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Y SWIMMING NEWS – DECEMBER 2022



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Centennial YMCA Swimming & Diving Championships

Plans are underway to celebrate 100 years of YMCA Swimming and Diving Championships. A planning committee that includes current and former athletes, coaches, volunteers and Y-USA staff is creating several special events tied to this year's meets. More details will be shared as we get closer, the primary features include:

Athlete Dinner & "Talk Show"

Monday, April 3, 2023

5:45-7:00 pm

Greensboro Aquatic Center/Coliseum Complex – Location TBA

Dinner provided for current athletes, during which Rowdy Gaines will interview and interact with distinguished alumni of past YMCA National Meets.

Registration will be required.

Cost and menu coming soon.

Alumni Reception

Monday, April 3, 2023

7:00-9:00 pm

Piedmont Hall (adjacent to the Greensboro Aquatic Center)

All alumni – swimmers, divers, coaches, meet volunteers – are welcome.

Social gathering with heavy hors d'oeuvres, entertainment and cash bar.

Cost and more details coming soon.

Registration will be required.

Virtual Museum of YMCA Swimming & Diving History

A site is being created to display information, data, images and stories from the past 100 years of Y National Meets.

If you have photos, articles or other information to share, watch for a posting on how to contribute it.

This site will be a live site that will grow from this year forward.

Alumni Reflections (Video)

Alumni – athletes, coaches and volunteers - are encouraged to contribute to a video reflection on the meet and what it has meant.

A Dropbox will be posted soon (on Y Swimming and Diving website and the Centennial Facebook page) with instructions for alumni to submit a video (2 minutes maximum) answering the following questions:

Athletes – What is your favorite memory from YMCA Nationals? How has YMCA Swimming and/or Diving been transformational in your life?

Volunteers – What roles have you served at the meet? Why did you/do you do it? What is your favorite memory from YMCA Nationals?

Individual videos will be compiled into one larger video from which clips will be shown at this year's event and which will be posted online in the Virtual Museum.

Centennial Facebook Page

A Facebook page is being created to post updates on the Centennial Celebration and where alumni can access the Dropbox for video reflections. The link will be shared on the Y Swimming and Diving site and through the coaches e-mails.

YMCA National Championships – Did You Know?



Nine YMCAs from five states took part in the first YMCA National Swimming Championship that was held at the Brooklyn Central YMCA in New York on May 19, 1923. The host YMCA won the meet with 50 points, followed by the Parkway Branch (Cincinnati, OH) and the Buffalo (NY) YMCA. Louis Rutledge of the Parkway Branch YMCA was the first-ever champion/record holder, winning the 50 yd. Freestyle with a time of 26.3 seconds.

In the photo to the left, Coach Stanley Brauning stands with one of the Parkway Branch YMCA relay teams from the 1920s. Louis Rutledge is second from the right. On the far right is Walter Laufer, 1926 YMCA National Champion in the 50 Freestyle, 100 Freestyle and 100 Backstroke. He also competed in the 1928 Olympics, winning Silver in the 100 Backstroke and Gold in the 4x200 Freestyle Relay.

Y Swim Coaches Forum

Tuesday, Dec. 20, 11:30 am – 12:30 pm EST

Sustaining Success – Program Consistency Through Changes with Upper Main Line YMCA's Todd Conrad and Owen Edwards

Zoom Link: <https://us02web.zoom.us/j/5685310293>

Submit questions to [Meredith Griffin](#) or [Mike Gobrecht](#)

2023 YMCA National Swimming Championships

The meet web page has been updated to include Meet Handbook and the first edition of the Schedule of Activities. Note several items that are new this year:

- There will be four (4) heats in Finals events, with the D heat consisting of swimmers age 15 and younger.
- The order of Finals heats will be B, A, C, D.
- Teams may use the qualifying times for the 400 Freestyle Relay and the 400 Medley Relay to qualify to compete in the 200 Freestyle Relay and 200 Medley Relay, respectively. Those entries will be seeded as non-conforming times.
- All payments, including Time Trials onsite entries, will be processed with credit card. No cash or checks accepted. Teams will pay an invoice for onsite Time Trial entries at the end of the meet.

2021-22 Top 16

Will be posted on the YMCA Swimming and Diving website by the Dec. 31.