, which we work on at every practice. Butterfly and breaststroke timing can be very challenging, so that will become our focus for the next few weeks. We have even begun swimming 100 IMs during practice as part of our warm up. We have also increased our yardage to work on endurance. These swimmers can now consistently swim 100s during every practice. We also work on starts and turns at the end of each practice. Starts and turns are essential parts of swimming and can make a huge impact in a race. We end each practice with a "challenge" as we attempt to swim a 25 freestyle without breathing. It is remarkable how much progress these swimmers have made in such a short time. Most of them now only breathe two or three times per length. Keep up the great work!



DRY Coaching Staff

A View from the Pool Deck

(Continued from Page 1)

Junior Team

11-12 Blue 1, 2 & 3

Coach Jessica: The 11-12 Blue Group has been doing amazing this season! We have focused a ton on stroke technique in order to have legal strokes. The swimmers are doing so well with applying the drills we are using to learn stroke basics in their actual swimming. Over the next few weeks our main focus will be on building endurance while still working on our technique. I have also started talking about goals the swimmers want to accomplish this season and this week we will make our long-term goals and plan to make them possible for each swimmer. Good luck this weekend, swimmers!

11-12 Orange

Coach Tiffany: My swimmers have been benefiting from the help of a local Delaware Hayes High School swimmer, Lincoln West, as he volunteers two nights per week by helping with our practices. Lincoln demonstrates in-water stroke/start/turn technique as well as offers out-of-water suggestions based on his observations. He helps me take split times and start group sets as well. Thank you for your time, Lincoln! In the past few weeks, the 11-12 Orange group has slowly built its endurance by increasing practice yardage to over 2,000 yards per practice. We will continue to increase stamina with timed distance sets.

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

Check back in the next issue for an update on our Pre/Post High School group!

Specialty (Coach Nicole)

I have had a chance to work with most groups. We have worked on the four types of dive positions on the block, how their bodies should enter the water, how the depth of dive should be different depending on the stroke, and the streamline off their dives. We have also worked on breathing techniques, trying to not breathe immediately into their flip turns or immediately after their flip turns. Breathing techniques are so important in swimming, so their December goal is to be able to swim an entire lap under water, only taking two breaths and their end-of-season goal is to swim an entire lap under water with no additional breaths. They are all doing great and are truly focusing on the information they are given. It is a lot, but I am sure they will make big strides by the end of the season!

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

SAVE THE DATE!

What would a winter weekend be without a swim meet? We're glad you asked!

Riptide swimmers may have a break from *competing* on Saturday, January 20, 2024, but that doesn't mean they have to take a break from *cheering*!

THE Ohio State University will be taking on the University of Michigan at noon ET at the McCorkle Aquatic Pavilion right here in Columbus, and we think it would make for a fun team outing.



If you're interested in attending, mark your calendars and stay tuned for more information!

The Life Aquatic

Lifeguards

You hope you never need them, but when you do . . .

For a lot of us, you say the word “lifeguard,” we picture sand, sun, surf, and . . . admit it . . . Baywatch!

While there’s not a lot of sun, sand, and surf at the YMCA indoor pool, without lifeguards, the pool or the beach doesn’t open. No lifeguards = no swimming.

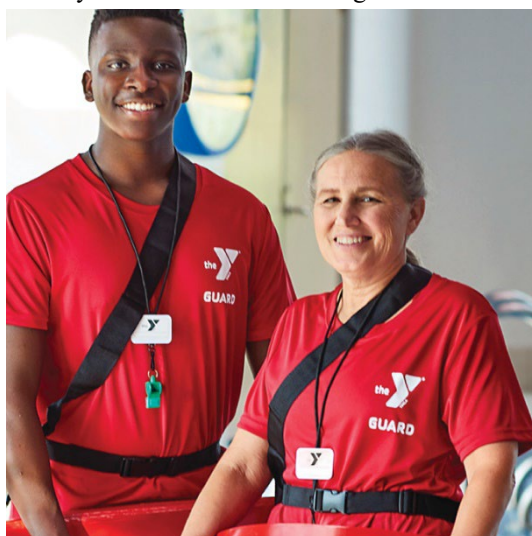
Did you know all YCO on-deck coaches are fully trained and certified lifeguards? Yet even with all those people trained as lifeguards on the pool deck, we still cannot legally hold a practice or a meet without the proper number of working lifeguards in place.

Fun Fact: the number of lifeguards required is based on the pool “load,” which is the number of swimmers in the water. That’s why you’ll occasionally see a sign at the front desk stating either or both pools are “at capacity.” That doesn’t mean they can’t fit more people in the pool – it simply means they are at the limit of swimmers based on the number of lifeguards on duty.

Also, you don’t have to go very far in our Y to see a “we’re looking to hire lifeguards” sign. While most lifeguards will tell you they really enjoy their jobs, it is a big responsibility. And you do have to be a skilled swimmer. But if you can meet those two qualifications, and you’re at least 15 years old, you’re eligible to be a lifeguard.

While you see a lot of younger lifeguards during evening practices and during the meets on weekends, a lot of them are in high school or college, which means the real need during the school year is for lifeguards who can work during the day—especially early mornings.

The pay is good and we even cover your YMCA membership. So, if you’re interested in a fun, rewarding part-time job, stop by and see me personally!



Delaware YMCA Aquatics

Kellie Demmler



Important notice regarding invitational meet fees

There are a lot of invitational meets during the long winter swim season. Due to the size of these meets and the additional resources required to support them, additional fees are typically charged per swimmer who commits to participating.

Once the registration deadline has passed, the host team collects fees owed to them based on the event registration list. Fees can vary per meet, so be sure to read the meet’s information packet in Team Unify for more information.

While we understand situations arise that can result in a swimmer not being able to compete (e.g., illness, injury, schedule conflict, etc.)—and often after the deadline has passed—but unfortunately fees cannot be waived or refunded in these instances.

Thank you in advance for your cooperation and understanding.

Volunteer Voice

Claim Your Volunteer Hours

Be sure to get credit when you help in a pinch

We're four meets into the winter season and we wanted to once again say thanks to everyone who's donated their time, energy, and enthusiasm to the cause so far this season. Having more and more people sign up for volunteer jobs through Team Unify in advance not only helps us fulfill our requirement in advance so we can focus more energy on all the swimmers once meet day arrives.

There are occasions, however, in which the host and/or other invited teams weren't able to fill the needed spots prior to the meet and may patrol the pool deck and/or camp area looking for willing volunteers to pitch in. With these larger invitational meets that are spread across multiple sessions and/or days, a lot more volunteers are needed (especially timers and officials), and without enough of them, the meet can't begin and that can create delays at the very least.

Those day-of volunteer hours count the same as if you registered in advance for a job through Team Unify, but they aren't added to the system to report on later unless you tell us! So if you've volunteered for some job this season on the day of, please send an email us jescaaleise@aol.com and lislago@gmail.com so we can keep track!

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

**TYR LYST Invitational
Robert K. Fox Family YMCA
465 West 6th Avenue
Lancaster, OH 43130**

Session 1

(11-12 Girls & 13+ Boys)

- Date: November 4, 2023
- Meet begins: 8:50 a.m.

Session 2

(11-12 Boys & 13+ Girls)

- Date: November 4, 2023
- Meet begins: 12:00 p.m.

Session 3

(10U Girls & Boys)

- Date: November 5, 2023
- Meet begins: 9:00 a.m.

Gator-thon Pentathlon

**Gahanna/John E. Bickley YMCA
555 YMCA Place**

Gahanna, OH 43230

Session 1 (10 & Under)

- Date: November 18, 2023
- Meet begins: 9:30 a.m.

Session 2 (11 & Over)

- Date: November 18, 2023
- Meet begins: 1:30 p.m.)

Focus on Fundraising

We're Having a Pool Party!

Weekend off means opportunity for more swimming...and fun(draising)

On Sunday, January 7th, we're looking to ring in the new year with a little pool party that raises money for new team equipment *and* that's fun for the whole family!

Riptide swimmers will pool their resources to contribute to the overall team distance goal that will be set by the coaching staff. Kids will have the chance to swim as teams, including Big Fish/Little Fish, for the duration of their session. We'll also need help counting all of these laps, so this is a great chance for parents to earn some volunteer hours outside of typical swim meets!

We're aiming to kick off the fundraising campaign the week of November 20th to give everyone time to collect donations prior to the event date. Details are being worked out, and you'll receive more information over the next few weeks, but here are a few of the things that we're looking to offer:

- A fun atmosphere with music to keep the energy level high
- An opportunity for family members to get in on the action
- A chance for kids to earn fun team incentives from the coaches
- Additional incentives for larger donations
- And more!

So, pencil this into your calendars and join us for what should be a great Sunday afternoon that supports all of our Riptide swimmers!

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

Riptide Swim-a-Thon

Date: Sunday, January 7, 2024

Time: 1:00 - 5:00 PM

Location: Delaware Community Center YMCA

Riptide Spirit

Giving Back to Families in Need

Riptide continues tradition of helping local families for the holidays

Our team has so much to be thankful for and, as we approach Thanksgiving, we want to continue our tradition of working together to give back as a team. This year, we will be participating in a food drive to help provide Thanksgiving dinners to families in our community. We are partnering again this year with the Byron Saunders Foundation in Delaware to ensure all families in our county have a wonderful Thanksgiving.

Our goal this year is 200 items! Please place your donations in the boxes located in the swim mailbox area from November 1-9 so they can be counted specifically towards our swim team goal. Please see the flyer for suggested food items. If we meet our goal, we will celebrate with a surprise at a future practice!

If you and your family would like to participate in the actual assembling of the boxes, please [click here](#) for more information and to sign up with the Byron Saunders Foundation.



Help us provide
Thanksgiving meals to
families in need

www.theByronSaundersFoundation.org

Suggested Food Items:

Gravy
Stuffing
Canned Yams/
Sweet Potatoes
Canned Corn
Canned Green
Beans
Canned Fruit
Cranberry Sauce
Canned Pumpkin /
Pie Filling
Boxed Potatoes
Boxed Dessert Mix
Roll or Muffin Mix
Evaporated Milk

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](#)

Operations Center

On the LYST in Lancaster

Southeast Ohio swimmers bracing for Riptide conditions

With the Fall Squall in our rearview mirror, it's time to start getting psyched up for this weekend's Lancaster Invitational! There will be 13 teams attending with approximately 425 swimmers entered, which is more than last weekend's meet in Hilliard.

This invitational is a two-day meet, with two sessions on Saturday and one on Sunday. The session split is a bit unusual, so pay close attention to when your swimmer's age/gender group is swimming. A QR code will be sent out prior to the event that will enable parents to access heat sheets via their phone or a tablet. Food trucks will be available as well as snack and beverage concessions. There will be a hospitality area for coaches and volunteers, and the "bullpen" will be for all athletes SUNDAY only.

Also, don't forget a big part of the event is a Toy Drive. Here's a message from the meet hosts:

"This is a friendly reminder of our invitational toy drive this coming weekend—November 4-5. Below is the wish list of top items if you need ideas. Please consider donating as we are taking what is collected to the Lancaster Fire Dept for distribution to local families. Also, you will receive one raffle ticket per item donated for a brand-new TYR swim bag! How exciting!! Last year we collected just under 300 items and I would LOVE to surpass that number this year and put some smiles on kiddo's faces!"

1. Amazon, Target, and Walmart gift cards
2. Teethingers, rattles, plastic infant/toddler light up/vibrating toys (V-Tech, Fisher Price)
3. Dolls representing diversity (i.e., skin tone, ability, gender—plastic body preferred, action figures)
4. LEGO sets
5. Basic art supplies (e.g., markers, crayons, colored pencils, coloring books, adult coloring books, slime kits, play dough kits, kinetic sand, and craft kits)

OTHER ITEMS: Boppy pillows, soft crinkle books, plastic links, textured blocks or balls, toy medical kits (e.g., Fisher Price), model kits (e.g., cars, boats, planes, etc.), board games, card games, board books, pop-up and I-Spy books, teen DVDs, and crossword and word search books.

Gator-thon Lurks Below Surface

Familiar venue presents new challenge for Riptide swimmers

After a much-needed break following a grueling October meet schedule, Riptide swimmers will be back in action at the Gator-thon Pentathlon in Gahanna. Unlike the recent tri meet, this event aims to test swimmers in each stroke individually first before putting them all together for an individual medley (IM) at the end of each session.

The format is the same for each session, but the distances vary by age group, so pay close attention to the event information and registration in TeamUnify for your swimmer(s). There are no relays for this meet, and although swimming all five events is encouraged, it's not required. **The registration deadline is November 3rd at 11:59 p.m.**, so please submit your commitments and event selections (or make adjustments) as soon as possible.

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

**TYR LYST Invitational
Robert K. Fox Family YMCA
465 West 6th Avenue
Lancaster, OH 43130**

Session 1

(11-12 Girls & 13+ Boys)

- Date: November 4, 2023
- Warmups: 8:25-8:45 a.m.

Session 2

(11-12 Boys & 13+ Girls)

- Date: November 4, 2023
- Warmups begin: 1:35-1:55 p.m.

Session 3

(10U Girls & Boys)

- Date: November 5, 2023
- Warmups begin: 8:15-8:35 a.m.

Gator-thon Pentathlon

**Gahanna/John E. Bickley YMCA
555 YMCA Place
Gahanna, OH 43230**
Session 1 (10 & Under)

- Date: November 18, 2023
- Warmups begin: 8:30 a.m.

Session 2 (11 & Over)

- Date: November 18, 2023
- Warmups begin: 12:30 p.m.

Operations Center

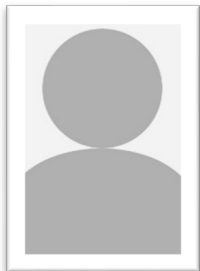
Swimmer Spotlight

Having a (beach) ball at the Fall Squall

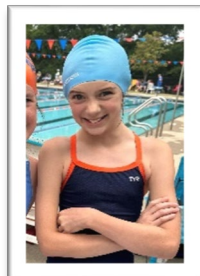
While the beach ball rally at the end may not have counted toward any Personal Best (PB) times, we had 40 Riptide swimmers set 57 total PBs at the meet, including four swimmers who hit PBs in all the events they entered! The five swimmers who recorded the five largest PB improvements by percentage are listed below.

- **Charlotte English (10 F):** 50 Breast – 18.40%
- **Hanita Xavier Satheesh (12 F):** 50 Back – 15.76%
- **Annabelle Dembski (8 F):** 25 Fly – 12.08%
- **McKinley Gregory (10 F):** 50 Fly – 11.12%
- **Aarav Mittal (12 M):** 100 Free – 11.08%

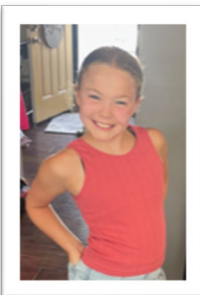
At the Fall Squall, we also welcomed one new member to **The Cut Club**, one added a new event cut to her list, and another went from a B to BB Cut! USA Swimming time standards (aka “cut times” or “motivational times”) set varying marks for swimmers of every age group, ranging from B to AAAA based on 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.



Madalynn Monahan (11 F) hit her B Cuts in 50 Freestyle!



McKinley Gregory (10 F) hit her B Cut in 100 IM!



Jocie Banik (9 F) went from a B Cut to a BB Cut in 50 Breast!

DRY Operations Committee

**Mark Hatten
& Philip Kanjuka**

DRY Winter '23 Cut Club

We now have 11 members with 22 cut times! ***Who will be next to join?***

- **Jocie Banik (9 F)**
 - 50 Free (BB)
 - 100 Free (B)
 - 50 Back (BB)
 - 50 Breast (BB)
 - 100 IM (B)
- **Kyla Coburn (12 F)**
 - 50 Free (B)
- **Douglas Davenport (16 M)**
 - 50 Free (B)
- **McKinley Gregory (10 F)**
 - 50 Free (B)
 - 100 IM (B)
- **Skyler Hatten (12 F)**
 - 50 Free (B)
 - 100 Free (B)
- **Andrew Helder (14 M)**
 - 50 Free (B)
- **Colin McCreight (16 M)**
 - 50 Free (B)
 - 100 Free (B)
- **Madalynn Monahan (11 F)**
 - 50 Free (B)
- **Hadley Scholl (10 F)**
 - 50 Free (B)
 - 50 Fly (B)
- **Annaleigh Vroegop (9 F)**
 - 50 Free (B)
 - 50 Back (B)
 - 50 Fly (B)
 - 100 IM (B)
- **Penelope Wille (11 F)**
 - 50 Free (B)