

STARTING BLOCK

Tiffany Vroegop, DRY Head Coach

Welcome to Winter

The Road to Winter Champs starts now

Welcome to another season of Riptide swimming! We have a *lot* to be excited about as we look ahead to the Winter 2024-25 season. I'd also like to extend a warm Riptide welcome to our new Aquatics Director, Elizabeth Ashwill, as she begins first full season with the team.

From our top-3 finish at Summer Champs (with an impressive number of podium finishes, cut times, and personal bests), to a full squad of swimmers packed with returning veterans and new talent, and a dedicated group of coaches, staffers, and family members committed to creating an environment in which our swimmers can thrive both in and out of the water, this is truly a great place to be.

The winter season is more of a marathon than a sprint, and the Riptide is going the distance. With 17 regular-season meets over six months, including nine invitationals and a whopping six home meets planned at Riptide HQ, we'll need a lot of help from volunteers and officials to make it all work, so stay tuned for more information for how you can pitch in this season.

One more thing—we are officially a USA Swimming club again! As we continue our rise to the top of the YCO, becoming a USA Swimming club is a vital component to our team's long-term growth and development. How, you may ask? Well, you'll just have to read on to learn more!

With that, I hope you're rested, recharged, and as excited as I am to start another season with this Riptide family.

GO RIPTIDE!

Summer Summary

Riptide heats up the pool at Summer Champs



The Riptide backed up its third-place team finish as the 2024 YCO Winter Championships,

where they racked up 20 podium finishes, 170 personal bests, and 10 new cut times with an encore performance consisting of 53 podium finishes, 138 personal bests, and 12 new cut times (including the first team "A" cut time since before the pandemic), resulting in another third-place overall finish.

To put this into perspective, the Winter 2023-24 team consisted of about 150 swimmers, with 88 of them competing at Winter Champs. However, the Summer 2024 team consisted of 89 swimmers, with 61 of them competing at Summer Champs—that's 27 fewer!

What's more, over the course of the summer season, the team accumulated a total of 357 podium finishes, 483 PBs, and 75 cut times (from 19 Cut Club members) in just 7 meets!

With a large number of returning swimmers from the past two seasons, a crop of new talent joining the team, and 10* more meets on the calendar, the Winter 2024-25 Riptide squad is setting the stage for an epic season!

Au revoir, Paris...Hello Los Angeles!



The Summer Olympics was full of exciting performances in the pool that should be enough to inspire young swimmers for years to come.

(LA 2028, anyone?)

And on that note, we're back, baby—the Delaware Riptide YMCA Swim Team is officially a USA Swimming-certified club once again! Not only does this validate what we witnessed throughout the Winter 2023-24 and Summer 2024 seasons—that the Riptide is team on the rise—but it also offers exciting opportunities for our swimmers to race against tougher competition outside of the YCO and at some cool venues.

On a day-to-day basis, this change may not be very visible, but being a USA-S club will help to grow and strengthen our team over time by further developing our swimmers and attracting swimmers from the area who may have otherwise joined another team.

USA Swimming meets are separate from/in addition to YCO meets and available to Level 4 and 5 Riptide swimmers (and others at the head coach's discretion). USA-S membership is \$115 for the season, plus a \$35 online fee and meet fees (similar to YCO invitationals).

Coaches' Corner

Attention on Deck

Meet the team behind the team

The quality of a child's sport experience is significantly impacted by the excellence of the coach. On the Delaware YMCA Riptide Swim Team, we take our coaching staff seriously and only work with the most skilled, trained, experienced swim coaches in the area. We want to give our promise that your child will be accepted, taught, and influenced by a passionate, respectful, and responsible coach. All coaching staff must be certified in YMCA Swimming & Diving Principles, CPR, Lifeguarding, First-Aid, Blood Borne Pathogens, Mandated Reporting, and Oxygen Administration as well as training in age-appropriate competitive swim instruction. We want to have fun while creating a high-quality training and top-notch sportsmanship environment!

Michael Cavanaugh – Level 2 Coach

MichaelPeterCavanaugh@gmail.com

Coach Michael was a member of his hometown swim team from the age of 3 until he left for college. He attended Miami University, where he swam for the varsity team for four seasons. While at Miami he specialized in butterfly and IM and served as team captain his senior season.

Coach Michael coached younger groups on his team throughout high school and picked up coaching again for two summer seasons and one winter season after graduating from Miami. He currently works as an Assistant Prosecuting Attorney for Delaware County and is excited to join the team and return to the sport he grew up loving.

Sarah Denen - Level 4 Coach

skelly.206@gmail.com

Sarah began swimming for her neighborhood summer team, the Collegeview Barracudas, at the age of 6. Some of her favorite childhood memories are of practices, meets, and the friendships she made through the program. She also participated in a couple different Central Ohio YMCA programs in elementary and middle school, including Pickaway County (PICY) and Lancaster (LYST). In high school, Sarah became a lifeguard and taught swim lessons. She earned varsity letters for swimming all four years at Bloom-Carroll. Her favorite events were the 50 and 100 freestyle. She also once swam the 200 fly and lived to tell about it! Sarah continued her athletic career with college volleyball and then became a middle school teacher and volleyball coach. She was excited to rejoin the swim community in 2019 when her oldest son joined DARTS. This season, all three of her boys will swim for Riptide: Paxton (12), Carlin (8), and Reid (8). Sarah loves swimming because it is a lifetime sport and focuses on personal improvement. She looks forward to helping Riptide swimmers achieve their goals and celebrate PBs!

Nicole Ford (Specialty Coach - Starts, Flip Turns, Relay Transitions)

Knicoleford@gmail.com

Nicole developed a love for swimming early on in life. She started competitive swimming when she was eight years old at Westerville JC pool. Soon enough she realized that competitive swim was not the only water sport available and began doing synchronized swimming as well. While she continued to participate in competitive swim, she primarily focused on synchronized swimming. She traveled all over the United States competing against National and Junior Olympic teams. In high school she continued competitive swimming (specializing in the 500 freestyle event), synchronized swimming and then began playing water polo through Thomas Worthington High School. Nicole discovered

DRY Coaching Staff

Pre-Team & Level 1

Mia Saksa

Level 2

Michael Cavanaugh

Jessica Hackathorn

Olivia Reed

Level 3

Nori Materkoski (Asso. Head Coach)

Olivia Reed

Level 4

Sarah Denen

Tiffany Vroegop (Head Coach)

Level 5

Paul Phung

Specialty Coach

Nicole Ford

Coaches' Corner

Attention on Deck (continued)

Nicole Ford (continued)

she really enjoyed the competitive nature of water polo and ended up playing four years of water polo for Bowling Green State University.

Nicole began teaching swim lessons at 14 years old and taught through college. After taking a hiatus, she began teaching again soon after the Delaware YMCA opened. She has taught swim lessons for all ages of individuals. Nicole has worked for Delaware County since 2005 and also cares for four very busy children alongside her husband, Rob. Their oldest Cadence (17) participates in tennis, track, choir, and musicals. Emma (13) is involved in dive, gymnastics, cheer, and musicals. Hadley (9) swims and plays piano. Benham (7) plays soccer and will be starting pre-team this year. Nicole will be focusing on dives, flip turns, and starts, but most importantly, making sure your kids have the understanding of how to be a good teammate and supporter of all swimmers (not just the ones on our team).

Jessica Hackathorn - Level 2 Coach

jessica.hackathorn@ymcacolumbus.org

Jessica started her swimming career in 2013 after years of trying to find a sport she enjoyed. She started swimming for the Delaware Riptides and fell in love with the sport. She continued to swim for the Riptides through 2015 alongside the Dempsey Swim Team during the school season and DARTS Team in the summer. Jessica then ended her career swimming for Delaware Hayes High School Girls as well as the DORC Swim Team in the summer. After competitive swimming came to an end, she decided to stay within the Aquatics world as a Lifeguard for the Delaware Community Center YMCA. Jessica worked as a lifeguard and swim instructor for several years before taking the Aquatics Coordinator position. She worked six years within the Aquatics Department at the Delaware Community Center YMCA. Jessica started as the Recreation Coordinator for the City of Delaware and now manages the City Pool as well as city programs and special events. She is also an Assistant Coach for Berlin High School's Swim and Dive team. Jessica took the Assistant Swim Team Coach position two years ago for the Riptides and has had so much fun coaching and wishes to continue that fun this season. She plans to focus on technique and endurance for her swimmers this season. Jessica looks forward to meeting all the new swimmers and is excited to welcome back returning swimmers!

Nori Materkoski – Associate Head Coach & Level 3 Coach

nmaterkoski5@gmail.com

Nori has had a long and successful swimming career. She began swimming at the age of 7 and instantly fell in love with the sport. She joined the summer swim team at the Roxiticus Country Club in Mendham, New Jersey where she grew up. She quickly realized how much she enjoyed being in the water and joined the Somerset Hills YMCA swim team that fall. Nori competed at the Junior Olympics from ages 8 to 13. At the age of 14 she qualified for the YMCA Nationals held at the Swimming Hall of Fame in Ft. Lauderdale, Florida.

She competed in both the 100 and 200 breaststroke and the 200 and 400IM. In 2002, Nori became a National Champion in the 200 Medley Relay as a breaststroker. Nori attended

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Coaches' Corner

Attention on Deck (continued)

Nori Materkoski (continued)

Bernards High School in Bernardsville, New Jersey where she still holds school records. She was named first team all-county, first team all-state, and earned a varsity letter four years in a row. Nori was named captain her Senior Year and was recruited to several colleges throughout the country. She was offered a scholarship to swim at Loyola University Maryland (where she was coached by former Olympian Michael Phelps).

After college, Nori worked as a Special Education teaching assistant and coached the Roxitus Country Club swim team where she began her swimming career. She continued coaching for another two years at the Stanton Ridge Country Club in New Jersey and then another two years for the YMCA Special Olympics swim team. She absolutely loves teaching the sport that brought her so much joy. Swimming has always been a wonderful part of her life which has been carried on by her daughters, Riley and Ella. Riley (9) swam for Riptides last season and Ella (7) will make her debut this season. She also has a son, Sam (4) who loves being a part of the Riptide Family. Her husband Matt is excited to learn more about the wonderful world of swimming as he watches his daughters carry on the family tradition.

Paul Phung - Level 5 Coach

PNBao10@gmail.com

Bao "Paul" Phung began swimming when he was 5. His parents took him to a local swimming pool and signed him up for swim lessons. After completing one stroke—breaststroke—he was recruited to the Ky Dong Swimming Club in Ho Chi Minh City, Viet Nam even though the qualification for joining was knowing at least two strokes. Over time, joining the swim team helped Paul grow professionally as well as a person. When he was 16, he decided to come to the U.S. and study. During the summer with some free time, he went back to Viet Nam and joined with his coaches to teach young and talented swimmers, helping them develop their own styles of swimming. Paul recently graduated from University of Arizona, majored in Sports and Society, and he's thought of going to OSU in the future, which is why he moved from the desert to greenland Ohio. Now, he is one of our latest additions to the team and ready to give his best for the swimmers!

Olivia Reed - Level 2 & 3 Coach

olivia.diane.419@gmail.com

Olivia started swimming for DARTS when she was young as well as for DRY during its earlier seasons. She competed with the Delaware Hayes Swim Team all four years of high school as well. Olivia comes to DRY as a swim coach with 14 years of swimming experience and is in her second year of coaching. She mostly swam freestyle and backstroke events. Olivia grew up loving swimming and is looking forward to another season of getting to help kids develop a love of the sport like she does. She is excited to see last year's swimmers and meet new swimmers as well!

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Coaches' Corner

Attention on Deck (continued)

Mia Saksa – Pre-Team & Level 1 Coach

msaksa2007@gmail.com

Mia has been swimming for 11 years and counting. She is a senior at Hayes High School, where she is a varsity cheerleader and swimmer. With swimming, she has competed in the state meet and has won multiple OCC titles. Her favorite events are the 200 freestyle and 100 backstroke. Along with sports, Mia is also involved in the Pacer spirit committee, student representative of the booster board, and an editor for the school newspaper. She has been a coach for DARTS the past two summers and does private swim lessons.

Tiffany Vroegop - Head Coach & Level 4 Coach

riptidescoach@ymcacolumbus.org

Tiffany is a lifelong swimmer and brings a high level of passion for the sport! She grew up in competitive YMCA Swimming from ages 6-18 and achieved multiple zone and national cut times and competition experience during that time. She was the captain of her Galion High School Swim Team where she earned District and State Final finishes each year, and was named First Team All Ohio. She then competed on the Baldwin-Wallace University Swim Team where she specialized in the 100 & 200 backstroke and 100 & 200 breaststroke. After being hired as a Delaware City School teacher in 2007 (she currently teaches 4th grade), Tiffany began coaching on the DARTS Swim Team, and was the Assistant Delaware Hayes High School Swim Coach for three years. This is her second season coaching for DRY. She is the proud mom of four children, ages 19, 17, 11 and 9. Two of her daughters (Ella and Annaleigh) are swimmers, one daughter (Delaney) is a tennis/track athlete, and her son (Ryan) is finishing up his freshman year at the University of Cincinnati. Tiffany's husband, Dan, is a professional counselor, and is her biggest help and supporter! He will also be seen around the deck!

Tiffany will oversee the overall program including all coaching staff training, coaching staff evaluations, individual swimmer developments, practice schedules and format, meet entries and Parent Advisory Committee development. Coach Tiffany's focus is on technique first, followed by stamina and speed in the water while having fun with teammates. She believes that correct technique and forming appropriate muscle memory will improve overall swimming performance and significantly reduce injury to swimmers in the future.

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Swimmer Spotlight

Podium Party Crashers

Team DRY all-stars shine bright at YCO Summer Championships

The Riptide is truly a team on the rise in the YCO, with team 3rd place finishes at both the 2024 Winter and Summer Championships. The Riptide is quickly closing the gap to second place, supported largely by the increased number individual and relay podium finishes, which translates into more points per event relative to the competition.

	1 st - Gold	2 nd - Silver	3 rd - Bronze
2023 Summer Champs	1 ind / 0 relay	3 ind / 1 relay	10 ind / 0 relay
2024 Winter Champs	4 ind / 2 relay	5 ind / 1 relay	11 ind / 6 relay
2024 Summer Champs	12 ind / 4 relay	18 ind / 4 relay	12 ind / 3 relay

This July, these five swimmers contributed to the Riptide medal haul with podium finishes in each of the individual events as well as at least one relay...very impressive!

Juniors

- **Kate Coburn (8 F)** – 2 Gold, 1 Bronze; 2 Gold in Relays
- **Madeline Halle (7 F)** – 1 Gold, 1 Silver, 1 Bronze; 2 Silver in Relays
- **Annaleigh Vroegop (9 F)** – 1 Gold, 2 Silver; 1 Silver, 1 Bronze in Relays

Seniors

- **Skyler Hatten (12 F)** – 1 Gold, 5 Silver; 2 Gold in Relays
- **Ella Vroegop (11 F)** – 3 Gold, 2 Silver, 1 Bronze; 2 Gold in Relays

Parent Advisory Committee (PAC)

Executive Committee

- **Roger Hanafin**
District VP of Operations
- **Elizabeth Ashwill**
Aquatics Director
- **Tiffany Vroegop**
Riptide Head Coach

Volunteering

- *Open Position*
- *Open Position*

Fundraising

- *Open Position*
- *Open Position*

Spirit

- **Karen Coburn**
- *Open Position*

Operations

- **Mark Hatten**
- **Philip Kanjuka**

Operations Outlook

March Madness Starts NOW

Riptide wasting no time getting into race mode

Winter Champs may still be six months away, but let's be clear—"March Madness" starts *now*. Riptide swimmers take to the water for their first official practice on Monday, September 9th to kick off their Winter 2024-25 campaign. And less than three weeks later, they'll be getting into race mode for the first time at the DRY Intrasquad Trial Meet!

Intrasquad effectively serves as team scrimmage that gives veteran swimmers a chance to shake off the rust, test their early season fitness, and even earn some PBs. It also gives new swimmers (and families) a chance to get the feel of a real meet in a more casual and fun setting. Coaches and volunteers will also be able to work out some bugs before other teams come to visit. Typically, Intrasquad will offer an abbreviated event list, sticking mainly to 50s for each stroke (25s for the 8 & Unders), and freestyle relays to keep things simple, but no less competitive!

The meet should run from around 9 a.m. to noon, followed by a team potluck from 1-3 p.m. Stay tuned for more information about the Intrasquad Trial Meet, including swimmer and volunteer signup.

Ward/North/Grove City @ DRY

On October 5th, the Riptide will host a quad meet with Ward, North, and Grove City coming to Riptide HQ. This will be the first "real" meet of the season, complete with bigger event list with more options for participants and a great opportunity to set an official time in a new event or as a tune up before the invitationals begin the following week.

Pumpkin Classic Invitational

The Riptide will head south to Circleville on October 12th for the first its first invitational meet of the season. Invitationals often bring more swimmers a higher level of competition and, like Champs, are more "team events" where the goal is to earn as many points as possible and bring home a team banner with an overall podium finish.

Fall Squall Invitational

We'll be heading back to Hilliard for the first time since the 2024 Summer Championships on October 19th, with our sights set on adding another banner to our home pool décor.

Since invitational meets are typically larger and more involved for the host team, it's common for registration deadlines to overlap and almost feel "out of order" with so many meets scheduled in a short amount of time. For smaller meets, it's common for the registration window to close the week of the meet, while registration for some invitationals may close two to three weeks prior.

The Operations Team will publish and communicate the specifics for each meet, including registration open/close dates, event limits (can vary by meet), volunteer needs, t-shirt orders (if applicable), etc., as soon as they are provided by the meet host. Missing registration deadlines may mean your swimmer(s) will not be able to participate, and not providing enough volunteers may lead to delays in the start of a meet or possibly even the cancellation of the event.

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

DRY Intrasquad Trial Meet

**Delaware YMCA (Riptide HQ)
1121 S. Houk Rd.**

Delaware, OH 43015

- Date: September 28, 2024
- Warmups begin: TBD

Ward/North/Grove City @ DRY

**Delaware YMCA (Riptide HQ)
1121 S. Houk Rd.**

Delaware, OH 43015

- Date: October 5, 2024
- Warmups begin: TBD

Pumpkin Classic Invitational

**Pickaway County YMCA
440 Nicholas Dr.**

Circleville, OH 43113

- Date: October 12, 2024
- Warmups begin: TBD

Fall Squall Invitational

**Hilliard/Ray Patch YMCA
4515 Cosgray Rd.**

Hilliard, OH 43026

- Date: October 19, 2024
- Warmups begin: TBD

Riptide Resource Guide

Making the Cut

Pushing performance through national 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

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Volunteer Voice

We Official-ly Need Your Help

No officials means no swim meets (and no swim meets means no fun)

Let us get this out there right up front—you **do not need to have been a competitive swimmer or have a swimming background to be an official**. That's what the training is for!

As we're sure you've learned by now, volunteers are critical to running a successful swim team and swim meet, and officials are a crucial part of that volunteer base! While we can usually "draft" people at the meet to help with timing, bullpen, etc., we **must** have the minimum number of officials—four for a dual meet, more for larger invitationals—in place prior to the meet or the meet will be cancelled.

Circumstances like the shutdown during the pandemic and Rick Sargent's passing have created a shortage of officials with all YCO teams. With the Riptide being the second largest YCO team, we should have the second largest number of officials as well. Unfortunately, that's not the case, so we have some catching up to do!

We desperately need to build up our roster of officials. The few we have are being pressed into service at virtually every meet, and that's just not sustainable. A team our size should have at least 12 officials, and we currently have less than half of that. If we can build our roster up to a dozen or more officials, each official would only need to work one or two meets a season.

A Level 1 official is an "entry level" official, tasked with ensuring legal strokes, turns, starts, etc. Again, if you currently don't know what a legal stroke looks like, don't worry—the training is based on you not having that knowledge or experience. Level 2 training is for those who are currently Level 1 officials.

Fortunately (and finally), there are some training classes scheduled locally in September (see right) for more information. If you're interested, please reach out to Coach Tiffany (riptidescoach@ymcacolumbus.org). She must sign your registration form. Also, the YMCA will reimburse you for the cost of the training class (\$35-\$45).

Want to help but aren't quite ready to be an official?

Good news—we'll have *plenty* of volunteer opportunities throughout the season where your time and effort will be very appreciated. (Don't forget—each family is required to volunteer two hours each season!)

As mentioned in the Starting Block, we will have 18 swim meets this season, including 7 home meets—one of which is the world famous* Orange Crush Invitational. As we get closer to these meets (and other team activities), we'll be sure to communicate what and how much help we'll need to make it happen.

Keep reading to learn more!

Delaware YMCA Aquatics



Level 1 Official

Date: September 3rd

Time: 5:30 p.m. – 9:30 p.m.

Link to Class:

<https://lcdc.yexchange.org/s/c06x01m>

Registration Deadline: August 27th

Location:

Lake County Outdoor Family Center
YMCA
4540 River Rd.
Perry, OH 44081

Date: September 21st

Time: 8:30 a.m. – 12:30 p.m.

Link to Class:

<https://lcdc.yexchange.org/s/c80b43d>

Registration Deadline: September 14th

Location:

YMCA Columbus Metro Offices
1907 Leonard Ave.
Columbus, OH 43219

Date: October 15th

Time: 5:30 a.m. – 9:30 p.m.

Registration Deadline: October 10th

Link to Class:

<https://lcdc.yexchange.org/s/c55j71q>

Location:

Indiana Wesleyan University
9286 Schulze Dr.
West Chester Township, OH 45069

Riptide Resource Guide

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

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.

Riptide Resource Guide

It Takes a Village

A swim meet guide for newbies

If you're new to the competitive swimming scene or your experience is limited to watching it on TV every four years during the Summer Olympics, you may think swim meets are all about the swimmers and the times they post. Pretty s(w)imple, right?

What you may not know is just how much time, effort, coordination, and cooperation it takes to make a swim meet run safely and smoothly for our swimmers. You'll soon discover that swim meets can be fun and exciting, but also a bit like herding cats.

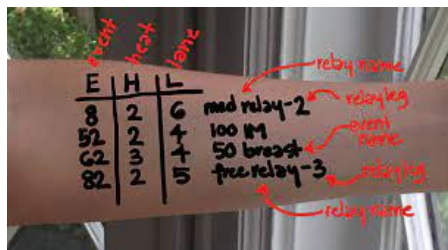
But by packing smart and with a little know-how, you'll be a "camp champ" in no time. The following are some helpful tips to guide all of our Riptide families through their next meet...swimmingly.

What do you mean by "camping?"

At most swim meets, teams will set up a "camp" either in the pool area (if there's room) or nearby in the gym. Be sure to pack camp chairs, healthy snacks, and beverages, and maybe even a good book. (More on that in a moment.)

What to pack to be prepared

We'll keep this simple: team (or practice) swimsuit, team swim cap, favorite goggles, and two towels. Then bring backups because hey—things happen. And bring warm clothes for the time between races, too. The pool area can be rather warm and humid, but the camp area may be the opposite!



Sharpies and how to use them

Sharpies are a great way to keep your swimmer on track. Using the heat sheet as a guide, neatly write their event, heat, and lane numbers along with what stroke (and order number if a relay) onto the inside of their forearm or top on their thigh.

Some common abbreviations you'll see are: FR (Freestyle), BK (Backstroke), BR (Breaststroke), FL (Butterfly or Fly), IM (Individual Medley), and MR (Medley Relay). Swimmers also love to draw or write inspirational sayings on themselves (and their teammates) before meets—whatever works! Afterward, it comes off easily with some rubbing alcohol or even hand sanitizer.

Ways to pass the time

Swim meets are a lot of fun whether you're in the water or cheering from the pool deck. Even so, a swimmer's schedule can vary from meet to meet based on the events they're in and their order on the heat sheet, meaning they might have an hour or more between swims. With that in mind, playing cards (UNO is a team favorite), reading a book, or listening to some tunes (with headphones) helps to pass the time and keep swimmers relaxed and in the zone—just make sure they're able to hear announcements so they don't miss their next start!

DRY Volunteer Committee

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.

Riptide Resource Guide

Don't Forget the Fluids

Stay hydrated for peak performance

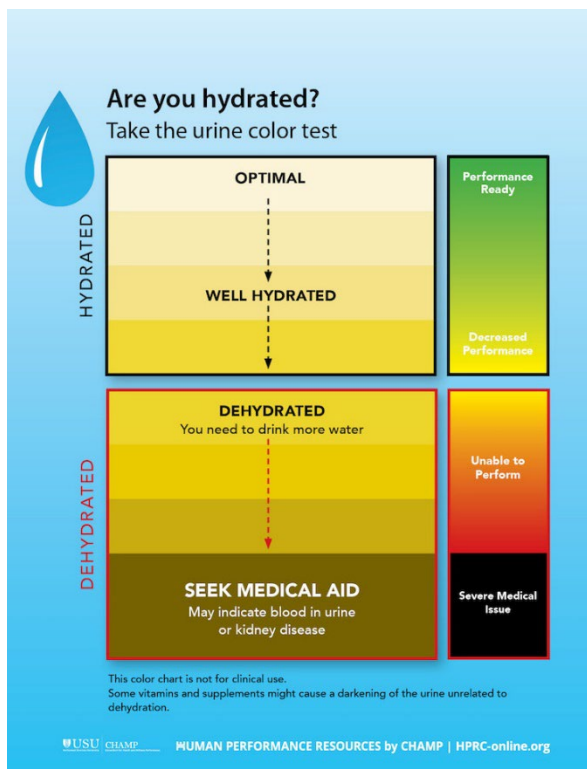
Swimmers often don't realize that they sweat, but indeed they do! In fact, swimmers typically sweat out about four ounces of fluid for each 1,000 meters of training they do at a moderate intensity. Ramp it up, and they lose even more. This equates to our senior swimmers losing 19-27 ounces of sweat in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



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