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Y SWIMMING NEWS – FEBRUARY 2023

Celebrating 100 years of YMCA National Swimming and Diving Championships!

Video and Photo Submission Deadline extended to Monday, February 6.

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YMCA National Short Course Championship News

Stay current on updates regarding the 2023 YMCA National Short Course Championship by visiting the [meet page](#) regularly.

- [Travel Assistance Application](#) is open. Deadline is March 24, but coaches of athletes seeking assistance are encouraged to apply early.
- [Adolph Kiefer YMCA Youth Character Award Application](#) is open. Deadline is March 1. Open to graduating seniors who have been a YMCA swimmer for at least five years and are competing in the YMCA National Short Course Championship Meet this year.
- [Coach of the Year](#) nominations are accepted through March 20. Direct link [here](#). The award is presented at the YMCA National Short Course Championship Meet but the recipient is not required to attend the meet.
- [Senior Recognition](#) submissions are being accepted until March 15. These will be featured on the video board at the meet. Include athlete's name, YMCA, plans after graduation and photo.
- *A Moment of Remembrance* will be observed at the meet to recognize those from our YMCA Swimming family who have passed away since March 2022. Submit names and connection to YMCA Swimming to [Bob McDowell](#).

Opening Ceremonies

Tuesday, April 4

Opening Ceremonies will feature several special guests including **Suzanne McCormick**, CEO of the YMCA of the USA, Olympic Gold Medalist and the Voice of Swimming, **Rowdy Gaines** and a performance from the nationally acclaimed **North Carolina A&T Cold Steel Drumline**. It will be loud and full of energy!

With the theme of *Centennial Celebration*, teams are encouraged to dress in attire from a decade or era in the past 100 years. Perhaps select the year/decade when your YMCA team began?

Centennial Celebration

[Submissions](#) (photos and video reflections) for the creation of the Centennial Video may be made until end of day **Monday, February 6**. This is an extension. **Please** encourage your alumni of the YMCA National Swimming and Diving Championship Meets to submit. Please submit for yourself.

Athlete Dinner & Talk Show

Monday, April 3, 5:45-7:00 pm

Registration Required – Coaches register their athletes as a team registration.

\$25 per person

While athletes enjoy a pasta dinner buffet, Rowdy Gaines will interview YMCA Olympians and distinguished alumni.

Alumni Reception

Monday, April 3, 7:00-9:00 pm

\$25 per person

[Registration](#) Required – Individuals register themselves

All alumni of the YMCA National Swimming and Diving Championships are welcome to attend this social event. That includes athletes, coaches and volunteers who have participated in the meet over the past 100 years. Included: Heavy hors d' oeuvres, entertainment, cash bar, commemorative item.

Please share with your alumni (athletes, coaches and volunteers) of the national meet.

YMCA National Championships – Did You Know?

In 1971, the Central Branch YMCA team from Cedar Rapids, Iowa won its second YMCA National Championship in as many years. The team, coached by Jim Gilchrist, won only one individual event – Bruce Rollins in the 100 Freestyle – and one relay – 400 Freestyle Relay – but their depth carried them to the national championship. Many of the men from that team reunite every year at the YMCA National Masters Meet, representing their hometown YMCA in Iowa. They call themselves the Over-The-Hill-Gang (OTHG) and create a special shirt for each year's meet. The relationships they built over fifty years ago have lasted ever since and they are proud to call themselves YMCA swimmers and teammates to this day.



YMCA Swim Coaches Forum

Tuesday, Feb. 21, 11:30 am – 12:30 pm EST

Topic: Building Mental & Team Skills with Your Swimmers, presented by Coach Rachel Muller of the YMCA of the Triangle Area

Find link and past Forum recordings [here](#). If you are not able to participate, you may submit questions ahead of time.

Photos to Share?

The YMCA Swimming and Diving website features photos primarily from the YMCA National Championship Meets, but can include photos submitted by local Y coaches to show a wider variety of ages, ability levels, meets and participants. Photos should be in JPEG, PNG or GIF format. A photo release form will need to be signed by the parent of each athlete included. Contact [Meredith Griffin](#) to share photos and obtain the photo release form.