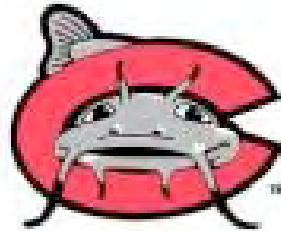


MUDCATS

August/September 2009



WELCOME BACK



MUDCATS!!!

After a couple of weeks off before school started (and a much deserved rest), it is fantastic to see the pool full of smiling swimmers once again!

We'd like to extend a special welcome to all of our new Mudcats and their families. We are thrilled you are swimming with us and look forward to getting to know you!

It was a great Long Course season, with so many of our swimmers obtaining new "Best Times", new "USA Swimming National Time Standards", and new Club Records! We had more swimmers qualify and swim at YMCA Nationals than in the history of our Y, and all of our swimmers from Senior Group down to Bronze continued to improve and excel. What a great combination of hard work in the pool from our swimmers and great coaching!

With the start of the new season, it's time to begin setting new goals as swimmers, parents, and coaches. We can't wait to see all of the great things in store for our team and coaches over the 2009 – 2010 Short Course Season!

A copy of the Mudcat Calendar through January 2010 was handed out with the registration packet and a copy is also located on the website: www.ycsmudcats.com
Please consult this calendar for questions you may have about upcoming practices and meets.



Upcoming Dates to Remember:

All Weds.in September – Gold practice only
Mon. Sept. 7th – No practice (Labor Day)
Sat. Sept. 12th – Swim Meet at Newberry YMCA
Sat. Sept. 19th – Lake Murray Dam Swim for Drew
Thurs. Sept. 24th – No practice for all groups

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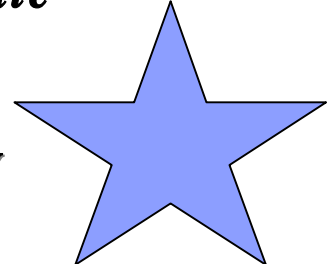
***Congratulations to our
2009 Long Course State Champion:***



Christian Jann

***10 & Under Boys State
Champion in the***

**50 FREE, 50 FLY
& 200 IM**



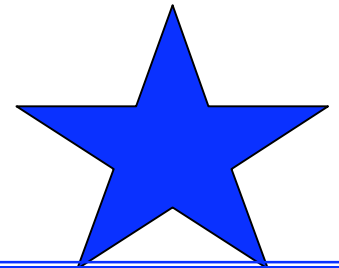
AAAA TIMES



**WOW!! We had 3 swimmers obtain Quad-A times during this
Long Course Season.....Now that's some fast swimming!!!**



***Sarah Boyle - 100 Back
Vincent King - 100 Free
Jeffrey Mead - 50 Free***



**Congratulations to
Jeffrey Mead**

**who was selected to attend the
2009 SC Swimming Select Camp
presented by Nike
to be held in Myrtle Beach later this month.**

We're Proud of You Jeffrey!!!!!



While just about everyone is curious to know how well they swim relative to the competition, it is important to remember that the best indicator of success for the vast majority of swimmers is swimming a personal best time. Everyone can improve on their own times with hard work and dedication!

Congratulations to all our swimmers who swam their Personal Best Time in an event during the month of July.....

Awesome Job!!!!

GIRLS

Nicole Biles – 50 Breast

Sarah Boyle – 50 Back, 100 Back, 200 IM, 50 Fly

Jordan Cockrell – 200 Free, 400 Free

Addy Hicks – 200 Free, 50 Breast

Margaret Hoynes – 100 Free, 200 Free, 100 Back, 200 Back, 100 Fly, 200 IM

Teagan Monroe – 50 Free

Heidi Nichols – 100 Breast, 200 Breast

Laura Nichols – 200 Breast, 200 IM

Maddie Phillips – 100 Free, 100 Back

Kelly Presper – 100 Free, 400 Free, 100 Back, 100 Breast

Emily Rypkema – 100 Free, 100 Breast

Grace Rypkema – 100 Free, 50 Back, 50 Fly

Liz Rypkema – 100 Free, 50 Fly

Adele Sinegar – 200 Free, 100 Back, 200 IM

Emily Spessard – 400 Free, 1500 Free, 50 Back, 100 Breast, 200 IM

Caroline Spinek – 200 Free, 400 Free, 100 Fly, 200 Fly, 200 IM, 400 IM

Annie Suarez – 50 Free, 200 Free, 100 Back, 200 Back

Catherine Suarez – 200 Free, 50 Back, 100 Fly

Mary Pat Suarez – 50 Free, 100 Free, 50 Back, 50 Breast, 50 Fly

Madison Swain – 50 Free, 100 Free, 50 Back, 100 Back, 50 Breast, 100 Breast

Katie Voss – 50 Free, 100 Free, 200 Free, 100 Back

Michelle Whitfield – 50 Free, 100 Free

BOYS

Will Beckwith – 50 Free

Connor Graham – 50 Free, 100 Free, 200 Free, 50 Back, 100 Back, 200 Back, 100 Fly

Will Hicks – 50, 100, 200, 800 Free, 1500 Free, 100, 200 Back, 200 Breast, 100 Fly, 200IM, 400IM

Christian Jann – 50 Free, 200 Free, 50 Back, 100 Breast, 50 Fly, 200 IM

Michael King – 200 Free, 50 Fly, 100 Fly, 200 Fly

Vincent King – 50 Free, 100 Free, 200 Free

Nick Manghani – 100 Free, 100 Breast

Jeffrey Mead – 50 Free, 100 Free, 50 Back

Joshua Monroe – 50 Free, 50 Back, 100 Back, 50 Breast, 50 Fly, 100 Fly

William Moore – 50 Free, 50 Breast, 100 Breast, 200 Breast, 100 Fly, 200 IM

Andrew Nichols – 100 Free, 200 Free, 400 Free, 800 Free, 100 Back, 400 IM

Bradley Quarles – 100 Free, 50 Breast, 100 Fly

David Rypkema – 50 Back, 50 Fly

Jonathan Rypkema – 100 Free, 100 Back

Luke Shoemaker – 200, 400, 800 Free, 1500 Free, 100, 200 Back, 100 Breast, 200 Breast, 200 IM

Nathan Williams – 100 Free, 200 Free, 50 Back, 100 Back, 50 Breast, 50 Fly, 200 IM



USA swimming publishes time standards for girls and boys by age group that is used as a scale to gauge a swimmer's level of achievement in all events. The first time to achieve is a B time then moves to faster times BB, A, AA, AAA, and AAAA. Below is a list of all of our swimmers who achieved new time standards in July.

Congratulations to All !!!!!

"B"

Addy Hicks (200 Free)
Nick Manghani (100 Free)

David Rypkema (50 Fly)

"BB"

Will Hicks (100 Back, 200 Breast, 100 Fly)
Kelly Presper (100 Back)
Grace Rypkema (100 Free)
Liz Rypkema (100 Free, 50 Fly)

Luke Shoemaker (100 Breast, 200 Breast)
Emily Spessard (50 Back, 100 Breast)
Nathan Williams (100 Free, 100 Back)

"A"

Margaret Hoynes (200 Free, 100 Fly)
Michael King (200 Free)
Joshua Monroe (100 Back)
Andrew Nichols (400 IM)
Kelly Presper (400 Free)
Will Hicks (50,100,200 Free, 200 Back, 200,400 IM)

Bradley Quarles (100 Fly)
Jonathan Rypkema (100 Free)
Emily Spessard (1500 Free)
Caroline Spinek (400 Free)
Katie Voss (200 Free)

"AA"

Jordan Cockrell (400 Free)
Will Hicks (800 Free, 1500 Free)
Michael King (100 Fly)
Andrew Nichols (200 Free, 400 Free)
Kelly Presper (100 Free)

Luke Shoemaker (400, 800, & 1500 Free)
Adele Sinegar (100 Back)
Caroline Spinek (200 IM, 400 IM)
Annie Suarez (200 Free, 100 & 200 Back)
Katie Voss (50 Free, 100 Free)

"AAA"

Connor Graham (200 Free, 100 Back)
Michael King (200 Fly)
Vincent King (200 Free)

Heidi Nichols (100 Breast, 200 Breast)
Bradley Quarles (100 Free)

"AAAA"

Sarah Boyle (100 Back)

Vincent King (100 Free)

Congratulations to our National Team!!



Back row: Michael King, Vincent King, Jeffrey Mead, Coach Jeff, Connor Graham, Will Beckwith, William Moore
Front row: Laura Nichols, Sarah Boyle, Michelle Whitfield, Heidi Nichols, Katie Shoemaker

The last week in July was an exciting one for our team, as 11 of our swimmers headed up to College Park, Maryland for the YMCA National Competition. This was by far the most swimmers that our Y has ever had qualify and swim in Y Nationals, and we want to send a special shout out to Coach Jeff, Coach Tracy, Coach Jennifer, and all the coaches who worked so hard to get the kids ready for the meet.

These Mudcats made our team proud with great swimming! What an accomplishment just to qualify for this meet where 148 teams gathered with 1367 of the best swimmers in the country swimming their hearts out. A special congratulations goes out to our swimmers who made finals in their events (that's Top 24 in the nation!!!!)

Sarah Boyle - 50 Back and 100 Back

Jeffrey Mead - 50 Back

Congratulations again go out to all 11 swimmers who continue to be inspirations for all of our Mudcats to "Just Keep Swimming!!!!"

In the last issue of the Mudcat News, we profiled 9 of our swimmers who had qualified for Nationals. After working hard and swimming fast at the SC State Long Course meet, the following two swimmers also qualified for YMCA Nationals. After quickly packing their bags, they joined the team and made us proud with great swimming up in Maryland.



Nationals

MEET THE TEAM!!! (Part 2...)

WILLIAM MOORE

Qualified in: 50 Breast, 200 Breast

Years you've been swimming: 11yrs (summer), 5yrs (High School)

School / Year: Lexington High School Senior

Favorite Stroke: Breaststroke

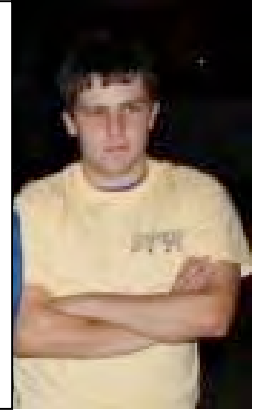
Least Favorite Stroke: Backstroke

Hobbies/Activities: I sing in 2 bands at church, playing guitar, soccer, & tennis

Favorite Musical Artist or Group: Relient K and The Fray

Favorite TV Show: NCIS

Favorite Movie: The Hangover



MICHAEL KING

Qualified in: 200 Fly

Years you've been swimming: 9

School / Year: 7th grade at Lexington Middle

Favorite Stroke: Fly

Least Favorite Stroke: Backstroke

Hobbies/Activities: Swimming

Favorite Musical Artist or Group: Metallica

Favorite TV Show: Aqua Teen Hunger Force

Favorite Movie: Uncle Buck

We'd Love to Hear From You!!!

The next issue of the Mudcat News will be coming out the first week of October. Let us know what your swimmers are up to (both in and out of the pool). We would love to share accomplishments, news, and pictures. Send any and all information and suggestions to mudcatnews@att.net.

See you at the pool!!

AUGUST BIRTHDAYS

Katy Hall	8/3
Mary Ray	8/7
James Steadman	8/9
Nikhil Gottipaty	8/21
Mason Putnam	8/26
Alisha Sexena	8/30
Emily Spessard	8/30

Newberry YMCA Swim Meet



Our first short-course meet of the season is coming up on September 12th. Coach Jeff has emailed out the entry forms, which are due to him by Monday, Sept. 7th at the end of practice. (Don't have a copy of the forms? Check with the coach at practice or check the website to download a copy).

This is a great meet for all of our swimmers! It is a short drive to the Newberry pool, which is an outdoor facility (fun for the kids)! The younger swimmers have the opportunity to compete as 6 & Unders, 7-8 years, or 9-10 years (unlike many of the larger meets where the division is often 10 & Under). In addition, this is a very inexpensive meet compared to many of the larger USA Swimming meets.

We'd love to have a large number of Mudcats present to Rock the Pool!!!!

DID YOU KNOW.....???????

....that our team is special in Columbia, in that we compete in two different swim leagues? We compete for both USA Swimming and the YMCA Swim League. This gives our team lots of opportunities to swim in many different kinds of meets.

One of our team's favorite meets to compete in is the Carolina YMCA Winter Championships which this season will be held in Rock Hill on Feb. 20 & 21. It would be great to have as many Mudcats swimming with us as possible that weekend!!! We were the Winter Champions two years ago, and would be so excited to see that trophy come back to us again this year. In order to be eligible to swim in this championship meet, a swimmer must have swum in at least two previous YMCA league meets. Our team members will have four opportunities to swim and become eligible:



Newberry Meet
Home Meet (NWY)
Home Meet (NWY)
Sumter Meet

Sept. 7th
Nov. 7th
Jan. 16th
Feb. 6th



We hope you will consider swimming in at least two of these meets, and then join us as the Mudcats **ROCK** Rock Hill!!!!



Setting New Season Goals

This week's Speedo Tip of the Week comes from the Sept.-Oct 2007 issue of *Splash*, in which correspondent Bonnie Moss offers some advice on setting new season goals. Here are some pointers.

The Tip:

A new season means new goals. Set aside some one-on-one time with your coach to help define those goals. Follow these guidelines:

- Champions know what victory feels like, and what they have to do continually on a daily basis to feel it again. Ask yourself: What do I want the end result to feel like? Then go from there to set your goal.
- Set a goal that you and your coach feels is realistically attainable. Whether it's to qualify for Olympic Trials or to improve your weakest stroke, make sure the goal is something you feel you can honestly achieve with hard work.
- Your plan must be flexible enough to have room for setbacks and disappointments, or even unexpected success.
- Imitate. You might do this a lot when perfecting stroke technique, but give it a try with goal setting. Look around at what other swimmers have that you want, such as an age group record. Find out how they did it and be open to trying their tactics. Learn from others who are where you want to be.
- Doing anything well comes from doing it over and over and doing it right. Let's say your goal for the season is to make every single practice. If you're not used to daily workouts or doubles, the first few weeks will be hard. But once you turn it into habit, it becomes a part of who you are and success will often follow. Also, your coach may respond with more appreciation for your dedication.
- Surround yourself with people who support what you are doing. Your coach, parents and teammates should stand behind you if you share your goals with them. Pick your inner circle carefully. Don't spend time with people who sabotage your efforts and undermine your goals.
- Remember, your coach is there to guide you and provide the tools. A coach can only do so much. The rest is up to you. There is an old saying that always holds true: Whether you think you can or you can't, either way, you're right.