

STARTING BLOCK

Tiffany Vroegop, DRY Head Coach

Practice Makes Permanent

Discipline & consistency keys to success

The Winter 2024-25 is officially underway! From Pre-Team all the way through Level 5, our practice groups are acclimating well to the rigors of competitive swim training.

From the bleachers, practices may look a bit like watching tennis (back and forth...back and forth...), but everything they're doing now is laying the foundation upon which the rest of their season (and future seasons, really) will be built.

In order to build speed, efficiency, and endurance as the season progresses, it's tremendously important to focus on the fundamentals early on so that they aren't piling more effort on top of bad habits.

"Practice makes permanent" is a phrase my dad instilled in me, and it's one I try to instill in our swimmers and coaches today. The drills, technique tweaks, focus on dives, turns, and underwaters, sprint repeats, longer endurance sets, and emphasis on increasing strength and flexibility *all* play key roles in a sport where one one-hundredth of a second can make all the difference.

As we head into October, "meet season" really begins. There will be highs and lows, victories and defeats, and times when a swimmer might feel "stuck." So, whether you're new to the team (and/or competitive swimming) or you've been at it for years, here are a few more things to focus on this season and in life:

- Process over results
- Journey over destination
- Sportsmanship over "winning"

GO RIPTIDE!

Time to Rock the Blocks

Riptide gets "racy" for meet season



Riptide swimmers took to the water on September 9th—kicking off a six month journey of training and competition—

starting with our team Intrasquad Trial Meet on September 28th and ending with the YCO Winter Championships next March 1st and 2nd. (More on that below!)

Dual/Tri/Quad Meets

We'll have several of these smaller "practice meets" throughout the season, several of which are at home. These are great opportunities to set official times in new events, test a new pacing strategy in longer races, and go for points, personal bests, heat wins, or podium finishes against a smaller field.

Invitational Meets

These are often bigger meets with more teams, more swimmers, and tougher competition. Unlike dual/tri/quad meets, swimmers will also race for award ribbons (sometimes medals or trophies) and contribute to the overall team competition through the points they earn. Invitationals can also include teams outside the YCO.

Season Championships

Championship meets (aka "Champs") are very similar to invitationals, but in our case are limited to YCO teams only. After months of training and racing, this is often the fastest and most exciting meet of the season with swimmers really bringing their best. Riptide coaches will choose swimmers' events based on eligibility and performance, so don't wait to post a time if you might want to race an event at Champs.

Zone Championships

Some swimmers may compete at the YMCA Zone Championships after the season if they've posted a qualifying time for a specific event during the season with a chance at moving onto Nationals!

YCO-U, Oh Yeah!



SPOILER ALERT—the YCO Winter Championships are headed to Athens, OH*!

Normally, "Champs" (summer or winter) is held at one of the YCO team facilities, but for this season, the stage just got a bit bigger. The Riptide placed 3rd overall this past winter and summer seasons and is looking to finish (at least) one step higher on the podium this season.

Swimmers are encouraged to take risks by swimming a variety of events throughout the season to post more official times and have more opportunities to improve and set personal bests. This also helps our coaches field a bigger, stronger lineup to bring home a banner!

**subject to change*

Coaches' Clipboard

Putting the Work in Workout

A view of swimmers' progress through the eyes of our coaches

Across the board, we're working with all of our swimmers to set the foundation for a successful season—from techniques (e.g., strokes, turns, etc.) to strength and mobility exercises, etc. We've also been working on some goal setting and general team building to help swimmers focus on the process and also create a healthy and supportive team atmosphere. See below for more detailed updates from some of our practice groups.

Level 1 – Coach Nicole

I have been working with the Monday/Wednesday Level 1 group and they are doing great! We are just establishing the basics right now—streamline, circle swimming, how to allow everyone in the lane to finish a full lap by moving out of the way, proper kicking, and proper usage of a kickboard. We worked a lot on backstroke technique this week, including counting strokes to the wall, so we could reduce the fear of hitting their heads. We also worked on body/arm position, proper kicking, and streamline. Swimming more than one lap at a time is still a struggle, but as time goes on this year their endurance will build and we will be doing more yardage. Also, once we feel they have a good handle on the techniques for freestyle and backstroke, we will move onto breaststroke and butterfly.

Levels 2 & 3 – Coach Nori

It has been an absolute blast getting to know all the swimmers in these groups. I love seeing so many new swimmers in the water, and of course, it's awesome having our Riptide team back together again for another season.

We have begun this season learning how each swim practice works. We start each practice with some stretching and simple dryland exercises. During this time, the swimmers and coaches like to chat a little bit about our day. Sometimes, we share funny stories, frustrations, exciting news, etc. I feel this brings coaches and swimmers closer together as we learn more about each other. Then we head over to the pool, where swimmers have been divided up into lanes. We are still in the process of moving the athletes around as we like to group swimmers based on ability. It has been SO COOL seeing some of our new(er) swimmers (Lili Melvin, Brynn Miller, and Grayson Higginbotham) leading the lane during practice. I also love watching our veteran Riptide swimmers (Charlotte English, Kate Coburn, and Esme Eisenhart) teach their teammates how to do new drills. We have been working hard in the pool and I cannot wait to see what this season brings. GO RIPTIDE!

Level 4 – Coach Tiffany

We are really enjoying every practice with this large group of Level 4 experienced and/or returning swimmers. These swimmers have been working on goal setting and even had "homework" the second week of practice. They spent a lot of time thinking about where they are as swimmers, and where they want to be as the season progresses. For the first month of practices, we run a "Stroke/Turn Clinic" structure, which focuses on solidifying proper technique and "going back to the basics." During this time, swimmers are also slowly starting to build their stamina and endurance in the water. Timed sets and yardage will gradually increase as the season progresses. During dryland, swimmers are being led through exercises which strengthen their core as well as increase mobility of their joints to prevent injury in the future. We're excited to continue training with this group of highly motivated swimmers!

DRY Coaching Staff

Level 1

Vikki Scholl (1a)

Ashlee Wagner (1b & 1c)

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

Special note from the Head Coach:

Thank you for your patience with our transitioning coach situation for Level 1.

We have hired new coaches for Level 1a (Vikki Scholl) and Levels 1b and 1c (Ashlee Wagner)! Thank you to Coach Nicole for stepping in during this transition!

Swimming Pool Scrimmage

Intrasquad Introduction

Home trial meet preps swimmers (and families) for the season ahead

Our Intrasquad meet is a great opportunity for new swimmers (and their families) to get the feel for how a real swim meet flows, and also a chance for everyone to switch from “practice mode” to “race mode” for the first time this season.

What’s the difference? Well, in practice, kids will be swimming set after set, working on different skills, learning to use a pace clock to limit rest and keep things moving, etc. That also means their circle swimming with teammates (and sometimes colliding with each other), waiting for their coach’s instructions, and so on.

Tick, tock—it’s you against the clock

At a swim meet, it’s just each swimmer (or relay team) against the clock. Between block (or wall) starts, adrenaline, a *lot* of support on deck, and a lane all to themselves, swimmers will sometimes finish the same event they’ve practiced dozens (even hundreds) of times quite a bit faster—maybe earning a personal best (PB), a cut time, or even a zone qualifying time in the process.

Heats are “seeded” according to the official entry times. The heats for a particular event progress from slowest to fastest, with the fastest times within each heat being in the centermost lanes and the slowest times in the outermost lanes. Swimmers who don’t yet have an official entry time for an event will appear with “NT” (no time) on the heat sheet and be assigned to the earliest heat(s). Once they post an official time, they’ll be seeded according to that time at the next meet until they set a new PB, which will become their new entry time. (NOTE: Heats *might* be seeded fastest to slowest for Intrasquad.)

Our YMCA/YCO meets use a “timed finals” format, which can be confusing because what you see in the pool (or on the scoreboard) isn’t necessarily how the final results will look. What’s great about that, though, is that swimmers are first racing against the clock/themselves, then against others in their heat, and finally against everyone else in their event. What’s more, sometimes meets will mix genders and even age groups within a race to be more efficient, with the event results later sorted by gender and age group (e.g., Girls 11-12).

Keeping it real—and legal

Disqualifications (DQs) can also happen, and they’re very much a part of swimming—even at the Olympics. In Paris this summer, Alex Walsh was DQed for a backstroke-to-breaststroke turn violation in the finals of the Women’s 200 IM that erased a bronze medal swim in her only individual event. So, if you receive a DQ at Intrasquad or any other meet, use it as a learning experience and move on!

Riptide coaches work closely with our swimmers so that they know what’s “legal” for each stroke, including starts, turns, and techniques (arm strokes and kicks) as each has its nuances individually, and even more so in the Individual Medley. And even after doing things correctly in practice countless times, things *still* happen in meets and it can be disappointing in that moment, but in the life of a competitive swimmer, it’s really just a blip.

Parent Advisory Committee (PAC)

Executive Committee

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

Volunteering

- **Amy Kanjuka**
- *Open Position*

Fundraising

- **Bree Saunders**
- *Open Position*

Spirit

- **Karen Coburn**
- **Kalin Righter**

Operations

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

2024 – 2028 USA Swimming Motivational Time Standards

USA Swimming released their [motivational time standards for the 2024-2028](#) quad on August 29, 2024. These standards are for swimmers aged 18 and under and are based on their relative speed within their age group. The standards range from B to AAAA, with each level representing a different level of achievement.

The standards are intended to help swimmers set goals and track their improvement. Some local club meets may also use these times as qualifying standards.

Here’s what the different levels mean (in your age group, nationally):

- AAAA: Top 2% of swimmers
- AAA: Top 6% of swimmers
- AA: Top 8% of swimmers
- A: Top 15% of swimmers
- B: Top 55% of swimmers
- C: All swimmers with times below the “B” standard

YMCA/YCO meets use Short Course Yards (SCY), so be sure to refer to those time standards. Other meets (especially USA-S) may use Short or Long Course Meters (SCM or LCM)—each of which have different time standards due to pool length.

Block Party

We Have the MEETS

Riptide kicks off winter meet schedule with home quad showdown

On October 5th, the Riptide will host a tri meet with Ward (MYST) and Grove City (GCY) 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. **It’s also the second of six home meets** we’ll host at the Delaware YMCA this season!

Alphabet Soup

Before we dive in (cough...) for a season full of meet coverage, you’re going to see and hear a lot of different abbreviations and YMCA names that don’t always logically coincide with each other. And while there (probably) won’t be a quiz, these appear often in event-related info like psych sheets, heat sheets, results, etc., so it’s good to get acquainted with those that we’ll see most often. See the list at the bottom of the column to the right, and we’ll use these more and more in the newsletter to help connect the dots.

Pumpkin Classic Invitational

The Riptide will head south to Circleville on October 12th for its third overall meet and first invitational meet of the season. Be aware that the Pickaway County YMCA might be the smallest in the YCO, with a much smaller pool deck than we’re used to at Riptide HQ and other Ys in the league. Cheering is still encouraged, of course, but it’s best to head back to the “camp” area across the hall after your swimmer’s race ends to make room for other families to cheer for theirs in the next race. That aside, this is the first opportunity for swimmers to earn a ribbon for their performance in an event!

Fall Squall Invitational

We’ll be heading back to Hilliard for the fourth meet of the season—and second invitational in October! The Hurricanes (HURY) might be the Riptide’s biggest “rival” in the YCO right now. Back in July, we finished a close 3rd behind HURY at the YCO Summer Championships, so the energy level will be high, but several other teams will be aiming for an early-season podium spot too.

TYR LYST Invitational

This may be the October edition of RIP CURRENT, but this is a two-day meet in Lancaster, which is part of the Southeast Ohio & West Virginia (SEOWV) Swim League, meaning it’s one of the few outside the YCO that the full Riptide team participates in and includes a number of strong teams we don’t usually get to swim against. Lancaster (LYST) has a strong team as well, in fact they took 2nd place behind Liberty (LTPY) at our Orange Crush Invitational back in February.

DRY Operations Committee

**Mark Hatten
& Philip Kanjuka**

Upcoming YCO Swim Meets

MYST/CYSC/GCY @ DRY

Delaware YMCA (Riptide HQ)
1121 S. Houk Rd.
Delaware, OH 43015
• Date: October 5, 2024
• Warmups begin: Noon

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

TYR LYST Invitational

Robert K. Fox Family YMCA
465 West 6th Avenue
Lancaster, OH 43130
• Date: November 2-3, 2024
• Warmups begin: TBD

YCO & Area YMCA Swim Teams

- **CYSC** | Columbus North Waves
- **CHY** | Columbus Hilltop Poseidons
- **DRY** | Delaware Riptide
- **EAST** | Jerry L. Garver Tridents
- **KZY** | Kleptz Tridents
- **GCY** | Grove City Manta Rays
- **GYG** | Gahanna Gators
- **BHY** | Hilliker Heat
- **HURY** | Hilliard Hurricanes
- **LCFY** | Licking County Sharks
- **LTPY** | Liberty/Powell Penguins
- **LYST** | Lancaster Stingrays
- **MEGS** | Muskingum Megalodons
- **MYST** | Eldon & Elsie Ward Marlins
- **PICY** | Pickaway County Piranhas
- **PCPY** | Pike County Piranhas
- **RCY** | Ross County Marlins

Riptide Pride

Loud & Proud

Show your support the right way all season long



Swim meets get *loud* and that's part of the fun of it all. And while we all might think our swimmer is the next Michael Phelps or Katie Ledecky (at least in our hearts), rest assured that *everyone in the crowd thinks exactly the same thing about theirs*.

With that in mind, we should support *every swimmer* who steps up on the blocks, whether they finished first, last, somewhere in between, not at

all, or just found out they were disqualified. And the same goes for all the officials, coaches, volunteers, and YMCA staffers whose time and effort it takes to put these meets on.

Please cheer responsibly

The Riptide has developed a reputation within the YCO for being the loudest and most supportive team in the league. Swimmers might not be able to hear *you* while they're in the water, but the boost that energy can give them is undeniable.

Our swimmers have a blast cheering on their teammates (and competitors) between their own events. However, cheering can also be physically and emotionally draining, so it's important for you and your swimmer(s) to be fully aware of their own event schedule(s) to make sure they're resting and fueling properly so that they can perform at their best. They may miss some of their friends' races, but there will be plenty more chances throughout the season.

With that said, here are a few things to keep in mind while cheering from the deck or bleachers.

- **Be supportive and respectful** – This isn't the NFL and you don't want to end up on Tiktok for being *that person* at a youth sporting event. Put another way, ***we're cheering for everyone and against no one***. Fortunately, swimming tends to be a very supportive and inclusive across the board, but still...cheer responsibly!
- **Voices only** – Whistles, bells, bullhorns, etc. are to be used *only* by officials conducting the meet. Shout as loud as you want but leave the noisemakers at home.
- **Quiet at the start** – Swimmers need to clearly hear the official's instructions at starter's signal, and sudden shouts could cause swimmers to false start.
- **Stick to designated areas** – Officials and timers need to have clear access to the edges of the pool. Also, DO NOT enter areas that are marked for officials only with signs and/or caution tape. It might be tempting and quicker to cut through to get to the restroom or behind the blocks, but don't do it. Tripping over cords can cause injury, damage expensive equipment, and even disrupt the meet.
- **No paparazzi** – We all want to capture those special moments at swim meets, and while we are allowed to take pictures and videos, WE ARE NOT ALLOWED to take them behind the blocks during a meet under any circumstances. *This applies to everyone—no exceptions.*

DRY Spirit Committee

Karen Coburn

Kalin Righter

Upcoming Spirit Events

Riptide Team Photo

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

Delaware, OH 43015

- Date: September 28, 2024
- Time: 8:45 a.m. (Sharp!)

Riptide Intrasquad Trial Meet

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

Delaware, OH 43015

- Date: September 28, 2024
- Warmups: 9:00 a.m.
- Meet starts: 10:00 a.m.
- Meet ends: Noon (est.)
- Volunteer sign up: See "Job Signup" in the event in Team Unify

Riptide Team Potluck

Delaware YMCA
(National Guard Gym)
1121 S. Houk Rd.

Delaware, OH 43015

- Date: September 28, 2024
- Time: Noon-2:00 p.m. (Estimated)

Riptide Individual Pictures

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

Delaware, OH 43015

- Date 1: September 30, 2024
- Time: 5:00 p.m.
- Date 2: October 1, 2024
- Time: 3:45 p.m.