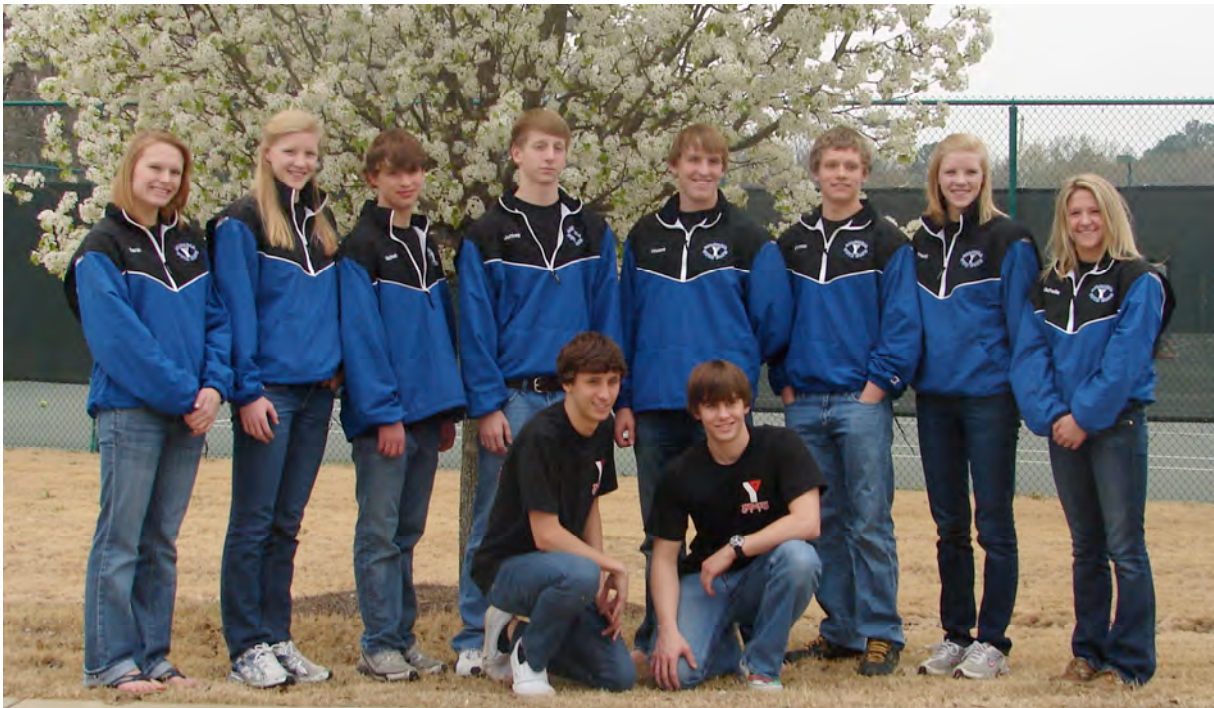


MUDCATS



Newsletter
March/April 2010

GOOD LUCK to our Mudcat National Team
in Florida this week...
We are so proud of you!!!



(Standing): Sarah Boyle, Laura Nichols, Michael King, Jeffrey Mead, Vincent King, Connor Graham, Heidi Nichols, Michelle Whitfield (Kneeling): Drew Rutledge, Colt Kirkpatrick



**Watch all
the action on
a Live
Webcast!!**

You can access this link, psych sheets, meet information
and results by going to the National YMCA website:

www.ymcaswimminganddiving.org

Go Mudcats!!!

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Mudcat Swimming 2010 Spring Team Banquet

At Riverbanks Zoo & Garden Safari Camp
(park at the Main Entrance off Greystone Blvd.)



Sunday, April 18, 2010 from 2pm – 4pm



We are looking forward to seeing our
Mudcat families there!!!

SAVE THE DATE!!!

On Saturday, May 1st, there will be a Pancake Breakfast Fundraiser for the team at the Applebee's in Lexington. The cost will be \$5 for a great pancake breakfast with bacon or sausage and drink included. Tickets will be available soon!! Put the date on your calendar, and make plans to come to support the team and join the fun!

Reminder:

No Swim Practice
for 2 weeks!!

Enjoy the time
off... We look
forward to seeing
you back in the
pool the week of
April 19th!



April Birthdays

| | |
|---------------------|------|
| Martin Gillan | 4/7 |
| Grantland Kilgore | 4/7 |
| Kyle Bunton | 4/8 |
| Mackenzie Morisseau | 4/11 |
| Justin Garrison | 4/12 |
| Will Hicks | 4/13 |
| Emily Swan | 4/15 |
| Aanchal Saxena | 4/18 |
| Mary Kate Boyle | 4/19 |
| Sarah Duenas | 4/19 |
| Emily Gleaton | 4/19 |
| Luke Ely | 4/23 |
| Michael King | 4/23 |
| Nicole Biles | 4/27 |
| Noah Gascon | 4/29 |
| Frank Halloran | 4/29 |

BEST TIMES

What a successful Short Course season everyone has had! Throughout the season, we have seen the Mudcats working hard, swimming their best, and dropping time! The following swimmers had their best times in the events listed during the Y-Champs Meet, the 8 & Under State Championships, Southeastern Sectionals, Palmetto Championships or YMCA Regionals. **AWESOME JOB MUDCATS!!!!**

GIRLS

[Abigail Beesley](#) – 25Free, 25Back, 25Breast
[Nicole Biles](#) – 50 Free, 200 Breast 50 Fly, 100 IM
[Jordan Blevins](#) – 25 & 50 Free, 25 Back
[Mary Kate Boyle](#) – 50 & 200 Free
[Sarah Boyle](#) – 100 Breast
[Jordan Cockrell](#) – 100 IM
[Macey Coulter](#) – 100 IM
[Becca Framer](#) – 100 Free
[Karli Fisher](#) – 50 Free, 50 Breast
[Autumn Garcia](#) – 50 Free, 50 Back, 100 Back
[Emily Gleaton](#) – 50 & 100 Free, 50 Breast
[Maggie Halloran](#) – 200 Free, 50 Back, 100 Back, 100 IM
[Erin Hamilton](#) – 50 & 200 Free, 200 IM
[Bailey Haynes](#) – 100 Free, 50 Fly
[Lizzie Hester](#) – 100 Breast
[Karrington Irby](#) – 100 Free
[Sara-Michael Jann](#) – 25 Fly
[Jessica Kinzie](#) – 50, 100, 200 Free, 100 Breast, 50 & 100 Fly, 100 IM
[Giuli Lyke](#) – 50 & 200 Free
[Teagan Monroe](#) – 25, 50, 100, 200 Free, 25 Breast, 25 & 50 Fly, 100 IM
[Laura Nichols](#) – 50, 100, 200 Free
[Anneliese Rypkema](#) – 100 IM
[Liz Rypkema](#) – 100 Free, 50 Back, 100 IM
[Emily Rypkema](#) – 100 Back
[Grace Rypkema](#) – 100 Free, 50 Back, 50 Fly, 100 IM
[Denise Shealy](#) – 100 Free, 50, 100 & 200 Back, 100 IM
[Adele Sinegar](#) – 50, 100 & 200 Free, 50 & 100 Back, 50 & 100 Fly, 100 IM, 200 IM
[Allison Spencer](#) – 50 Back, 100 IM
[Emily Spessard](#) – 200 & 500 Free, 200 Breast, 100 Fly, 200 IM
[Annie Suarez](#) – 50 Free
[Catherine Suarez](#) – 50 Free, 100 IM
[Mary Pat Suarez](#) – 50 & 100 Free, 100 Back
[Madison Swain](#) – 50 Breast, 50 Fly
[Abby Tolar](#) – 100 Free, 100 Back, 100 Breast, 200 IM

BOYS

[Jacob Beesley](#) – 50 Free, 50 Back
[Kyle Bunton](#) – 50 & 100 Free, 100 Breast, 100 Fly
[Kyle Cannon](#) – 200 IM
[Mason Cannon](#) – 50 & 100 Free, 100 Back, 200 Back
[William Davis](#) – 50, 100 & 200 Free, 100 Back
[Luke Ely](#) – 50, 100 & 200 Free, 100 Back
[Ben Epting](#) – 25&50 Free, 25 Back, 25 Breast, 25 Fly
[John Epting](#) – 25 & 50 Back, 25 Breast, 25 Fly
[Matthew Fadel](#) – 50 Free, 50 Back, 50 Fly, 100 IM
[Mitchell Farmer](#) – 100 Free, 50 Back, 100 IM
[Jerry Finney](#) – 25 Free, 25 Breast
[Justin Garrison](#) – 100 Free
[Chris Gleaton](#) – 50 & 100 Free, 50 Breast
[Connor Graham](#) – 50 & 200 Free, 100 Back, 200 Back
[Nick Hammond](#) – 50 Free, 100 Fly
[Joshua Hester](#) – 100 Free
[Will Hicks](#) – 50 & 1650 Free, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 IM, 400 IM
[Christian Jann](#) – 50, 100, 200 & 500 Free, 50 & 100 Back, 50 Breast, 50 Fly, 200 IM
[Christian King](#) – 25 Breast, 25 Fly
[Michael King](#) – 50 Free
[Colby Kirkpatrick](#) – 100 Back, 200 IM
[Colt Kirkpatrick](#) – 100 Free, 100 Back
[Seth Kurtz](#) – 200 & 500 Free, 100 Back, 50 Fly
[Thomas Lobitz](#) – 100 Free
[Rayford McDowell](#) – 50 & 100 Free, 200 IM
[Jeffrey Mead](#) – 50 Free, 100 Free, 200 IM
[Jaiden Monroe](#) – 25 Free
[Joshua Monroe](#) – 100 Free, 50 & 100 Back, 50 Breast, 100 IM
[William Moore](#) – 50 Free, 100 Breast, 100 Fly, 200 IM
[Andrew Nichols](#) – 50, 100 & 200 Free, 100 Breast
[Jared Ocker](#) – 50 & 100 Free, 200 Free, 100 Back
[Mason Putnam](#) – 100 Free, 50 Back, 50 Fly, 100 IM
[Bradley Quarles](#) – 100 Breast
[Drew Rutledge](#) – 100 Free
[Dave Rypkema](#) – 50 Back, 50 Breast, 100 IM
[Jonathan Rypkema](#) – 100 Back, 200 IM
[Matthew Rypkema](#) – 50 Free, 25 Fly
[Preston Sansone](#) – 25 & 50 Free, 25 & 50 Back, 25 Breast, 25 Fly
[Andrew Talkish](#) – 25 & 50 Free, 25 Back
[David Williams](#) – 25 Free, 25 Breast, 25 Fly, 100 IM
[Nathan Williams](#) – 500 Free, 50 & 100 Back, 25 & 50 Breast. 50 Fly. 200 IM

CONGRATULATIONS TO OUR 2010 REGIONAL CHAMPIONS



Check out all of our Top 10 Finishes below!!! Way to Go Mudcats!!!

GIRLS

10 & Under

Maggie Halloran – 7th 200 Free
8th 100 Back
9th 50 Back
Adele Sinegar - 2nd 100 Free & 200 Free
3rd 50 & 100 Back
3rd 100 & 200 IM
4th 50 Fly & 100 Fly

11-12

Denise Shealy – 6th 50 Back
7th – 200 Back

13-14

Emily Spessard – 3rd 1650 Free
6th 500 Free
Mary Pat Suarez – 8th 200 Fly

15-18

Sarah Boyle – 1st 200 Back
2nd 200 IM
6th 400 IM
Heidi Nichols – 9th 200 Breast and 200 IM
Laura Nichols – 2nd 100 Breast
4th 100 Free & 200 Free
8th 200 IM
Michelle Whitfield – 8th 100 Free

BOYS

10 & Under

Christian Jann – 1st 50 Free, 100 Free & 50 Breast
1st 50 Back and 100 Back
1st 50 Fly and 100 Fly
1st 100 IM and 200 IM
Joshua Monroe – 8th 100 Free and 100 Back
10th 50 Back
Nathan Williams – 7th 500 Free
9th 200 Free

13-14

Connor Graham – 2nd 100 Free
3rd – 50 Free
4th – 200 Back
5th – 100 Back
Will Hicks – 5th 200 Breast
6th – 1650 Free
9th 200 Back & 100 Breast

Michael King – 5th 200 Fly
6th 100 Fly
Drew Rutledge - 3rd 100 Free
4th 50 Free and 100 Fly

15-18

Vincent King – 6th 200 Free and 200 IM
Colt Kirkpatrick – 1st 100 Breast
4th 200 Breast
Jeffrey Mead – 1st - 200 IM
2nd - 50 Free 3rd – 100 Free
4th – 200 Free 6th – 200 Back
7th - 100 Back

8 & Under State Championships

The youngest of our Mudcats gathered in Greenville for their own State Championships. Although they were small in size, they were mighty in spirit!! Top 10 Finishes are found below.

Congratulations to all of our young swimmers on a great meet!

7 year olds:

Teagan Monroe 1st 50 Free, 100 Free, 50 Fly, 100 IM
2nd 25 Breast, 25 Fly

Preston Sansone 2nd 25 Back 3rd 50 Back
4th 25 Fly, 25 Free 6th 50 Free
10th 25 Breast



8 year olds:

Ben Epting 3rd 25 Back 4th 25 Fly
7th 50 Free 9th 25 Free

John Epting 8th 25 Back

Nathan Williams 1st 50 Free, 50 Back, 100 IM, 200 IM
2nd 50 Fly 4th 50 Breast

Age Group Sectionals

March 12-14 in Charlotte, NC

Fast, Fast, Fast!!! The fastest swimmers from all over the SouthEast were on hand to compete in the Age Group Sectionals. The competition was tough, and so were our swimmers.

Fantastic Fast Swimming Mudcats!!!!

10 & Under

Adele Sinegar – 6th in 100 Back 8th in 100 Fly

Christian Jann – 2nd in 500 Free 3rd in 200 Free, 50 Breast, 50 Fly, and 200 IM
4th in 50 Free and 100 IM 5th in 50 Back and 100 Fly

Y-Champs Meet

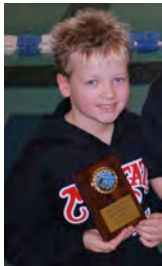
Rock Hill, February 20-21, 2010

In each event at this meet, points are awarded to swimmers who finish in the Top 10. At the end of the weekend, a swimmer's total points for the meet are added together, and "High Point" awards are honored.

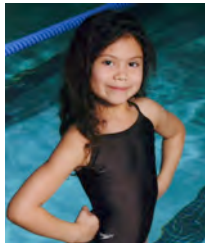
The following Mudcat swimmers received "High Points" at this meet.

Way to Rock the Blocks Mudcats!!!!

Nathan Williams
1st (7-8)



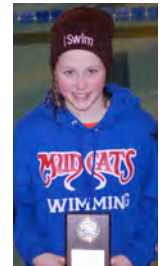
Teagan Monroe
4th (7-8)



Adele Sinegar
1st (9-10)



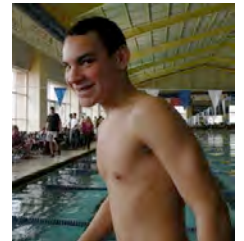
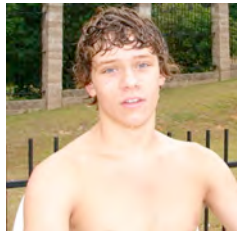
Maggie Halloran
3rd (9-10)



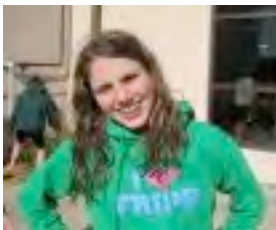
Christian Jann *Joshua Monroe*
1st (9-10) 5th (9-10)



Connor Graham *Drew Rutledge* *Bradley Quarles*
1st (13-14) 3rd (13-14) 5th (13-14)



Mary Pat Suarez
1st (11-12)



Sarah Boyle
2nd (15-18)



Michelle Whitfield
4th (15-18)



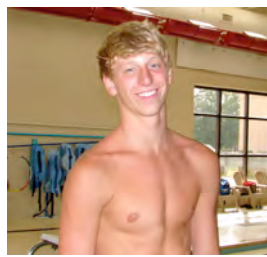
Laura Nichols
5th (15-18)



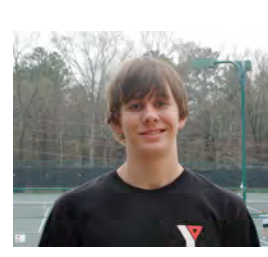
Vincent King
1st (15-18)



Jeffrey Mead
2nd (15-18)



Colt Kirkpatrick
4th (15-18)



USA Swimming Age Group Motivational Time Standards

In January's newsletter, we published the time standards that our swimmers had achieved. With the new year came lots of meets and opportunities to improve on times!! The new time standards below were achieved in one of the following meets:

Augusta, Y-home meet, Sumter Y, SC State Champs, Y-Champs,
8&Under, Sectionals, Palmetto Champs, or Regionals

CONGRATULATIONS TO ALL!!!!

B

Kyle Bunton – 100 Fly
Kyle Cannon – 50 Free, 200 Breast
Macey Coulter – 100 Free
Ben Epting – 50 Free
John Epting – 50 Back
Mitchell Farmer – 50 Free, 50 Breast, 100IM
Justin Garrison – 100 Back, 100 Breast
Brendan Gillan – 50 Free
Martin Gillan – 200 IM
Chris Gleaton – 50 & 100 Free, 50 Breast
Emily Gleaton – 50 & 100 Free, 100 IM
Erin Hamilton – 100 Back, 200 IM
Nick Hammond – 100 Back, 100 Breast, 100 Fly
Joshua Hester – 50 & 1650 Free, 200 Back, 200 Breast
Addy Hicks – 200 Free
Karrington Irby – 50 Free
Grantland Kilgore – 50, 100, & 200 Free
Jessica Kinzie – 200 Free
Colby Kirkpatrick – 200 IM
Thomas Lobitz – 100 Back
RJ McDowell – 200 IM
Teagan Monroe – 50 & 100 Free, 100 IM
Katherine Perritt – 200 IM
Bradley Quarles – 200 Back
Grace Rypkema – 100 Free, 50 Fly, 100 IM
Alison Spencer – 100 & 200 Free, 50 Back, 100IM
Katelyn Stansbury – 500 Free
Emily Swan – 100 Free
Abigail Wilson – 50 Back
Allison Wilson – 50 Free, 50 Back

BB

Nicole Biles – 50 Free
Jordan Cockrell – 50 Fly
William Davis – 50 Free, 1000 Free
Luke Ely – 200 Free, 100 Back
Matthew Fadel – 50 Free, 100 IM
Mitchell Farmer – 100 Free, 50 Back
Karli Fisher – 100 Free
Justin Garrsion – 50 Free, 100 Free, 200 Free
Emily Gleaton – 50 Breast
Erin Hamilton – 50 Free, 100 Free, 200 Free
Nick Hammond – 50 free, 100 Free
Bailey Haynes – 100 Free
Seth Kurtz – 500 Free, 100 Back, 50 Fly
RJ McDowell – 50 Free, 100 Free
Joshua Monroe – 100 Fly
William Moore – 50 Free, 200 IM
Andrew Nichols – 100 Breast
Katherine Perritt – 50 Free, 100 Free
Liz Rypkema – 50 Free, 100 Free, 50 Back
Emily Rypkema – 100 Free, 200 IM
Catherine Suarez – 50 Back, 50 Breast
Abby Tolar – 100 Breast, 200 IM
Allison Wilson – 50 Fly

A

Nicole Biles – 50, 100, & 200 Breast
Mary Kate Boyle – 500 Free
Josh Brumagin – 50 Breast
Kyle Bunton – 50 Free
Mason Cannon – 50 Free, 100 Breast
William Davis – 500 Free, 1650 Free
Luke Ely – 50 Free, 100 Free
Connor Graham – 500 Free
Maggie Halloran – 100 IM
Will Hicks – 100 Free, 200 Free, 100 Fly
Joshua Monroe – 50 Free, 100 Back
William Moore – 200 Breast
Bradley Quarles – 200 Free, 100 Brst,
100 Fly
Drew Rutledge – 500 Free, 100 Back
Liz Rypkema – 50 Fly, 100 Fly, 400 IM
Jonathan Rypkema – 200 Free, 500 Free
Denise Shealy – 50 Free, 200 Back
Emily Spessard – 500 Free
Abby Tolar – 100 Free

AA

Mary Kate Boyle – 50 Free
Sarah Boyle – 100 Breast, 400 IM
Josh Brumagin – 50 Free, 100 Free
Mason Cannon – 100 Free
Jordan Cockrell – 100 Breast
Connor Graham – 100 Fly
Maggie Halloran – 100 Free, 50&100 Back
100 Fly
Will Hicks – 500, 1000, & 1650 Free, 200
Back, 200 Breast, 200&400 IM
Michael King – 50 Free
Jeffrey Mead – 500 Free
Joshua Monroe – 200 Free
Jonathan Rypkema – 50 Free
Denise Shealy – 50 Back, 100 Back
Annie Suarez – 50 Free
Mary Pat Suarez – 1000 Free, 200 Fly

AAA

Sarah Boyle – 50,100,200 Free
200 IM
Connor Graham – 50&200 Free
100&200 Back
Christian Jann – 100 Breast
Michael King – 200 Free
Jeffrey Mead – 200 IM
Laura Nichols – 50 Free
Adele Sinegar – 50,100&200 Free
50&100Back, 50
Fly, 100&200 IM
Mary Pat Suarez – 100 Free
Michelle Whitfield – 100 Free

AAAA!!!

Michael King – 100 & 200 Fly
Christian Jann – 50, 200, & 500
Free, 50 Back, 50&100
Fly, 100 & 200 IM
Laura Nichols – 100 Breast
Adele Sinegar – 100 Fly



Earning Confidence

BY LENNY WEIRSMA, PhD, Correspondent

Peter is a swimmer who performs well at small meets where he knows going in that he will be successful, but folds at big meets where success is not easily attained.

Meghan had immediate swimming success when she was young because she was much bigger than her competitors, but her peers caught up after their own periods of growth, and now she is not as successful as she used to be.

If Laura has a bad first race in a meet, her coach can predict that she will not do well in her next 3 races.

Peter, Meghan, and Laura have all learned a painful but important lesson: confidence can be very fragile. In a sport measured in centimeters and milliseconds, when many hours of training lead to just small improvements in performance, confidence can be easily shaken. Pressure from ourselves—as well as from our coaches and parents—lead to high expectations that, if not met, can drastically drain our motivation and enjoyment. All told, confidence is one of the most important and hardest developed aspects of swimming.

Confidence is the product of two primary things. First, and most obviously, it is the result of past success. When you get a best time, win a race, or qualify for a big meet, you are more likely to believe that future success is attainable. It is therefore no big surprise that the most accomplished swimmers also seem to have the most confidence before a big meet or big race. So the most obvious way to build confidence is to be successful.

The only problem is, success generally doesn't happen overnight, and it can seem to be limited to a tiny percentage of those who compete. Only so many swimmers qualify for certain meets, fewer yet make finals, and only two or three in each event get publicly rewarded for their performance.

Luckily, confidence is also the product of one's effort and character. To be successful, one has to first accept that whenever we set out to reach a goal, failure is likely. So you have to have some pretty thick skin when you don't experience success immediately, or regularly. You have to accept the fact that the most satisfying accomplishments are those that take years of hard work—and failure—to accomplish.

The best way to do this is to commit to doing the small things right, every day, such as practicing dolphin kicks off the walls, not breathing during the last 10 yards in the 100 freestyle, or being willing to work hard in practice even when you don't feel like it. You can also define success in a variety of ways, not only those measured in numbers. Chasing down the next-fastest swimmer at the end of a race, refocusing on your next race even when your first race went poorly, or encouraging a teammate when she is tired are all fundamentally important aspects of swimming that, if practiced, greatly increase your chance of future success.

The next time you are about to go to a big meet, create your own "I Know" list. Write down a list of statements starting with the phrase "I know." (For example, "I know I have a strong kick." "I know I can control my emotions." "I know I am fit," etc.). Read this list to yourself before you go to bed the night before the meet, again while you parents drive you to the meet, and again while you are changing into your racing suit. The confidence you get from the knowledge of the little things you have done should give you an edge over the pressure you may be feeling before the race.

When all is said and done, doing the little things can pay off in tremendous ways, inside and outside of swimming. Your commitment to training, your character and your ability to be positive in the face of failure will all be traits that lead to confidence in every area of your life.