



Newsletter  
December 2009



**Congratulations to  
Scholastic All-America  
2008 -2009  
Team Member  
Laura Nichols !!!!**

The Scholastic All-America Team is made-up of high school student-athletes from across the country. To be eligible, the students must have completed their sophomore, junior, or senior year, have an overall GPA of 3.50 or higher, and have achieved a certain time standard in an individual swimming event. If you'd like to find out more, information about this award can be found on the USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org)).

Laura was one of only 3 swimmers from the Midlands, and one of 27 swimmers from the state to receive this honor. This is the result of many, many hours of hard work both in the pool and out. We are so proud of you Laura!!!!

**Upcoming Events:**



<b>Dec. 11<sup>th</sup> -13<sup>th</sup></b>	Snowflake Invite in Rock Hill
<b>Dec. 24<sup>th</sup> &amp; 25<sup>th</sup></b>	No Practice
<b>Dec. 31<sup>st</sup> &amp; Jan 1<sup>st</sup></b>	No Practice
<b>Jan. 9<sup>th</sup></b>	Pancake Breakfast Fundraiser
<b>Jan. 16<sup>th</sup></b>	YCSC Home Meet @ NWY
<b>Jan. 23<sup>rd</sup> - 25<sup>th</sup></b>	ASL Invite in Augusta
<b>Jan. 29<sup>th</sup> - 31<sup>st</sup></b>	State Meet Qualifier in Rock Hill
<b>Feb. 6<sup>th</sup></b>	Sumter YMCA Meet
<b>Feb. 12<sup>th</sup> - 15<sup>th</sup></b>	SC State Meet in Duncan, SC
<b>Feb. 20<sup>th</sup> - 21<sup>st</sup></b>	YMCA Championships in Rock Hill

**Happy  
Holidays!**

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The Carolina YMCA Winter Championships 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. This can only happen if we have a strong showing of our swimmers (all ages!). Every swimmer counts! ☺ ☺

In order to be eligible to swim in this championship meet, a swimmer must have swum in at least two previous YMCA league meets. So far, we have had the Newberry Meet, and our Home Meet. There are still two more opportunities.....

Home Meet at NWY on January 16<sup>th</sup>  
Sumter YMCA Meet on February 6<sup>th</sup>

The pool at Rock Hill is only about an hour away, so staying at a hotel is not a necessity, but if you would like to stay overnight, the team usually has a block of rooms at a local hotel. More details will follow.....

We hope you will make plans to join us as the Mudcats **ROCK** Rock Hill!!

**Save The Date!!**

**Saturday, January 9<sup>th</sup> will be the National Team**

**Pancake Breakfast Fundraiser  
@ Applebees on Harbsion**

**Buy your tickets from a senior swimmer today,  
and help send our team to YMCA Nationals in  
April!!**

### ***2009 DAM SWIM FOR DREW – SEPTEMBER 19, 2009***

Wow! A 2 mile open swim from the Irmo side of the dam to the Lexington side.....That's a long way to go!!! The Mudcats had a strong showing at this event which is put on by Lexington High Swim Team and honors Joseph Drew Smith, a boy who was killed in boating accident on Lake Murray. The swim is held to raise awareness of boating safety and to raise funds for a future indoor pool in Lexington. The event is open to all USA Swimmers, and also adult swimmers.....put it on your calendar now for next year and join the fun!!!

#### ***GIRLS***

11-12

2<sup>nd</sup> – Mary Pat Suarez  
4<sup>th</sup> – Catherine Suarez

13-14

2<sup>nd</sup> – Emily Spessard  
8<sup>th</sup> – Emily Rypkema

15&U

2<sup>nd</sup> – Michelle Whitfield  
3<sup>rd</sup> – Heidi Nichols  
6<sup>th</sup> – Annie Suarez  
10<sup>th</sup> – Laura Nichols

#### ***BOYS***

11-12

3<sup>rd</sup> – Andrew Nichols

13-14

2<sup>nd</sup> – William Davis  
3<sup>rd</sup> – Andrew Rutledge  
4<sup>th</sup> – Michael King  
6<sup>th</sup> – Colby Kirkpatrick

15&U

2<sup>nd</sup> – Vincent King  
3<sup>rd</sup> – Jeffrey Mead  
9<sup>th</sup> – Colt Kirkpatrick

***Congratulations to our  
Mudcat Coaches who  
swam also!!!!***

3<sup>rd</sup> place Masters –  
Jennifer McLoud

Tracy King  
Karen Cattaneo  
Meredith Inman

The following Mudcats also completed the 2-mile swim and helped this worthy cause.....Way to Go!!!!

Maria Blanchette, Elisabeth Hester, Joshua Hester, Maddy Link, William Moore, Madison Phillips & Jonathan Rypkema

***Wow! The Mudcats have been working hard!***

***Over the course of 4 Short Course meets (Newberry, Rock Hill Scary Meet, CA Autumn Splash, and our November Home Meet), many of our swimmers swam their best times in an event. This is one of the best indicators of success for a swimmer, as they can see the “fruits” of their hard work in practice translate to faster times in a meet.***

***Congratulations to all our fantastic Mudcats who swam their Personal Best Time thus far in the season!!!!***

## **BOYS' PERSONAL BEST TIMES**



**William Beckwith** – 200 Breast  
**Josh Brumagin** – 50 & 100 Free, 50 & 100 Back, 50 Breast, 50 Fly, 100 IM

**Matthew Bunton** – 100 & 200 Free

**Kyle Cannon** – 50 & 100 Free, 50 Back, 50 & 100 Breast, 100 IM

**William Davis** – 50, 100 & 200 Free, 500 Free, 100 Back

**Jordan DelPriore** – 100 & 200 Free, 50 Back

**John Epting** – 25 Free, 25 Back

**Greyson Fakoury** – 50 Free

**Mitchell Farmer** – 50 Free, 50 Back

**Martin Gillan** – 50, 100, & 200 Free, 100 Back, 100 & 200 Breast

**Chris Gleaton** – 50 Free

**Thomas Gunter** – 25 Free

**Daniel Hardy** – 50 & 100 Free, 50 Back

**Joshua Hester** – 100 Free, 100 Back, 100 Fly, 400 IM

**Will Hicks** – 100 Free, 500 Free, 100 & 200 Back, 100 Breast, 100 Fly

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

**Michael King** – 50 & 200 Free, 500 Free, 200 Fly

**Colt Kirkpatrick** – 200 IM

**Seth Kurtz** – 50, 100, 200 & 500 Free, 50 & 100 Back, 50 & 100 Breast, 50 Fly, 100 & 200 IM

**Carl Lobitz** – 50, 100, & 200 Free, 50 & 100 Back, 50 Fly

**Thomas Lobitz** – 200 Free

**Jeffery Mead** – 100 Breast

**Joshua Monroe** – 50 & 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

**William Moore** – 200 Free, 100 Fly, 400 IM

**Andrew Nichols** – 50, 100, 200 & 500 Free, 100 Back, 100 Breast, 100 Fly, 200 & 400 IM

**Bradley Quarles** – 50 & 100 Free, 100 Back, 100 Fly

**Andrew Rutledge** – 100 Back

**Dave Rypkema** – 50 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

**Jonathan Rypkema** – 50 & 100 Free, 100 & 200 Fly, 200 IM

**Matthew Rypkema** – 25 Free, 25 Back, 25 Fly

**Andrew Talkish** – 25 Free, 25 Back

**Christopher Washbrook** – 50 Back, 50 Breast, 50 Fly

**Eric Wenzinger** – 50 & 100 Free, 200 Back

**David Whitaker** – 200 Free, 200 Back

**David Williams** – 50 Free, 25 Back, 25 Fly

**Nathan Williams** – 50 & 200 Free, 25 & 50 Back, 25 & 50 Breast, 25 & 50 Fly, 100 & 200 IM





## GIRLS' PERSONAL BEST TIMES



Nicole Biles – 50, 100, & 200 Free, 50 Back, 50 & 200 Breast, 50 Fly, 100 IM  
Maria Blanchette – 50, 100, 200 Free, 500 Free, 100 Back, 100 Fly  
Jordan Blevins – 25 Free  
Mary Kate Boyle – 100 Back, 100 Breast, 200 IM  
Sarah Boyle – 100 Breast, 200 IM  
Jordan Cockrell – 50, 100, 200 & 500 Free, 50, 100 & 200 Breast, 50 Fly, 100 & 200 IM  
Macey Coulter – 50 Free, 50 Breast, 100 IM  
Hannah DelPriore – 25 & 50 Free, 25 Back  
Autumn Garcia – 100 & 200 Free  
Emily Gleaton – 50 & 100 Free, 50 Back, 50 Breast  
Lauren Groseclose – 50 Fly, 100 IM  
Katy Hall – 50 Breast, 50 Fly  
Margaret Halloran – 50 & 100 Free, 50 & 100 Back, 50 Breast, 50 Fly, 100 & 200 IM  
Bailey Haynes – 100 Free, 50 Back, 50 Fly, 100 IM  
Elisabeth Hester – 50 Free, 100 Back, 100 & 200 Breast  
Addy Hicks – 50 & 100 Free, 50 Breast, 100 IM  
Gracie Hicks – 25 & 50 Free, 25 Back  
Karrington Irby – 50 & 100 Free, 100 Back, 50 & 100 Breast, 100 IM  
Sarah-Michael Jann – 25 Free, 25 Back  
Ansley Jeffords – 50 & 100 Free  
Alesia Johnson – 100 & 200 Free, 100 Breast, 100 Fly  
Eva Kay – 50 Free, 50 Back  
Leah Kay – 50 & 100 Free, 50 Back, 50 Breast  
Madeline Link – 100 Breast  
Annie Lobitz – 50 & 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM  
Giuliana Lyke – 100 Free, 100 Fly, 200 IM  
Itzel Martinez – 25 & 50 Free, 25 Back, 25 Breast  
Teagan Monroe – 25 & 50 Free, 25 & 50 Back, 25 Breast, 25 Fly  
Laura Nichols – 100 Free, 200 Back  
Madison Phillips – 50 & 100 Free, 100 & 200 Back, 100 Breast, 100 Fly  
Anneliese Rypkema – 25 Free  
Emily Rypkema – 100 Free, 100 Breast  
Grace Rypkema – 100 Free, 50 Breast, 50 Fly, 100 IM  
Liz Rypkema – 50 & 100 Free, 50 & 100 Breast, 50 & 100 Fly, 100 IM  
Denise Shealy – 100 & 200 Free, 50 & 100 Back, 50 & 100 Breast, 50 Fly, 100 IM  
Adele Sinegar – 50 & 200 Free, 100 Breast, 100 Fly, 100 IM  
Alanna Smith – 25 Free, 25 Back  
Ali Sorenson – 100 & 200 Free, 100 Back, 50 Breast, 50 Fly, 100 IM  
Jordan Sorenson – 50, 100, & 200 Free, 50 & 100 Back, 50 Breast, 50 Fly, 100 IM  
Sami Sorenson – 25 Back  
Emily Spessard – 50, 100, 200, & 1650 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
Katelyn Stansbury – 50, 100, & 200 Free, 50 Back, 50 Fly, 100 IM  
Catherine Suarez – 50, 100, 200 Free, 50 & 100 Back, 50 & 100 Breast, 50 & 100 Fly, 200 IM  
Mary Pat Suarez – 50, 100 & 200 Free, 50 & 100 Back, 50 & 100 Breast, 50 & 100 Fly, 100 & 200 IM  
Madison Swain – 50, 100, 200 Free, 50 Back, 50 Breast, 50 & 100 Fly, 100 IM  
Ashley Talbert – 50 & 100 Free, 50 Back, 50 Breast  
Emily Taylor – 25 & 50 Free, 25 Back  
Hannah Trenary – 25 & 50 Free, 25 Back  
Bridgette Wellslager – 50 & 100 Free, 100 Back, 100 Breast  
Elizabeth White – 50, 100, & 200 Free, 100 Back, 100 Breast  
Michelle Whitfield – 500 Free, 100 Breast  
Caroline Williamson – 50 Free, 25 Back



# Meet the Mudcats



## Jordan Cockrell



**AGE:** *11*

**PRACTICE GROUP:** *North West - Juniors*

**ROLE MODEL:** *My Parents*

**FAVORITE STROKE:** *Breaststroke*

**LEAST FAVORITE STROKE:** *Backstroke*

**FAVORITE EVENTS:** *200 Breast & 500 Free*

**FAVORITE SWIMMER:** *Natalie Coughlin*

**FUTURE GOAL:** *To Make Nationals*

**HOBBIES:** *Swimming*

**FAMOUS PERSON YOU'D LIKE TO MEET:** *Taylor Swift*

**FAVORITE BOOK:** *Sand Dollar Summer*

**FAVORITE TV SHOW:** *Greek*

**FAVORITE MUSICAL GROUP:** *Black Eyed Peas*

**WHEN I GROW UP I WANT TO BE:** *A Marine Biologist*

**IF I COULD CHANGE ONE THING, IT WOULD BE:** *Everyone to have a warm home, food, and love*

We'd love to meet all the Mudcats!! If your swimmer would like to be profiled in an upcoming Newsletter, please have them answer the above questions, attach a picture (or 2), and email to [mudcatnews@att.net](mailto:mudcatnews@att.net). We look forward to hearing from you soon! ☺

# Meet the Mudcat Coaches

We are so blessed at the Y to have such a talented, caring, and all-around awesome group of coaches to work with our swimmers!!! We hope you enjoy getting to “meet” them over the next few issues of the newsletter ☺



**Name: Tracy King**  
**Group/Location Coached: Silver Group @ NWY**  
**Years you've been coaching: 2<sup>nd</sup> year at the Y; 5 years summer league**  
**Previous Teams you swam for: various Charleston AAU and USS teams (CSA, LSD, CCST, Man of War); University of South Carolina**  
**Years you swam: competitive swimming – 14 years**  
**Best swimming memory: Meeting my husband on USC's team!**  
**Do you have a "Day Job"?: semi-retired Certified Public Accountant**  
**Hobbies/Activities: Playing tennis, running the dam, and spending time with my family**  
**Favorite Movie: The Lord of the Rings**  
**Favorite TV Show: The Office**  
**Favorite Musical Artist/Group: Evanescence**

**Name: Karen Cattaneo**  
**Group/Location Coached: Silver Group @ NorthEast Y**  
**Years you've been coaching: 3 years**  
**Previous Teams you swam for: Space City Aquatic Team, Southern Illinois University**  
**Years you swam: competitive swimming – 16 years**  
**Best swimming memory: Traveling to Spain to train with my college team**  
**Do you have a "Day Job"?: Working at the YMCA part-time and being a Stay-at-Home Mom**  
**Hobbies/Activities: Triathlons, football games, hiking**  
**Favorite Movie: A Few Good Men**  
**Favorite TV Show: CSI Miami**  
**Favorite Musical Artist/Group: Foo Fighters**



# Newberry Swim Meet

September 12, 2009

The Mudcats kicked off the 2009-2010 Short Course Season with a YMCA meet held at the Newberry Y outdoor pool. Under the hot sun, our swimmers got the season off to a great start along with 3 other YMCA teams from the region. The high school teams had meets that week, so we were missing many of our older kids, but our team still had a strong showing as you can see below! Way to start the season off right Mudcats!!!!

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## ***GIRLS***

### **6&U**

Sarah-Michael Jann – 4<sup>th</sup> 25 Free, 5<sup>th</sup> 25 Back

Alanna Smith – 1<sup>st</sup> 25 Free, 3<sup>rd</sup> 25 Back

### **7-8**

Itzel Martinez – 2<sup>nd</sup> 25 Breast, 3<sup>rd</sup> 50 Free, 6<sup>th</sup> 25 Back, 7<sup>th</sup> 25 Free

Emily Taylor – 5<sup>th</sup> – 50 Free

Caroline Williamson – 6<sup>th</sup> 50 Free

### **9-10**

Jordan Cockrell – 1<sup>st</sup> 100 Free, 50 Free, 50 Breast, 100 IM

Katherine Epting – 6<sup>th</sup> 50 Back

Margaret Halloran – 2<sup>nd</sup> 100 Free, 50 Fly, 4<sup>th</sup> 50 Free

Annie Lobitz – 5<sup>th</sup> 50 Breast, 6<sup>th</sup> 100 Free, 7<sup>th</sup> 50 Fly, 50 Free

Grace Rypkema – 1<sup>st</sup> 50 Back, 4<sup>th</sup> 50 Fly, 5<sup>th</sup> 100 Free, 100 IM

Adele Sinegar – 1<sup>st</sup> 200 Free, 50 Fly, 2<sup>nd</sup> 50 Free, 100 IM

Madison Swain – 3<sup>rd</sup> 50 Breast, 4<sup>th</sup> 100 Free, 100 IM, 5<sup>th</sup> 50 Fly

### **11-12**

Nicole Biles – 1<sup>st</sup> 50 Breast, 4<sup>th</sup> 100 IM, 5<sup>th</sup> 100 Free, 50 Free

Bailey Haynes – 4<sup>th</sup> 50 Back, 6<sup>th</sup> 100 Free, 50 Fly, 100 IM

Liz Rypkema – 2<sup>nd</sup> 50 Fly, 3<sup>rd</sup> 50 Breast, 100 IM, 4<sup>th</sup> 100 Free

Denise Shealy – 1<sup>st</sup> 50 Back, 2<sup>nd</sup> 100 IM, 4<sup>th</sup> 50 Breast, 5<sup>th</sup> 50 Fly

Katelyn Stansbury – 6<sup>th</sup> 50 Back

Catherine Suarez – 2<sup>nd</sup> 50 Breast, 50 Free, 3<sup>rd</sup> 100 Free, 50 Back

Mary Pat Suarez – 1<sup>st</sup> 100 Free, 50 Fly, 100 IM, 2<sup>nd</sup> 50 Back

### **13-14**

Maria Blanchette – 1<sup>st</sup> 200 Free, 2<sup>nd</sup> 100 Fly, 3<sup>rd</sup> 100 Free, 100 Back

Bridgette Wellslager – 1<sup>st</sup> 100 Breast, 4<sup>th</sup> 100 Back, 50 Free, 5<sup>th</sup> 100 Free

### **15 & Up**

Madeline Link – 2<sup>nd</sup> 100 Fly, 3<sup>rd</sup> 100 Free, 100 Back, 50 Free

Annie Suarez – 2<sup>nd</sup> 100 Free, 100 Back, 50 Free, 3<sup>rd</sup> 200 IM

## ***BOYS***

### **6&U**

Matthew Rypkema – 4<sup>th</sup> 25 Fly, 5<sup>th</sup> 25 Back

Preston Sansone – 1<sup>st</sup> 25 Back, 100 Free, 25 Free, 2<sup>nd</sup> 50 Free

David Williams – 3<sup>rd</sup> 25 Fly, 4<sup>th</sup> 50 Free, 6<sup>th</sup> 25 Free

### **7-8**

Benjamin Epting – 1<sup>st</sup> 25 Back, 2<sup>nd</sup> 25 Free

John Epting – 4<sup>th</sup> 25 Back, 25 Free

Andrew Talkish – 5<sup>th</sup> 50 Free, 25 Back, 6<sup>th</sup> 25 Free

Nathan Williams – 1<sup>st</sup> 50 Free, 200 Free, 25 Fly, 100 IM

### **9-10**

Christian Jann – 1<sup>st</sup> 100 Free, 50 Fly, 50 Free, 100 IM

Dave Rypkema – 2<sup>nd</sup> 50 Breast, 3<sup>rd</sup> 50 Back, 50 Free, 4<sup>th</sup> 100 IM

Christopher Washbrook – 7<sup>th</sup> 100 Free, 50 Fly

Justin Williams – 4<sup>th</sup> 50 Back, 5<sup>th</sup> 50 Free, 100 IM, 6<sup>th</sup> 100 Free

### **11-12**

Joshua Brumagin – 1<sup>st</sup> 100 Free, 50 Back, 50 Free

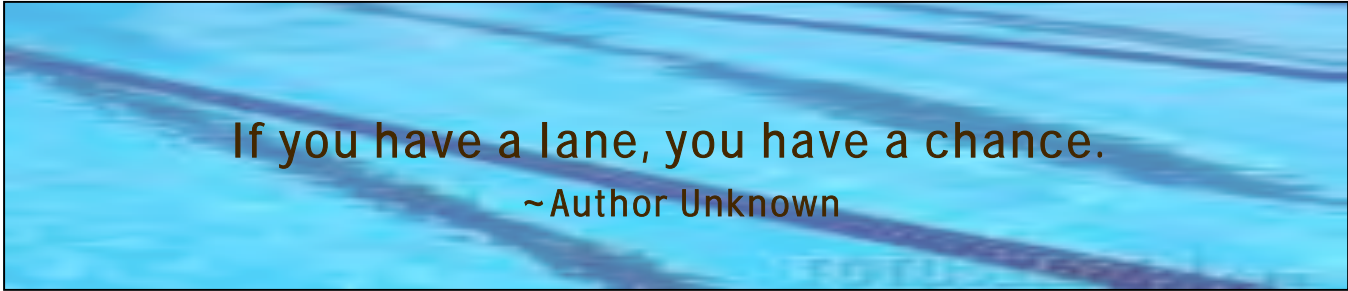
Carl Lobitz – 1<sup>st</sup> 50 Fly, 2<sup>nd</sup> 100 Free, 50 Back, 50 Free

### **13-14**

William Davis – 1<sup>st</sup> 200 Free, 2<sup>nd</sup> 100 Free, 100 Back, 3<sup>rd</sup> 50 Free

### **15 & Up**

Anthony Jenkins – 3<sup>rd</sup> 100 Back, 100 Fly, 50 Free, 200 IM



If you have a lane, you have a chance.

~Author Unknown

# ROCK HILL SCARY MEET!!!

October 18-19, 2009

With Fall in full swing, it was time to head up to Rock Hill for the SCARY meet. This is a really fun meet for all of the kids, especially the older ones who had a chance to head to Scarowinds Saturday night. We were one of 5 teams who Rocked the pool. Great job to all of our swimmers!!

## GIRLS

### 8&U

Teagan Monroe – 2<sup>nd</sup> 25 Back, 3<sup>rd</sup> 50 Back, 25 Fly, 5<sup>th</sup> 25 Free, 50 Free, 6<sup>th</sup> 50 Breast, 7<sup>th</sup> 25 Breast

### 9-10

Jordan Cockrell – 1<sup>st</sup> 50 Free, 50 Breast, 3<sup>rd</sup> 50 Fly, 7<sup>th</sup> 200 Breast

Margaret Halloran – 1<sup>st</sup> 100 Back, 3<sup>rd</sup> 50 Back, 4<sup>th</sup> 50 Fly, 5<sup>th</sup> 50 Free

Adele Sinegar – 1<sup>st</sup> 50 Back, 2<sup>nd</sup> 100 IM, 100 Fly, 50 Fly, 3<sup>rd</sup> 50 Free, 100 Breast, 4<sup>th</sup> 50 Breast

### 11-12

Nicole Biles – 3<sup>rd</sup> 500 Free, 5<sup>th</sup> 50 Breast

Addy Hicks – 5<sup>th</sup> 500 Free

Denise Shealy – 3<sup>rd</sup> 100 Back, 4<sup>th</sup> 100 Breast, 6<sup>th</sup> 100 IM, 50 Back, 100 Free, 7<sup>th</sup> 50 Breast

Mary Pat Suarez – 1<sup>st</sup> 100 IM, 50 Free, 50 Back, 100 Breast, 50 Fly, 100 Free, 2<sup>nd</sup> 100 Back, 100 Fly

Madison Swain – 6<sup>th</sup> 100 Fly

### 13-14

Maria Blanchette – 7<sup>th</sup> 200 Fly

Emily Spessard – 3<sup>rd</sup> 400 IM, 4<sup>th</sup> 200 Breast

### 15 & Up

Sarah Boyle – 1<sup>st</sup> 200 Back, 200 IM, 100 Fly, 2<sup>nd</sup> 100 Free, 100 Back, 3<sup>rd</sup> 100 Breast

Madeline Link – 4<sup>th</sup> 100 Fly

Heidi Nichols – 1<sup>st</sup> 200 Breast, 400 IM, 2<sup>nd</sup> 200 IM, 4<sup>th</sup> 200 Back

Laura Nichols – 1<sup>st</sup> 100 Breast, 100 Free, 2<sup>nd</sup> 200 Breast, 3<sup>rd</sup> 200 IM, 200 Free, 5<sup>th</sup> 200 Back

Michelle Whitfield – 2<sup>nd</sup> 500 Free, 4<sup>th</sup> 100 Breast, 200 Free, 5<sup>th</sup> 100 Free



## BOYS

### 8&U

Thomas Gunter – 5<sup>th</sup> 25 Free

David Williams – 5<sup>th</sup> 25 Fly, 6<sup>th</sup> 50 Free, 7<sup>th</sup> 25 Back

Nathan Williams – 1<sup>st</sup> 25 Breast, 50 Breast, 2<sup>nd</sup> 50 Back, 50 Fly, 25 Back, 25 Fly, 50 Free, 6<sup>th</sup> 100 IM

### 9-10

Christian Jann – 1<sup>st</sup> 100 IM, 50 Breast, 100 Fly, 50 Free, 50 Back, 100 Back, 50 Fly, 100 Free

Joshua Monroe – 1<sup>st</sup> 100 Back, 2<sup>nd</sup> 100 Breast, 3<sup>rd</sup> 50 Free, 50 Fly, 100 Free, 4<sup>th</sup> 50 Breast, 50 Back

### 11-12

Joshua Brumagin – 3<sup>rd</sup> 50 Back, 4<sup>th</sup> 100 Free, 7<sup>th</sup> 100 Breast

Kyle Cannon – 3<sup>rd</sup> 50 Breast, 6<sup>th</sup> 100 Breast, 7<sup>th</sup> 50 Back

Andrew Nichols – 2<sup>nd</sup> 100 Back, 100 Free, 400 IM, 4<sup>th</sup> 100 Fly, 50 Free, 6<sup>th</sup> 200 IM

### 13-14

William Davis – 4<sup>th</sup> 500 Free, 7<sup>th</sup> 100 Back, 200 Free

Martin Gillan – 6<sup>th</sup> 100 Breast, 7<sup>th</sup> 500 Free

Connor Graham – 1<sup>st</sup> 200 Back, 100 Free, 100 Back, 200 Free

Will Hicks – 2<sup>nd</sup> 200 Back, 200 Fly, 3<sup>rd</sup> 100 Breast, 500 Free

Colby Kirkpatrick – 7<sup>th</sup> 100 Breast

Bradley Quarles – 2<sup>nd</sup> 100 Breast, 100 Fly, 4<sup>th</sup> 200 Free, 5<sup>th</sup> 100 Free, 100 Back

Andrew Rutledge – 1<sup>st</sup> 100 Fly, 2<sup>nd</sup> 100 Free, 400 IM, 3<sup>rd</sup> 100 Back, 7<sup>th</sup> 200 Back

### 15 & Up

Will Beckwith – 3<sup>rd</sup> 100 Fly, 6<sup>th</sup> 200 Fly

Mason Cannon – 7<sup>th</sup> 200 Back, 100 Breast, 200 Free

Joshua Hester – 7<sup>th</sup> 400 IM

Colt Kirkpatrick – 1<sup>st</sup> 200 Breast, 100 Breast, 7<sup>th</sup> 200 IM

Jeffrey Mead – 1<sup>st</sup> 500 Free, 200 IM, 2<sup>nd</sup> 100 Free, 100 Back, 400 IM, 3<sup>rd</sup> 100 Breast

William Moore – 5<sup>th</sup> 200 Fly, 200 Breast, 6<sup>th</sup> 100 Breast, 100 Fly, 400 IM

Eric Wenzinger – 1<sup>st</sup> 200 Free, 2<sup>nd</sup> 100 Breast, 200 IM, 3<sup>rd</sup> 100 Free, 4<sup>th</sup> 200 Breast, 5<sup>th</sup> 200 Back

David Whitaker – 4<sup>th</sup> 400 IM, 5<sup>th</sup> 100 Fly, 6<sup>th</sup> 200 Back, 500 Free



# CA Autumn Splash



October 23 – 25,  
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With 9 teams and over 360 swimmers from across South Carolina and North Carolina competing, the Mudcats had a great weekend! Many of our team swam Personal Best Times and continued in their overall “growth” as swimmers. We continue to be so proud of how hard our Mudcats are working, and how great you all are doing!!

The meet had recently changed formats, and as this was only the second year for these age groupings, there was a great opportunity for new meet records to be set.....and that’s what our Mudcats did! Check out these record-breaking swimmers!!

**Jordan Cockrell (9-10) (50 Breast, 100 Breast, & 200 IM)**

**Christian Jann (9-10) (50,100,&200Free, 50&100 Back, 50&100 Breast, 50&100Fly, 100&200 IM)**

**Mary Pat Suarez (11-12) (50 Fly, 200 IM)**

**Nathan Williams (8&U) (50 Free, 200 Free, 25 Back, 50 Fly, 200 IM)**

**Boys 400 Medley Relay (Jeffrey Mead, Colt Kirkpatrick, Andrew Rutledge, Jonathan Rypkema)**

## **8&U**

Itzel Martinez – 3<sup>rd</sup> 25 Free

Teagan Monroe – 3<sup>rd</sup> 25 Back, 4<sup>th</sup> 25Fly, 6<sup>th</sup> 25 Breast, 50 Breast, 7<sup>th</sup> 25 Free, 8<sup>th</sup> 50 Free

Anneliese Rypkema – 8<sup>th</sup> 50 Breast

Sami Sorenson – 9<sup>th</sup> 25 Back

## **9-10**

Jordan Cockrell – 1<sup>st</sup> 50 Breast, 100 Breast, 200 IM, 2<sup>nd</sup> 50 Free, 100 IM, 3<sup>rd</sup> 100 Free, 200 Free, 50 Fly, 4<sup>th</sup> 500 Free

Margaret Halloran – 4<sup>th</sup> 50 Fly, 5<sup>th</sup> 100 Free, 7<sup>th</sup> 100 Fly, 9<sup>th</sup> 200 Free, 10<sup>th</sup> 50 Free, 50 Back, 100 IM

Grace Rypkema – 5<sup>th</sup> 50 Fly

Adele Sinegar – 2<sup>nd</sup> 100 Fly, 4<sup>th</sup> 50 Back, 5<sup>th</sup> 100 IM, 6<sup>th</sup> 100 Breast

Jordan Sorenson – 9<sup>th</sup> 100 Breast

Abby Wilson – 10<sup>th</sup> 50 Breast

## **11-12**

Nicole Biles – 3<sup>rd</sup> 50 Breast, 100 Breast, 5<sup>th</sup> 500 Free, 8<sup>th</sup> 100 IM, 9<sup>th</sup> 200 Free, 10<sup>th</sup> 50 Back

Bailey Haynes – 10<sup>th</sup> 200 Free

Liz Rypkema – 4<sup>th</sup> 100 Fly, 100 IM, 6<sup>th</sup> 100 Breast

Denise Shealy – 2<sup>nd</sup> 100 Back, 3<sup>rd</sup> 100 Free, 200 Free, 4<sup>th</sup> 50 Back, 6<sup>th</sup> 100 IM, 9<sup>th</sup> 50 Breast, 100 Breast

Catherine Suarez – 2<sup>nd</sup> 200 IM, 3<sup>rd</sup> 400 IM, 5<sup>th</sup> 50 Free, 6<sup>th</sup> 50 Back, 50 Breast, 100 Fly, 7<sup>th</sup> 100 Free, 100 Breast, 100 IM, 9<sup>th</sup> 50Fly, 100Back

Mary Pat Suarez – 1<sup>st</sup> 100, 200, & 400 IM, 50, 100, & 200 Free, 50&100 Back, 50&100Breast, 50 & 100 Fly,

## **13-14**

Emily Spessard – 4<sup>th</sup> 1650 Free, 5<sup>th</sup> 200 IM, 6<sup>th</sup> 200 Fly, 7<sup>th</sup> 50 & 500 Free, 8<sup>th</sup> 100Free, 200Breast, 400IM, 10<sup>th</sup> 200 Free, 100Back

Elizabeth White – 9<sup>th</sup> 100 Breast, 10<sup>th</sup> 200 Breast

## **15 & Up**

Madeline Link – 4<sup>th</sup> 100 Fly, 9<sup>th</sup> 100 Free

Heidi Nichols – 9<sup>th</sup> 400 IM

Laura Nichols – 1<sup>st</sup> 200 Breast, 2<sup>nd</sup> 100 Breast, 5<sup>th</sup> 400 IM, 7<sup>th</sup> 500 Free, 9<sup>th</sup> 200 Free

Annie Suarez – 3<sup>rd</sup> 200 IM, 6<sup>th</sup> 50 Free

Michelle Whitfield – 1<sup>st</sup> 50 Free, 5<sup>th</sup> 200 Free, 6<sup>th</sup> 100 Free, 7<sup>th</sup> 100 Breast, 8<sup>th</sup> 400 IM

## **GIRLS**

## **8&U**

Harrison Hoskins – 3<sup>rd</sup> 25 Breast, 5<sup>th</sup> 50 Free

Nathan Williams – 1<sup>st</sup> 50 Free, 200 Free, 25 Back, 50 Fly, 200 IM, 2<sup>nd</sup> 25 Breast

## **9-10**

Jordan DelPriore – 10<sup>th</sup> 100 Back

Daniel Hardy – 9<sup>th</sup> 100 Fly

Christian Jann – 1<sup>st</sup> 50, 100, & 200 Free, 50&100 Back, 50&100 Breast, 50&100 Fly, 100&200 IM

Joshua Monroe – 3<sup>rd</sup> 100 Back, 4<sup>th</sup> 100 Free, 50 Fly, 100 IM, 5<sup>th</sup> 50 Free, 50 Breast, 100 Breast, 6<sup>th</sup> 50 Back

David Rypkema – 4<sup>th</sup> 100 IM, 5<sup>th</sup> 50 Back, 6<sup>th</sup> 50 Breast, 50 Fly

## **11-12**

Joshua Brumagin – 1<sup>st</sup> 50 Back, 2<sup>nd</sup> 100 Back, 50 Breast, 100 IM, 3<sup>rd</sup> 100 Free, 4<sup>th</sup> 200 Free, 50 Fly

Seth Kurtz – 5<sup>th</sup> 100 Breast, 200 IM, 6<sup>th</sup> 50 Free, 100 IM, 8<sup>th</sup> 50 Breast, 500 Free, 9<sup>th</sup> 50 Fly, 50 Back, 10<sup>th</sup> 200 Free

Carl Lobitz – 1<sup>st</sup> 50 Free, 2<sup>nd</sup> 50 Fly, 3<sup>rd</sup> 50 Back, 4<sup>th</sup> 100 Free, 5<sup>th</sup> 200 Free, 6<sup>th</sup> 100 Back

Andrew Nichols – 2<sup>nd</sup> 100 Free, 200 Free, 100 Breast, 400 IM, 500 Free, 3<sup>rd</sup> 100 Back

## **13-14**

William Davis – 6<sup>th</sup> 1650 Free

Connor Graham – 3<sup>rd</sup> 50 Free, 4<sup>th</sup> 100 Back, 6<sup>th</sup> 100Free, 200Back

Michael King – 3<sup>rd</sup> 200 Fly, 4<sup>th</sup> 1650 Free, 5<sup>th</sup> 100 Fly, 6<sup>th</sup> 50 Free, 500 Free, 10<sup>th</sup> 200 Free, 400 IM

Thomas Lobitz – 6<sup>th</sup> 100 Fly, 7<sup>th</sup> 50 Free, 10<sup>th</sup> 100 Fly

Bradley Quarles – 5<sup>th</sup> 50 Free, 100 Breast, 9<sup>th</sup> 100 Free

Andrew Rutledge – 4<sup>th</sup> 100 Fly, 7<sup>th</sup> 100 Free, 10<sup>th</sup> 100 Back

## **15 & Up**

Colt Kirkpatrick – 2<sup>nd</sup> 100&200 Breast, 3<sup>rd</sup> 50 Free, 10<sup>th</sup> 200 IM

Jeffrey Mead – 1<sup>st</sup> 50 Free, 3<sup>rd</sup> 100 Free, 200 Back, 6<sup>th</sup> 200 Free, 100 Breast, 8<sup>th</sup> 100 Fly

William Moore – 7<sup>th</sup> 200 Breast

# YCSC Mudcat Home Meet

Nov. 7<sup>th</sup>, 2009

The Mudcats continued their great swimming....this time on our home turf! With the help of our many volunteers, it was a great meet for the team. Way to go Mudcats!!!!

## GIRLS

### 6&U

Hannah DelPriore – 1<sup>st</sup> 25 Breast, 5<sup>th</sup> 50 Free, 6<sup>th</sup> 25 Back  
Josie Gardiner – 6<sup>th</sup> 25 Free, 50 Free, 7<sup>th</sup> 25 Back  
Sarah-Michael Jann – 2<sup>nd</sup> 25 Free, 25 Back  
Hannah Trenary – 1<sup>st</sup> 25 Back, 25 Fly, 2<sup>nd</sup> 50 Free, 3<sup>rd</sup> 25 Free  
Ella Valfar – 4<sup>th</sup> 25 Back, 7<sup>th</sup> 25 Free

### 7-8

Sierra Hayes – 6<sup>th</sup> 25 Free  
Gracie Hicks – 3<sup>rd</sup> 25 Back, 25 Free, 4<sup>th</sup> 50 Free, 7<sup>th</sup> 25 Breast  
Itzel Martinez – 4<sup>th</sup> 25 Back, 5<sup>th</sup> 25 Free, 50 Free, 6<sup>th</sup> 25 Back  
Teagan Monroe – 1<sup>st</sup> 25 Breast, 25 Fly, 25 Free, 3<sup>rd</sup> 50 Free  
Anneliese Rypkema – 3<sup>rd</sup> 25 Fly, 4<sup>th</sup> 25 Breast, 25 Free  
Emily Taylor – 5<sup>th</sup> 25 Breast, 7<sup>th</sup> 50 Free

### 9-10

Karli Fisher – 5<sup>th</sup> 50 Free, 100 IM  
Lauren Groseclose – 2<sup>nd</sup> 50 Breast, 3<sup>rd</sup> 100 IM, 5<sup>th</sup> 50 Fly  
Katy Hall – 6<sup>th</sup> 50 Free, 100 IM, 7<sup>th</sup> 50 Breast, 50 Fly  
Margaret Halloran – 1<sup>st</sup> 100 Free, 2<sup>nd</sup> 50 Fly, 50 Free, 3<sup>rd</sup> 50 Breast  
Karrington Irby – 2<sup>nd</sup> 100 Free, 100 IM, 3<sup>rd</sup> 50 Free, 4<sup>th</sup> 50 Fly  
Annie Lobitz – 4<sup>th</sup> 50 Free, 5<sup>th</sup> 100 Free  
Ali Sorenson – 1<sup>st</sup> 50 Breast, 200 Free, 3<sup>rd</sup> 100 Free, 6<sup>th</sup> 50 Fly  
Jordan Sorenson – 2<sup>nd</sup> 50 Back, 200 Free, 5<sup>th</sup> 50 Breast

### 11-12

Nicole Biles – 2<sup>nd</sup> 50 Breast, 4<sup>th</sup> 100 Free, 6<sup>th</sup> 50 Fly, 100 IM  
Jordan Cockrell – 1<sup>st</sup> 50 Breast, 2<sup>nd</sup> 50 Free, 100 Free, 3<sup>rd</sup> 50 Fly  
Emily Gleaton – 4<sup>th</sup> 50 Back, 5<sup>th</sup> 50 Free, 6<sup>th</sup> 100 Free, 50 Breast  
Addy Hicks – 4<sup>th</sup> 50 Free, 5<sup>th</sup> 100 IM, 7<sup>th</sup> 50 Breast, 100 Free  
Grace Rypkema – 5<sup>th</sup> 50 Fly, 6<sup>th</sup> 50 Back, 7<sup>th</sup> 100 IM  
Liz Rypkema – 2<sup>nd</sup> 50 Fly, 100 IM, 3<sup>rd</sup> 50 Free, 4<sup>th</sup> 50 Breast  
Denise Shealy – 1<sup>st</sup> 50 Back, 50 Free, 2<sup>nd</sup> 200 Free, 3<sup>rd</sup> 100 IM  
Katelyn Stansbury – 5<sup>th</sup> 50 Back, 200 Free  
Mary Pat Suarez – 1<sup>st</sup> 100 Free, 200 Free, 50 Fly, 100 IM  
Madison Swain – 4<sup>th</sup> 100 Fly

### 13-14

Maria Blanchette – 1<sup>st</sup> 50 Free, 3<sup>rd</sup> 100 Back, 4<sup>th</sup> 100 Free  
Elisabeth Hester – 4<sup>th</sup> 100 Breast, 7<sup>th</sup> 100 Back  
Giuliana Lyke – 3<sup>rd</sup> 200 Free, 5<sup>th</sup> 100 Free, 50 Free, 7<sup>th</sup> 100 Breast  
Emily Spessard – 1<sup>st</sup> 200 Free, 100 Fly, 200 IM, 3<sup>rd</sup> 100 Breast  
Abigail Tolar – 1<sup>st</sup> 100 Free, 100 Back, 100 Breast, 2<sup>nd</sup> 200 IM  
Sophie Wang – 2<sup>nd</sup> 100 Fly, 50 Free, 3<sup>rd</sup> 100 Free, 5<sup>th</sup> 200 Free  
Bridgette Wellslager – 6<sup>th</sup> 100 Back, 100 Breast, 200 Free, 7<sup>th</sup> 50 Free  
Elizabeth White – 2<sup>nd</sup> 100 Back, 100 Breast, 200 Free, 3<sup>rd</sup> 50 Free

### 15 & Up

Mary Kate Boyle – 5<sup>th</sup> 50 Free, 6<sup>th</sup> 100 Back, 7<sup>th</sup> 100 Free  
Sarah Boyle – 1<sup>st</sup> 100 Free, 100 Back, 100 Fly, 200 IM  
Autumn Garcia – 4<sup>th</sup> 200 Free, 6<sup>th</sup> 50 Free  
Sarah Guess – 2<sup>nd</sup> 100 Back, 200 Free, 3<sup>rd</sup> 100 Fly, 5<sup>th</sup> 100 Free  
Anna Johnson – 5<sup>th</sup> 100 Breast, 6<sup>th</sup> 100 Fly  
Madeline Link – 2<sup>nd</sup> 50 Free, 3<sup>rd</sup> 100 Breast, 5<sup>th</sup> 100 Back, 6<sup>th</sup> 100 Free  
Elizabeth Lyke – 6<sup>th</sup> 100 Breast, 7<sup>th</sup> 200 IM  
Heidi Nichols – 1<sup>st</sup> 100 Breast, 4<sup>th</sup> 100 Fly, 200 IM  
Laura Nichols – 2<sup>nd</sup> 100 Breast, 100 Fly, 3<sup>rd</sup> 100 Free, 200 IM  
Madison Phillips – 3<sup>rd</sup> 50 Free, 5<sup>th</sup> 100 Fly  
Annie Suarez – 1<sup>st</sup> 200 Free, 2<sup>nd</sup> 100 Free, 3<sup>rd</sup> 100 Back, 4<sup>th</sup> 50 Free  
Michelle Whitfield – 1<sup>st</sup> 50 Free, 2<sup>nd</sup> 200 IM, 4<sup>th</sup> 100 Free, 100 Back

## BOYS

### 6&U

Christian King – 4<sup>th</sup> 25 Fly, 5<sup>th</sup> 50 Free, 6<sup>th</sup> 25 Back, 25 Free  
Matthew Rypkema – 3<sup>rd</sup> 25 Fly, 5<sup>th</sup> 25 Back, 7<sup>th</sup> 25 Free

### 7-8

Benjamin Epting – 2<sup>nd</sup> 25 Back, 3<sup>rd</sup> 50 Free  
John Epting – 1<sup>st</sup> 50 Free, 25 Back, 25 Free  
Thomas Gunter – 2<sup>nd</sup> 25 Breast

### 9-10

Greyson Fakoury – 2<sup>nd</sup> 50 Free, 4<sup>th</sup> 100 Free, 6<sup>th</sup> 50 Back  
Mitchell Farmer – 3<sup>rd</sup> 100 Free, 4<sup>th</sup> 50 Back, 50 Free  
Christopher Gleaton – 7<sup>th</sup> 100 IM  
Daniel Hardy – 7<sup>th</sup> 50 Fly  
Christian Jann – 1<sup>st</sup> 100 Free, 50 Breast, 50 Fly, 100 IM  
Joshua Monroe – 1<sup>st</sup> 50 Back, 50 Free, 2<sup>nd</sup> 100 Free, 50 Fly  
David Rypkema – 2<sup>nd</sup> 50 Back, 100 IM, 3<sup>rd</sup> 50 Fly, 50 Free  
Christopher Washbrook – 4<sup>th</sup> 50 Fly, 7<sup>th</sup> 50 Breast

### 11-12

Joshua Brumagin – 1<sup>st</sup> 100 Free, 50 Back, 50 Free, 100 IM  
Kyle Cannon – 1<sup>st</sup> 50 Breast, 2<sup>nd</sup> 100 Free, 100 IM, 3<sup>rd</sup> 50 Free  
Seth Kurtz – 4<sup>th</sup> 50 Back, 50 Fly, 5<sup>th</sup> 50 Free  
Carl Lobitz – 1<sup>st</sup> 50 Fly, 2<sup>nd</sup> 50 Free, 3<sup>rd</sup> 100 Free, 50 Back

### 13-14

William Davis – 2<sup>nd</sup> 200 Free, 4<sup>th</sup> 100 Back  
Erik Ely – 3<sup>rd</sup> 200 Free, 4<sup>th</sup> 100 Free, 6<sup>th</sup> 50 Free  
Martin Gillan – 3<sup>rd</sup> 100 Breast, 6<sup>th</sup> 100 Back  
Connor Graham – 1<sup>st</sup> 100 Free, 100 Back, 50 Free  
Will Hicks – 2<sup>nd</sup> 100 Back, 3<sup>rd</sup> 100 Free, 100 Fly, 4<sup>th</sup> 50 Free  
Grantland Kilgore – 6<sup>th</sup> 100 Breast  
Colby Kirkpatrick – 5<sup>th</sup> 100 Breast  
Thomas Lobitz – 2<sup>nd</sup> 100 Fly, 5<sup>th</sup> 100 Free, 50 Free  
Rayford McDowell – 3<sup>rd</sup> 100 Back, 200 IM  
Andrew Nichols – 1<sup>st</sup> 200 Free, 2<sup>nd</sup> 200 IM, 6<sup>th</sup> 100 Free  
Jared Ocker – 5<sup>th</sup> 200 Free  
Bradley Quarles – 1<sup>st</sup> 100 Breast, 100 Fly, 2<sup>nd</sup> 50 Free  
Mason Wright – 7<sup>th</sup> 100 Breast

### 15 & Up

Will Beckwith – 4<sup>th</sup> 100 Back, 6<sup>th</sup> 100 Free  
David Bell – 7<sup>th</sup> 100 Fly  
Mason Cannon – 3<sup>rd</sup> 100 Breast, 200 IM, 5<sup>th</sup> 50 Free, 7<sup>th</sup> 100 Free  
Nicholas Hammond – 6<sup>th</sup> 50 Free, 7<sup>th</sup> 100 Breast  
Joshua Hester – 5<sup>th</sup> 200 IM, 6<sup>th</sup> 100 Back, 100 Fly  
Colt Kirkpatrick – 1<sup>st</sup> 100 Breast, 2<sup>nd</sup> 100 Back, 3<sup>rd</sup> 50 Free, 5<sup>th</sup> 100 Free  
Jeffrey Mead – 1<sup>st</sup> 100 Free, 100 Back  
William Moore – 3<sup>rd</sup> 100 Fly, 4<sup>th</sup> 200 IM, 100 Breast  
Jonathan Rypkema – 2<sup>nd</sup> 100 Fly, 200 IM, 4<sup>th</sup> 100 Free, 50 Free  
Avery Schueller – 3<sup>rd</sup> 200 Free  
Eric Wenzinger – 1<sup>st</sup> 200 IM, 2<sup>nd</sup> 100 Breast, 50 Free, 3<sup>rd</sup> 100 Free

# Support Our National Team!!

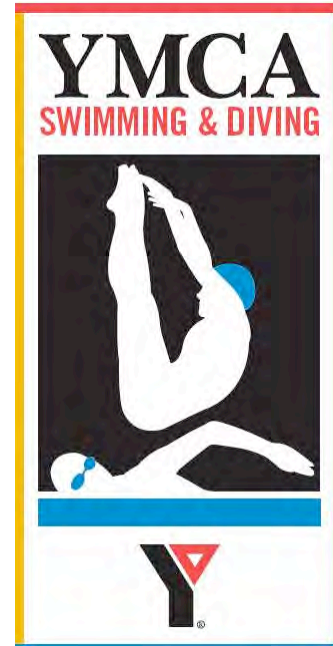
Last season, we had the largest ever number of swimmers from our team go to YMCA Nationals. For the Short Course Season, we have already had a number of swimmers qualify, and anticipate even more to do so!! The meet will be held April 6<sup>th</sup> – 9<sup>th</sup> in Fort Lauderdale, Florida, and qualifying times can be found on our website ([www.ycscmudcats.com](http://www.ycscmudcats.com)).

The team would love to have your support as they work towards raising the money for the costs associated with the meet. There are two opportunities to help coming up soon:

*On Saturday, January 9<sup>th</sup> there will be a fundraising Pancake Breakfast at the Applebees on Harbison Blvd. More details to follow!*

*At the Home Meet on January 16<sup>th</sup>, check-out the Tastefully Simple table!! Their will be yummy foods for tasting and purchasing, and a portion of the proceeds will go directly to the Team!*

Thanks for all of your support as we help our hard-working swimmers make it to Nationals!!!!



SPEEDO TIP OF THE WEEK from [www.usaswimming.org](http://www.usaswimming.org)

Holiday Nutrition Guide BY KATHLEEN WOOLF, PhD, RD



'Tis the season to be... healthy! Starting at Thanksgiving and continuing through Super Bowl Sunday, parties and family gatherings occupy our calendar more than any other time of the year. Foods, many of them heavy in fats and sugars, are an important part of the holiday season. Follow these tips for success in surviving "the season of indulge."

## Start the Day with Breakfast

Even if you are not really hungry early in the morning jump-start your metabolism with a healthy breakfast to give you energy for the rest of the day. Breakfast should consist of whole grains and fruits. A small amount of protein (yogurt, egg whites or peanut butter) can also keep you satisfied until lunch.

## Avoid too many Sugars

Holiday desserts are almost always heavy on sugars and fats. Consume healthy carbohydrates (whole wheat or multi-grain breads, brown rice, sweet potatoes, pasta) on a regular basis to keep up muscle glycogen stores. Include a mini-meal before practice to help "top-off" your muscle carbohydrate stores. Avoid extra sports drinks, gels and energy bars until your training routine returns to normal after the holidays.

## Eggnog is no Thirst-Quencher

Water logged? Not quite. Although swimmers spend workouts surrounded by fluids, they too are at risk of dehydration. Soda and eggnog are not appropriate choices for training athletes. Focus instead on drinking water and eating five or more servings of fruits and vegetables per day to keep your body well-hydrated.

Unfortunately, thirst is not a good indicator of hydration. When well-hydrated, urine is pale yellow and does not have a strong odor. Make sure you are drinking enough water to meet these guidelines.

## To Snack or not to Snack

Eat a healthy snack before heading out to a party. Whole grains, fruits, vegetables, low-fat dairy products, lean meats and nuts supply the body with proteins, vitamins and minerals. Volunteer to bring something to the party. That way, you'll know at least one food will be a healthy choice. Nibble on smaller portions while at the party and choose small plates. Your intake will be smaller and you can focus on socializing rather than over indulging.

*Kathleen Woolf, PhD, RD is a registered and an assistant professor in the Department of Nutrition at Arizona State University.*

