

STARTING BLOCK

Tiffany Vroegop, HC

Ramping Up

Dropping times & reaching goals

We have some proud coaches here on the DRY Deck! Swimmers have SHOWN UP at the past two invitationals. We are seeing personal best times in all events!

The Lancaster Invitational awards have been placed in swimmer's mailboxes. So, please check those this week or next week. We have not received awards from any other meets yet, but will get those to you as soon as they arrive!

The Gator-thon was a fun invitational as we had many swimmers competing in events for the very first time. That meet was a great example of why it is so important to have your child swim races in all strokes so that they can improve and, eventually, find their favorite events. We are trying to train all swimmers to be IMers (meaning they can legally and speedily swim all four strokes).

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.

Junior Team

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

These groups continue to amaze us! As we get further into the season, we have continued working on our technique for all the strokes and increasing yardage to build endurance. We have been hard at work on starts, trying to get everyone in the proper streamline position when diving off the blocks and they are doing a fantastic job!

Since these super swimmers continue to work so hard, please make sure everyone has a water bottle with them during practice.

9-10 Orange – Coach Michael

Our group has continued to work hard on improving the fundamentals. We've worked on starts, turns, and finishes for all four strokes. We've practiced proper kicking and proper arm placement, and continue to improve every practice. Looking forward, we will continue to work on the fundamentals and build on our endurance and focus. We will also emphasize proper head placement and breathing techniques. Also, we encourage our swimmers to bring water with them drink plenty of it throughout practice.

9-10 Blue – Coach Nori

The 9&10 Blue Groups continue to work hard in the pool. We have increased yardage in the pool in order to improve endurance. This helps swimmers who are beginning to swim longer races. A lot of swimmers have improved and are ready to try swimming different events/strokes at swim meets. During each practice, we still practice proper stroke technique, two-hand touches for butterfly and breaststroke, and flip turns for freestyle and backstroke. It can be difficult for new swimmers to remember to do these things during a race so it has become our goal to work on them at every practice.

9-10 Orange – Coach Tiffany

Practices are getting more and more challenging, and my swimmers are stepping up to those challenges! The past couple of weeks, we've had a focus on swimming FAST sets at every practice. While we're still building endurance, yardage, and focusing on technique, swimmers are learning that in order to compete fast, they have to practice fast. Everyone in this group who swam last weekend had at least one PB! Awesome job, group!



DRY Coaching Staff

Beat Michigan!

Ohio State & Michigan rivalry runs deep—like 10 feet (I checked!)

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!

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

Note from the Editor:

We're a little light on coaching updates for this issue, but we still have plenty of good information for you. So read on and enjoy—starting with this slightly recycled, yet timely, post from our last issue that you may have missed!

Volunteer Voice

Volunteer-a-thon

Yes—you *can* help meet your volunteer commitment just by sitting and counting!

As mentioned in our last issue, we'll be hosting our first *Making a Wave of Impact* Swim-a-Thon on January 5, 2024 at Riptide HQ. (See *Focus on Fundraising* on the next page for more information.)



We're looking forward to a fun evening with lots of participants, but that also means we'll need a lot of help in counting the laps they're swimming back and forth (and back and forth, and back and forth...) throughout the event.

That volunteer effort will count the same as volunteering at a swim meet, so if you need to fulfill your requirement, this is an easy (or at least more comfortable) way to do it! You will have the opportunity to sign up through TeamUnify (see below) while you're registering your swimmer(s) for the event, so stay tuned!

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 Opportunities

Grove City Dual (now Tri) Meet

- Location: Grove City YMCA
- Date: December 2, 2023
- Time: 1:30 p.m.

Elf Classic Invitational

- Location: Hilltop YMCA
- Date: December 3, 2023
- Time: 1:00 p.m.

Penguin Plunge Invitational

Location: Liberty Powell YMCA

Session 1 (11 & Over)

- Date: December 17, 2023
- Warmups begin: 8:30 a.m.

Session 2 (10 & Under)

- Date: December 17, 2023
- Warmups begin: 12:30 p.m.

Riptide Swim-a-Thon

- Location: Delaware YMCA
- Date: January 5, 2024
- Time: 5:00 – 9:00 p.m.

Focus on Fundraising

Make a Wave of Impact in 2024

Riptide swimmers to ring in the new year with first swim-a-thon

The Delaware YMCA Riptide Swim Team is excited to present the first *Make a Wave of Impact Swim-a-Thon* on **Friday, January 5, 2024 from 5:00-9:00 p.m. at the Delaware Community Center YMCA (aka Riptide HQ)**. All funds support the YMCA Riptide Swim Team and its purchasing of much-needed equipment.

From November 20th through January 5th swimmers are encouraged to ask friends and family for donations using the attached bingo card as they *make a wave of impact* at the swim-a-thon. We encourage all swimmers to set personal goals with the support of their coaches.

Donation Goals: The full bingo card is equal to \$210. We encourage all swimmers to try to fill out the full card. **All donations must be turned in to the YMCA Swim Team by the day of the event, Friday January 5th.** Individuals can [make donations online here](#). For donations by check, please make sure they are payable to *Delaware Community Center YMCA*.

Sign Up: Swimmers can sign up for a one-hour time block. Parents, log in to TeamUnify and look for Riptide Swim-a-Thon on the *Calendar* under *Team Events*, and click on the meet for more information. Click on *Job Signup* for either swimmers or lap counters. Click on an empty box by the timeslot you wish to swim, then click on *Signup*. We encourage swimmers and parents to stay and have fun the entire four hours, but if not, please plan to arrive 15 minutes before your chosen time.

Lap Counting: Parents are asked to come cheer on swimmers and volunteer as a lap counter for a portion of the event. Lap Counter sign up is available on TeamUnify (see above). This will count toward your volunteer commitment for the season.



A bingo card titled "RIPTIDE Sponsor Sheet" with a grid of 20 boxes containing dollar amounts from \$1.00 to \$20.00. The card is set against a blue grid background. Below the grid, it says "Thank you for supporting the Delaware Riptide Swim Team".

RIPTIDE			
Sponsor Sheet			
\$1.00	\$2.00	\$3.00	\$4.00
\$5.00	\$6.00	\$7.00	\$8.00
\$9.00	\$10.00	\$11.00	\$12.00
\$13.00	\$14.00	\$15.00	\$16.00
\$17.00	\$18.00	\$19.00	\$20.00

Thank you for supporting the Delaware Riptide Swim Team

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 teambuilding experiences (e.g., pizza parties, etc.)

Fundraising Events

Riptide Swim-a-Thon

Date: Friday, January 5, 2024

Time: 5:00 - 9:00 PM

Location: Delaware Community Center YMCA

Online Donations: [Click here](#)

Donations by Check:

Make payable to *Delaware Community Center YMCA*

Riptide Spirit

Go Wild, Riptide!

Join your teammates for a festive evening this holiday season

The Riptide Spirit Committee would like to start spreading the word (*and cheer*) for our holiday get-together—Wildlights at the Columbus Zoo and Aquarium—on Sunday, December 10th!



More information will be coming soon how to pay for your tickets so we can order all together. [Families should RSVP on Signup Genius](#) and we would like for all families to meet at 5:00 p.m. in the front of the zoo, so we can walk around and enjoy the lights together as a team. Food and beverages can be purchased at the zoo. (*We can almost taste the hot chocolate and fresh mini donuts already!*)

For tickets, go to www.columbuszoo.org and use the promo code **POWER** for a special Buy One, Get One ticket offer. (See promotion details below for more information.)

**BUY ONE GET ONE
FREE
• ADMISSION •**

— ONLINE TICKET OFFER ONLY —

USE PROMO CODE **POWER** AT COLUMBUSZOO.ORG

Discount only valid with purchase of a full price adult ticket. Not valid with any other offer or discounts. Subject to availability. Coupon cannot be reproduced if lost or stolen. No cash value. Coupon cannot be reproduced or sold. Valid only during normal operating hours. ALL TICKETS MUST BE PURCHASED AND RESERVED ONLINE. NO TICKETS WILL BE SOLD AT GATE. Daily limited availability - while supplies last. Good for up to 6 discounts. Offer and Tickets expires 1/7/24 | PLU 1468

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 Team Events

Wildlights Night Out

- Location: Columbus Zoo and Aquarium
- Date: December 10, 2023
- Time: 5:00 p.m.
- [Sign up here!](#)

Operations Center

Taking the Plunge in Powell

Riptide looking to see how well Penguins can swim against the current

Before Riptide swimmers settle in for a *short* winter's nap, they have some business to attend to at the Penguin Plunge Invitational on Sunday, December 17th at the Liberty YMCA in Powell. (The first day of winter is December 21st in case you're checking your calendar right now.)

This two-session invitational is the last chance for swimmers to officially make waves in 2023, with the 11 and over group scheduled for the morning session and the 10 and unders in the afternoon. Pay particular attention to the event lists in the information packet in Team Unify as the options may be different from what's normally on the menu.

Swimmers are eligible to swim a maximum of THREE individual events and ONE free relay. (Fun fact: There's only one free relay available in the morning session, but two in the afternoon.) **Registration is currently open in TeamUnify and the deadline is 11:59 p.m. on November 23rd**, so be sure to commit and make your event selections or decline your swimmer's participation by the deadline. Once the deadline has passed, changes cannot be made and fees will be assessed per the information packet--\$5 per individual event and \$12 per relay (per swimmer).

Duels in the Pools

Riptide to tackle two meets, in two pools, in one weekend

Two weekends before the Penguin Plunge Invitational, however, the Riptide will be racing at the Grove City dual meet on Saturday, December 2nd and at the Elf Classic Invitational at the Columbus Hilltop YMCA on Sunday, December 3rd.

Most of our meets this season have been larger invitational meets, with lots of teams and lots of swimmers participating. Smaller meets, like the Grove City dual meet, can be a great tune-up meet for an upcoming invitational (*see Penguin Plunge above*), a chance to test out a new stroke or distance, or push to earn a new PB, cut time, points, or podium spot! Registration for the Grove City meet is not yet open (common for smaller meets), but keep your eyes peeled for more information, especially with the holiday weekend approaching, since you may not have much time to submit your commitments and event requests.

The Elf Classic Invitational is a smaller meet too, but that's because it's for the 10 and under swimmers only! Don't miss out on the Candy Cane Relay, which is a traditional highlight of this meet and a favorite for both swimmers and spectators. **Registration is now open and the deadline is 11:59 p.m. on November 22nd!**

(Note from the Editor: The Grove City meet is now listed as a tri meet that will include the Eldon & Elsie Ward Family YMCA as well. And for that matter, the Elf Classic Invitational will also have more than two teams, but I like my headline and I'm sticking with it!)

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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Operations Center

Swimmer Spotlight (Heat 1)

A look back at the TYR Lancaster Invitational

The TYR Lancaster Invitational was the first multi-day meet of the winter season as well as the first one outside the YCO Swim League. A total of 13 teams from Ohio and West Virginia participated with a very fast field of 425 swimmers. The Riptide girls squad took 5th place with a total of 184 points and the boys took 12th place, resulting in 8th place overall for the team.

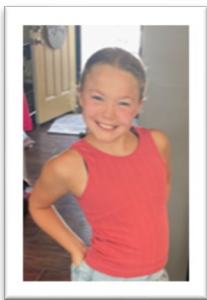
Overall, we had 33 swimmers set 63 PBs at the meet, and the five swimmers who recorded the five largest PB improvements by percentage are listed below.

- **Lipikha Sreejith (11 F):** 50 Free – 26.70%
- **Megan Carey (14 F):** 50 Back – 19.83%
- **Elise Fought (10 F):** 50 Breast – 19.37%
- **Audrey Eisenhart (13 F):** 50 Fly – 18.38%
- **Lipikha Sreejith (11 F):** 50 Breast – 16.78%

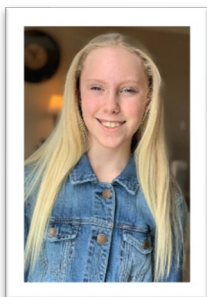
What's that—a new inductee to **The Cut Club**?



Amelia Koehler (9 F) hit her B Cuts in 50 Back...congratulations!



Jocie Banik (9 F) hit her BB Cut in 100 Breast and went from a B Cut to BB Cut in 100 Free!



Kyla Coburn (12 F) went from a B Cut to a BB Cut in 50 Free!

DRY Operations Committee

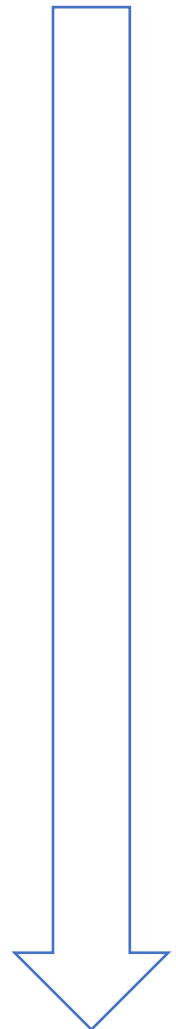
**Mark Hatten
& Philip Kanjuka**

DRY Winter '23 Cut Club

Oh no—did the Cut Club list get *cut* from this issue?!?

Of course not! In fact, the club got even bigger!

In “Heat 2” of our Swimmer Spotlight on the next page, you’ll find out what happened last weekend at the Gator-thon in Gahanna, including who else joined the club, added to their collection, or upgraded their previous times!



Operations Center

Swimmer Spotlight (Heat 2)

A look back at the Gator-thon ~~Pentagon Parthenon~~ Pentathlon

The 2nd annual Gator-Thon proved to be popular with Riptide swimmers, with 77 entered in the six-team invitational meet. And the water must have been fast, as nearly 100 PBs were set! We have not yet received the pentathlon placings from the meet host as there were some errors in the individual results that need to be corrected. But we do have the Top 5 Riptide points earners, and they were: Annabelle Dembski (8 F; 95 pts), Colin McCreight (14 M; 81 pts), Kyla Coburn (12 F; 80 pts), Esme Eisenhart (8 F; 80 pts), and Jocie Banik (9 F; 65 pts).

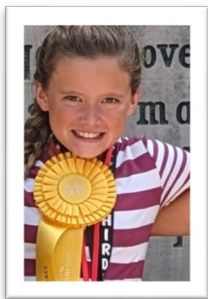
Overall, we had 51 swimmers set 97 PBs at the meet, and the five swimmers who recorded the five largest PB improvements by percentage are listed below.

1. **Olivia Cinereski (11 F):** 50 Back – 34.83%
2. **Naga Perala (12 F):** 50 Breast – 22.16%
3. **Olivia Cinereski (11 F):** 50 Free – 21.85%
4. **Kennedi Connell (12 F):** 50 Fly – 20.07%
5. **Erik Peterson (8 M):** 25 Breast – 20.07%

What's that—*more* Cut Club inductees?



Anshul Edupuganti (13 M) hit his B Cut in 100 Free!



Ella Vroegop (11 F) hit her B Cuts in 50 Free and 50 Breast!

In addition, existing Cut Club member **Jocie Banik (9 F)** added a new event with a B Cut in 50 Fly, and a bump from a B to a BB Cut in 100 IM; **Kyla Coburn (12 F)** added B Cuts in 50 Breast and 50 Fly; **McKinley Gregory (10 F)** added B Cuts in 50 Back and 50 Breast; **Annaleigh Vroegop (9 F)** added a B Cut in 50 Breast; **Penny Wille (12 F)** added a B Cut in 50 Fly; and **Colin McCreight** added B Cuts in 100 Back and 200 IM.

DRY Operations Committee

**Mark Hatten
& Philip Kanjuka**

DRY Winter '23 Cut Club

We now have 14 members with 36 cut times! *Who will be next to join?*

- **Jocie Banik (9 F)**
 - 50 Free (BB)
 - 100 Free (BB)
 - 50 Back (BB)
 - 50 Breast (BB)
 - 100 Breast (BB)
 - 50 Fly (B)
 - 100 IM (BB)
- **Kyla Coburn (12 F)**
 - 50 Free (BB)
 - 50 Breast (B)
 - 50 Fly (B)
- **Douglas Davenport (16 M)**
 - 50 Free (B)
- **Anshul Edupuganti (13 M)**
 - 100 Free (B)
- **McKinley Gregory (10 F)**
 - 50 Free (B)
 - 50 Back (B)
 - 50 Breast (B)
 - 100 IM (B)
- **Skyler Hatten (12 F)**
 - 50 Free (B)
 - 100 Free (B)
- **Andrew Helder (14 M)**
 - 50 Free (B)
- **Amelia Koehler (9 F)**
 - 50 Back (B)
- **Colin McCreight (16 M)**
 - 50 Free (B)
 - 100 Free (B)
 - 100 Back (B)
 - 200 IM (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 Breast (B)
 - 50 Fly (B)
 - 100 IM (B)
- **Ella Vroegop (11 F)**
 - 50 Free (B)
 - 50 Breast (B)
- **Penelope Wille (11 F)**
 - 50 Free (B)
 - 50 Fly (B)