

STARTING BLOCK

Tiffany Vroegop, DRY Head Coach

Strong Start

Early successes lead to more...successes

Well, the Winter 2024-25 has certainly started off with a bang! Our Intrasquad Trial Meet was more than just a “DRY run” for future competitions. It was an opportunity for swimmers to set their baselines for the season in terms of not just times, but also to help coaches identify areas to focus on during practices with their respective groups.

As you read through this issue, you’ll notice how this team has already embraced the tremendous sense of work ethic, commitment, determination, and camaraderie we as coaches aim to instill in our swimmers.

Between swimmers pushing themselves in new events, inspiring comeback stories, a rapidly growing Cut Club, zone qualifying times, and team records broken, we’ve had a season’s worth of award-winning performances after just one full month of competition.

It may feel like things are a bit rinse-and-repeat right now—because they are! But practice makes permanent, and as swimmers continue to get stronger, build their endurance, and improve their technique, the wonderful world of swimming will continue to open up for them and we’re excited to see that happen and feel fortunate to be part of it.

As we head into November, it’s hard to imagine what individual and team accomplishments we’ll see over the next several months.

GO RIPTIDE!

Off to the Races

Riptide’s record-breaking start is just the beginning



Apparently, the Riptide has forgotten how calendars work, because they’ve *started* the year in what looks like championship

form. With five months to go, the best is certainly yet to come.

Personal bests in bunches

We’ve had so many personal bests (PBs) set so far this season, we ran out of stickers—and more are on the way! Through the first month of meets, the Riptide swimmers have racked up 432 already and there’s still over four months of competition left!

Making the cut

Be sure to check out the “Cut Club” board, as we’ve welcomed some new swimmers this season who’ve contributed to the team’s total of 86 cut times and counting. It’s not just the number of cuts made either—we’re already seeing YMCA zone cuts!

Zoning in

For swimmers with their sights set on qualifying for the YMCA Great Lakes Zone Championships, it can take all season to earn a spot in one event. In fact, there’s even a “last chance” meet for those on the bubble the week after Winter Champs.

So, congrats to the following Riptide swimmers for already punching their tickets to Zones!

Audra Stewart (12 F) - 50 Back

Annaleigh Vroegop (10 F) – 50 Breast, 100 Breast, 50 Back, 50 Fly, 100 IM, 200 IM, 100 Free

Ella Vroegop (12 F) – 50 Breast, 100 Breast

Girls 9-10 200 Medley Relay – Hadley Ford, Riley Materkoski, Annaleigh Vroegop, Olivia Pyles

Party in the USA



On October 11th, the Delaware Riptide YMCA Swim Team was officially approved as a USA Swimming (USA-S) sanctioned club! Thanks to Head Coach, Tiffany Vroegop and Aquatics Director, Elizabeth Ashwill for leading the effort over the past several

months and starting a new chapter in Riptide swimming!

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). This winter, we’re eyeing around five USA-S meets to get our feet wet, with more to follow next spring and summer. USA-S registration is open year-round, so if swimmers are still interested in signing up, please contact Coach Tiffany for more information.

Read on to learn more about our first USA-S meet later in this issue.

The Riptide Report

Rip-roaring Start to the Season

Early achievements prove our coaches know their stuff

While Riptide swimmers may grumble when their least favorite set appears on the whiteboard, they haven't been grumbling much as the wins, PBs, and cut times have rolled in.



Intrasquad Trial Meet

The winter season got off to a hot start at the Intersquad Trial Meet—and I don't mean the food at the team potluck. Sixty-five Riptide swimmers, whose summer tans hadn't yet faded, set the water on fire with a team record 157 PBs set in a single meet (post-COVID era), with 13 of them setting PBs in every event in which they competed! In addition, 19 swimmers joined this season's Cut Club right out of the gate, setting a combined 36 cut times. And a special shout out to all the swimmers who weren't sure they could swim all four strokes in competition (even an unofficial one), but gritted their teeth, trusted their coaches, and got it done...nice work!

Ward & Grove City Tri-Meet

The following weekend had a little more home cookin' as the Riptide hosted teams from Ward and Grove City YMCAs, or based on the heat sheets: "Intrasquad and Friends." Riptide swimmers were apparently off their games for this one, with 65 of them (*again*) racking up *only* 117 PBs (including 12 who earned PBs in each of their events!), 22 new cut times (including two AA times!), 3 new Cut Club members, two turtle doves, and a partridge in a pear tree. (Seriously, this is getting ridiculous!)

Pumpkin Classic Invitational

After back-to-back home meets to start the season, the Riptide hit the road for the first of four straight* away invitational meets, and they sure brought the heat to eight other teams. The team notched 69 total PBs, 20 new cut times, and 4 zone qualifier times which resulted in an overall second-place finish of 616.5 points, just 44 points behind first-place Hilliard!

Fall Squall Invitational

Next, the team headed into the eye of the storm to battle with teams from Hilliard, Powell, Lancaster, and more. The Riptide's crew of 66 strong finished the meet in third place with 708 points, behind Liberty in second with 1,025 points, and the home team (Hilliard) in first place with 1,399 points. Collectively, 'tide swimmers racked up six individual wins and two relay wins, 67 PBs, 8 new cut times (plus 3 new club members!), and another zone qualifying time!

TYR LYST Invitational

Through a great team effort and standout performances that included 7 individual and 2 relay wins, 67 PBs (by 35 swimmers), 13 new event cuts (plus 3 "upgrades"), and another individual and our first relay zone cut, the team amassed 744.5 points to finish second place overall...just behind LTPY with 753 points for first-place honors*.

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

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**

**LYST scored 1,404.5 points for 1st place, but excluded itself from the team points race in keeping with tradition.*

Block Party

Rinse & Repeat

Meet Madness continues into its second straight month

Get ready, Riptide—November is shaping up to be another busy month o’ meets!

***Editor’s Note:** There’ve been so many meets through Issue 3, I’m running out of words and dad jokes, so I’ll keep this neat and “tide-y.” (Oops.)*

GYG @ DRY

After four straight weekends* on the road, it’s Homecoming for the Riptide as we host Gahanna at Riptide HQ for a dual meet. Thankfully no fancy attire is needed for our 108 swimmers on the event report (!!!), and the event program will be like our home meet in early October, but now with the 1000 Free...*for those who dare!*

(Sorry—Halloween was last month.)

Registration closed on November 5th at midnight. Stay tuned for more information over the next few days.

CHY & DRY @ HURY

The Riptide will be heading back to Hilliard just one month after their Fall Squall Invitational, but this time for a tri-meet with Hilltop. Meet details aren’t yet available, but this would be a good tune-up opportunity for the Gator-thon Pentathlon the following week.

Gator-thon Pentathlon

Think of this one like our Intrasquad Trial Meet, but with a little extra bite! (Ok, so I’m not *completely* out of dad jokes.) A pentathlon-style event challenges swimmers to race each stroke individually (IM order—Fly, Back, Breast, Free) *and then* finish off the event with an IM. (There are no relays at this meet.) Registration is open and closes November 9th.

Event distances vary by age group, and while swimmers are encouraged to all five, it’s not required. Awards will be given for individual events as well as overall pentathlon honors.

- **8 & Under:** 25 Fly, 25 Back, 25 Breast, 25 Free, 100 IM
- **9 & 10:** 50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM
- **11 & 12:** 50 Fly, 50 Back, 50 Breast, 50 Free, 200 IM
- **13 & 14:** 100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM
- **15 & Over:** 100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM

Upcoming YCO Swim Meets

GYG @ DRY

Delaware Community Center YMCA
1121 S. Houk Rd., Delaware, OH 43015

- Date: November 9, 2024
- Warmups begin: Noon

CHY/DRY @ HURY

Hilliard/Ray Patch Family YMCA
4515 Cosgray Rd., Hilliard, OH 43015

- Date: November 17, 2024
- Warmups begin: Noon

Gator-thon Pentathlon Invitational

Gahanna/John E. Bickley YMCA
555 YMCA Place, Gahanna, OH 43230

- Date: November 23, 2024
- 10 & Under (WU 8:30 a.m.)
- 11 & Over (WU 12:30 p.m.)

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
- **LPY** | 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

USA Swimming

RIP, White & Blue

Riptide returns to USA Swimming after five-year hiatus

While this isn't the Riptide's first time as a USA Swimming (USA-S) club, we're over five years (and a global pandemic) removed from the last time we were. And back then, it was a party of one—who is still reppin' the Riptide today. To date, 17 swimmers have signed up and will be led by Head Coach, Tiffany Vroegop.

BSC Spooktacular Invitational



There was no YCO meet the weekend of October 25-27, but some Riptide swimmers were in action as the Bobcat Swim Club (BSC) hosted its Spooktacular Invitational at the Ohio University Aquatic Center in Athens. This “timed finals” meet was in a SCY pool, just like our YCO meets—but it's 20 lanes wide! Lanes 1-10 were used for competition, lane 11 was used by officials, and lanes 12-20 were used for warm-up/cool down only—*how luxurious!* This three-day meet showcased distance events on Friday evening, with the “sprints” (yes, that also means 200s!) running on Saturday and Sunday.

The meet included 15 teams from Ohio, West Virginia, and even one from Hawaii. Teams from Liberty and Hilliard were also there to represent the YCO. The Riptide had a total of nine swimmers competing and no relay teams, so this one was all about racing hard, embracing the atmosphere, and having fun.

Well, the atmosphere must have been *electric* and the pool must have been *scary fast* (Spooktacular...I'll see myself out), because that crew of nine clocked 22 PBs, added one new Cut Club member (congrats Madeline!), set nine new cut times, and three of those were Zone cuts!

What's more—it's not like we're talking about shaving a few tenths or hundredths of a second either, although that did happen. In many cases they were dropping 3, 4, 5, 10, 20, and over 30 seconds in races that were 200 yards or less! It was like Oprah was running the timing system—YOU GET A PB...YOU GET A PB...EVERYBODY GETS A PB!!!

When the dust finally settled, the Riptide scored a total of 62 points, finishing in 12th place overall, behind 8th place Liberty with 196.5 points and ahead of 14th place Hilliard with 25 points. But to put this into perspective a bit, Liberty brought 23 swimmers (9 girls, 14 boys) and Hilliard brought a squad of 10 (8 girls, 2 boys), so the crew really held its own considering it was their first meet and they weren't at full strength!

Upcoming USA-S Swim Meets

The remaining schedule for USA-S meets is currently being revised and reviewed. Stay tuned for updates.

Interested?

USA-S memberships run year-round and are separate from/in addition to Riptide and YMCA fees.

If your swimmer is interested in joining USA-S and competing the, please reach out to Coach Tiffany for more information.



Riptide Pride

Reflecting on Results

Maintaining a healthy perspective in a data-driven sport

LANE	PLACE	TIME
1	8	15:12.63
2	6	15:01.39
3	5	14:56.24
4	2	14:48.17
5	1	14:47.80
6	3	14:50.76
7	4	14:52.31
8	7	15:03.02

Swimming is an objective, data-driven sport. More specifically, it's an objective, *time-driven* sport. Compared to a subjective, judged sport like gymnastics, which can be a benefit, but the clock can also be cruel. (It's not personal!)

In our last issue, we said “Tick, tock—it’s just you against the clock.” Ultimately, the only thing a swimmer can control is their own performance in the water. And while the clock provides a pretty accurate measure of that performance, it doesn’t tell the whole story.

So, now that we’re a few meets into the season and swimmers may have felt both the “thrill of victory and the agony of defeat” (like this is ABC’s Wide World of Sports), here are some tips for helping them keep everything in perspective.

Hidden “wins” and where to find them

The goal of this section is to help swimmers and their families find the hidden “wins” that are often missed if the only place we look is the scoreboard. Personal bests (PBs) and “cut times” and all of that are great and should be celebrated when they happen, but consoling a disappointed swimmer who didn’t drop time or *just* missed that cut is one of the less enjoyable jobs of being a swim parent. However, being able to provide some context and perspective can often turn a swimmer’s frown upside down.

Let’s say a completely fictional Riptide swimmer—who *isn’t* related to this newsletter’s editor—recently raced the 100 Back for the first time since last Winter Champs. After enjoying several PBs already this season, this swimmer was eyeing another one but ended up finishing over five seconds off her best time in that event. To her credit, she had a good attitude but based on time alone she certainly could have felt disappointed, as many swimmers would. Once the results were posted, however, we saw a few encouraging things the clock didn’t show. First, she “beat her ranking,” meaning she finished higher in her age group than her seed ranking going in. She also placed fifth in her age group, scoring some valuable points for the team and showing that her finish time was still competitive with her age group on that specific day, in that specific event. So, whether or not your swimmer’s times are what they hoped for, look for other “wins” to help keep things in perspective.

Control the controllables

On the surface, a swimmer’s meet can be boiled down to the events they swim and the times in which they swim them. That’s the *only* thing the clock can accurately measure. There are roughly a zillion variables that factor into not only their performance, but the performance of their competitors as well. Maybe they didn’t sleep well, they’re stressed from school, getting over an illness, Mercury is in retrograde, or the dog ate their heat sheet. Regardless, what can happen to your swimmer happens to others too, so when the starter says “take your mark,” it’s best for swimmers to focus on their race in their lane and let the rest sort itself out. Plus, age groups and/or genders may be combined to help the meet run more efficiently, so what you see in the pool or on the scoreboard may not reflect the real outcome anyway.

Upcoming Spirit Events

EAST/GYG @ DRY

Delaware Community Center YMCA
1121 S. Houk Rd., Delaware, OH 43015

- Date: November 9, 2024
- Warmups begin: Noon

CHY/DRY @ HURY

Hilliard/Ray Patch Family YMCA
4515 Cosgray Rd., Hilliard, OH 43015

- Date: November 17, 2024
- Warmups begin: Noon

Gator-thon Pentathlon

Gahanna/John E. Bickley YMCA
555 YMCA Place, Gahanna, OH 43230

- Date: November 23, 2024
- 10 & Under (WU 8:30 a.m.)
- 11 & Over (WU 12:30 p.m.)

Riptide Relay—Coming Soon!

Throughout the year, we have two main fundraisers to help support the team. First up will be our 2nd annual swim-a-thon, which has now been rebranded as the “Riptide Relay.”

In its first installment this past January, Riptide swimmers turned a fun, Friday night pool party into an impromptu (and still fun) meet where relay teams pushed themselves to swim as many laps (i.e., 2 lengths/50y) as possible during their one-hour timeslot.

Over the event’s four hours, swimmers racked up a total of 51,350 yards and raised over \$5,000, which helped fund tons of new training equipment for this growing team!

This year’s event is scheduled for Friday, December 20th, and morning information will be shared before Thanksgiving. It promises to be a very fun Friday night, and it’s a great way to earn your volunteer hours outside of a meet.