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# SOUTH CAROLINA SWIMMING NEWSLETTER

May 2009

## **Did you know?**

### **State Meet**

One question that has come up multiple times from parents in my first year as General Chair is how the LSC board could possibly pick this pool or that pool to host the state meet. The assumption in that question is that there is a better pool just right down the road. The simple answer is that the board really has no say in picking a site and that the clubs and parents voting as delegates at our meetings decide the location of our state meet. The process:

**Step 1** – In May, clubs that are interested in hosting a state meet the following year are asked to submit bids. Due to the tremendous amount of work required to host a meet like this, many clubs decide not to bid. For example, last year only one club decided to bid on the short course meet and there was only one bid on the long course meet.

**Step 2** – In June, if there are multiple bids to host a state meet, each club in the LSC gets 4 votes (delegates) to pick the site that they prefer.

Any parent group at any club can get together, rent a facility, and submit a bid to host a state meet. It just takes many volunteers and months of planning. In fact, two clubs are hosting our long course state meet jointly this year (H2A and MBR) at a facility in

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Augusta, GA, which they have rented for the event. I encourage more clubs to get involved in the process and submit bids to host state meets in the future.

### **Professional Coaches**

The days of just walking on deck and being a coach are long gone as USA Swimming continues to raise the bar on what it takes to be a coach. USA Swimming requires each coach to have a background check every two years in addition to keeping current certifications for CPR, First Aid, and Water Safety. All coaches must pass a 180-question test on basic swimming knowledge to receive a coach's card for his/her second year. Many of our coaches have continued their education by taking various classes with the American Swimming Coaches Association. In addition, coaches take advantage of various clinics during the year that are offered by our LSC and others around the country to further their knowledge. All of this continued education is necessary as our coaches fulfill many roles for their clubs - teacher, counselor, coach, boss, travel planner, board member, budget planner and evaluator are just a few.

Good luck to everyone this summer!!

Doug Fetchen  
SC Swimming General Chair

### **All State Weekend**

All State Weekend 2009 was held in Rock Hill the weekend of April 18<sup>th</sup>. The coaches were treated to a coach's clinic by Steve Haufler on Saturday morning. Special thanks to Liz Campbell the coach's representative for arranging Coach Haufler's visit. There was also an Officials Clinic held on Saturday with over 17 officials in attendance. A stroke and turn training session, a starter training session and an administrative referee training were included in this meeting as well as a round table discussion on all topics pertaining to rule changes and interpretations of those new rules.

The banquet was held at the beautiful Baxter Hood Center on the campus of York County Tech. The facility and the food were all perfect and made for a great night of fun! We had over 400 people in attendance. Following the banquet the swimmers enjoyed a DJ and danced until 11:00.

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The swimmers honored received hoodie sweatshirts as the All State gift this year. The following people were recognized with the following honors:

Age Group Coach of the Year:	Tim Conley
Senior Coach of the Year:	Pete Wright
Volunteer of the Year:	Maggie Boliek
Howard Wheeler Award:	Haley Lips/ Drew O'berg
Jennifer Smith Award	Drew O'berg
Jennifer Smith Scholarship	Christine Hughes

Sunday morning the athlete's held their annual pancake breakfast at the Rock Hill Aquatics center. There were 82 athletes in attendance – they ate a record number of pancakes, and met new friends from all over the state. Following the election of their new representatives, they boarded the buses for a day at Carowinds.

Special thanks to the following people who helped make the weekend the success that was enjoyed by all. Lynn Williams for all of her help with everything including the use of the buses to get the swimmers to Carowinds. Palmetto Aquatics and Irene Thornley and Catherine Dixon with registration and check in. Mount Pleasant Swim Club for the decorations. Hilton Head Aquatics and Carolina Aquatics for the door prizes. Marcia Diggelman for the printing of the programs. Jeff King for his help with the program, and the Rays for hosting the breakfast for the athlete's on Sunday morning.

Thank you!  
Maggie Boliek, Admin Vice Chair



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This year's Athlete Pancake Breakfast was undoubtedly one of the most successful we have ever had. A record number of athletes attended with representatives from over 11 teams. Christine Hughes, Lindsay Moore and Caroline Spinek also led a very successful meeting, in which the athletes brainstormed ideas for the upcoming South Carolina Select Camp and decided upon a 5-year rotation of All-State gifts. New officers for the committee were elected: Yuko Gruber as the Senior Representative, Chrissy Oberg as the Junior Representative and Bailey Dowe as the Secretary. Congratulations to these athletes and a sincere thanks to our outgoing representatives- Christine, Lindsay and Caroline. They have done an excellent job this year. Thank you as well to all the athletes who attended the breakfast, we hope to see you next year.

Thanks,  
Yuko

### **News from the Age Group Chairs**



Since the 2008 Olympics it has been a great time for Age Group Swimming not only in South Carolina but across the country. We had our largest Short Course State Championship in recent history. Not only was it the largest but it was definitely the fastest meet in the past 5 years which is a great sign of where our LSC is going! The record books were almost completely re-written since August 2008. I do not know the exact total of state records broken in 2008-2009 but I do know that Jimmy Smith from MBR has been hard at work updating them after what seemed to be every meet between September to April.

All of these accolades are a direct reflection of the hard work of swimmers, coaches, board members, and most importantly the swimmer's families! So as Age Group Chairs we would like to thank all of the swimmers who put in the countless hours training... To all of the coaches who sacrifice a lot of time pushing their swimmers to reach every possible goal they have not only in swimming but in life... To all of the board members (of the LSC and club) whose volunteer positions are not as glorious as they seem but they all give it their best to help their LSC/club be the best it can be... To all of the Families/Friends/Members of this great LSC who have spent a tremendous amount of times driving to and from practice, to and from meets, volunteering at meets, etc etc... we thank you! 2009-2010 is going to be a phenomenal year!

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In the coming months we have a lot going on: Long Course State Champs, Age Group Zones in Orlando, FL, and the SCLSC Select Camp. Here are a few reminders on these events.

### **2009 SCLSC Long Course State Championship July 23<sup>rd</sup>-26<sup>th</sup> Augusta, Ga**

As most of you already know that this past April the LSC decided that due to low numbers of swimmers attending the Long Course State Meet and the Long Course State Finale Meet that the format of both meets be revised. They decided that there would just be one meet - an open meet. This is how the LSC used to run the meet for years and years. So starting this July only a select few events will have time standards placed upon them. The rest of the events will be open to all swimmers registered in the LSC. For 10 & Unders; the only event with a time standard will be the 400 Free. For 11-12 yr olds; the events with a time standard will be the 400/800/1500 Free, 200 Back, 200 Breast, 200 Fly, and 400 IM. For 13 & Overs; the events with a time standard will be the 400/800/1500 Free, 200 Back, 200 Breast, 200 Fly, and 400 IM. New time standard documents will be placed on the LSC website ASAP to reflect these changes. Also a new Short Course time standard document will be placed on the website so swimmers, coaches, and families can see what long course times it will take to make the short course state meet. With this meet being an Open format meet it is a great opportunity to get our swimmers excited about swimming at a State championship!

### **2009 Southern Zone Age Group Championship in Orlando, FL**

The applications for the 2009 SC Zone team will be updated on the website by May 15<sup>th</sup>. All you need is two "AAA" times to MAKE the team not to apply for the team. So coaches/athletes/parents if your swimmer is close to "AAA" times please allow them to apply! Most years we do not fill an entire roster! Any Questions? Please feel free to email Tim Conley of YSSC at [tsolo710@yahoo.com](mailto:tsolo710@yahoo.com).

### **2009 South Carolina LSC Select Camp**

Jimmy Smith of MBR is once again hard at work getting the Select Camp up and running. We have yet to lock in on an Athlete or Coach for camp, but the athletes who came to the athlete committee meetings in April gave us great ideas of who the athletes of this LSC would like to have. In the coming weeks there will be a link on the website just for the Select Camp that explains in detail the selection process, possible dates, location, etc. As a reminder here is the selection process for the SC LSC Select Camp:

- 11-12 yr olds – Top 8 of each sex based on USA IMX scores
- 13-14 yr olds – Fastest swimmer in each USA IMX event. Balance of squad to be filled using highest IMX score. Total of 10 athletes of each sex.
- 15-18 yr olds – Fastest swimmer in each event 100, 200, 400, 800 (girls), 1500 (boys); 100, 200 backstroke; 100, 200 breaststroke; 100, 200 Butterfly; 200, 400 IM. Swimmers

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who have graduated are not eligible. In a case where a swimmer is ranked fastest in more than one event, the next fastest swimmers will be selected. Total of 12 athletes of each sex.

- Long course times from September 1, 2008 through the conclusion of the 2008 SCS Long Course State Championship will be used; Time Trials from the SCS State Championship will not be considered.
- Swimmers will be scored based on their age on the first day of the 2009 SCS long Course State Championship.

### **State Wide Swimmer Incentive Sets or Test Sets**

As Age Group Chairs we have been trying to figure out ways to motivate the swimmers of this LSC. One area that is an extremely easy way to not only motivate the swimmers but to get the LSC to come together a little more is Test Sets. For example, at YSSC the age groupers do what we call test sets every once in awhile on non-meet weeks. The test sets consists of either 6(8) x 100 free on 6:00, 6(8) x 100 Stroke/IM on 6:00/7:00, 4 (5) x 200 Frees on 8:00, and 4(5) x 200 IM on 8:00. The whole purpose of these sets is to get the age groupers up and racing as hard as they can on weeks there aren't swim meets. I type up spreadsheets with their name, best time of whatever we are doing, and then 6 to 8 columns where we will write in their time after every race. If it is the second or third time doing that particular test set the results from the previous test set will be posted on the wall behind the blocks for comparison. After 2 years of doing these sets I have seen countless numbers of kids learn so much about themselves and their abilities' in the sport that it amazes me. Things that we all have been trying to teach and instill in our athletes about teaching their bodies to not only swim tired but to swim fast while tired can be accomplished through these sets. These sets not only push the more gifted athletes in your groups but also the athletes that might not be as gifted but train their butts off every day.

Today I put a link on the YSSC website that will be called SCLSC Test Set Results. If any coach/swimmer would like to post their groups results from one of YSSC's test sets or one of their own test sets I will gladly do so. By no means do you have to do one of the test sets listed above, the more sets the merrier. If you have an interesting test set please email it to me and I will post it on the link so other clubs can try it. This will motivate swimmers across the LSC if a lot of teams decide to do it. More instructions on all of this will be posted on the YSSC website at [www.gocukes.com](http://www.gocukes.com). If you have any questions please feel free to email me at [TCSolo710@yahoo.com](mailto:TCSolo710@yahoo.com).

As we get to the end of the school year and our graduating seniors reflect on what swimming has done for them over their time spent in the LSC, I would like to share an essay my late brother wrote when he was applying for a scholarship.

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For those who do not know, my little brother David "Pooh Bear" Maddan lost his battle with cancer on October 25, 2008. David lived life to the fullest and is a testament to what the sport of swimming can do for an individual. David went on to be a high school All-American, a four year letterman at the University of California at Santa Barbara where he was the captain of the team the last two years. This is only a thumb nail sketch of who my brother was, but I think it defines the path a lot of people take in the sport of swimming.

"The way in which one deals with challenges, achievements and failure defines who they are. Swimming embodies each of these aspects of life, with the intense training, stressful meets, and mental, as well as physical strain. A great deal of strength, drive and pride follows. I feel that only through sacrifice can one really grow, learn and excel in life. I think that since I started swimming, I've grown immensely, learned many lessons, and I'm working toward excelling with each lesson.

Not only is swimming an excellent exercise for physical fitness, but it has taught me a great deal about myself as well. I can honestly say that swimming is the most difficult sport I've ever tried, yet I enjoy it the most. The mental, emotional and physical aspects go hand in hand because they allow me to push my physical limit, which builds my confidence and helps me to push my limits in school and life.

I have been involved in athletics most of my seventeen years. I've participated in soccer for eight years, baseball for three years, football for two years, and swimming for four years. I have learned a great deal about preparing for my future through sports. I've learned how to take responsibility for my health, budget my time to meet the priorities of my goals, and other lessons that will help me excel in school and the future.

Two years ago a young lady joined RPSC. She had a drive that I'd never seen before. We were at Summer Zones, and as she got on the blocks for the 100m Butterfly, I was captivated by her positive expression and intense focus. She won the race by two body lengths. This was something that I look back on because her strength and power were what set her apart. To this day, every time I get on the blocks, that will to win is my main focus.

Swimming has become the sport that I've dedicated myself to for the past two-and-a-half years. My days start at 5:00 am, and I practice from 5:30 – 7:30 am. Then I go to school from 8:50 – 2:50, after which it's either to the weight room or to the track for an hours workout. This is followed by another trip to the pool from 5:30 to 8:00 in the evening when it's home for dinner and homework. That is a typical weekday schedule, and the once or twice a month we travel around the state for meets. It was hard for me to get used to at first, but now I like the difficult training regimen.

When I first began high school, my GPA was 2.67. Shortly after the end of my first semester, I began swimming and my coach showed me why I should try harder in my classes. He showed me the scholarship requirements for most Division One schools, and he

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also warned me that it wasn't going to be easy. He told me that the better my grades were, the less pressure there would be for me to swim fast. As of the first semester of my senior year, I have earned a 3.8 GPA.

With my ability to meet my goals through swimming and whatever financial support I obtain, I want to continue my education. My goal is to get a Division One scholarship, which I will use to pursue my interest in biology/kinesiology. I have chosen these majors because I want to be a physical trainer."

By David Andrew "Pooh Bear" Maddan  
[www.poohstrong.com](http://www.poohstrong.com)

## 2009 SCS Select Camp

- I. Mission: Offer an educational, instructional and fun experience for SCS-member swimmers.
- II. Eligibility: Swimmers ages 11-18 (and still in high school) who have met the minimum requirements for participation.
- III. Selection Process: Up to 60 (sixty) swimmers will be eligible for the SCS Select Camp.
  - A. 16 swimmers ages 11-12 – Top-8 each female, male based on IMX score.
  - B. 20 swimmers ages 13-14 – Fastest swimmer female, male in each IMX event in "publication order" with the balance of each squad consisting of highest IMX score.
  - C. 24 swimmers ages 15-18 – Fastest swimmer each female, male in "publication event" order 100, 200, 400, 800 (girls), 1500 (boys) free; 100, 200 back; 100, 200 breast; 100, 200 fly; 200, 400 IM
  - D. Swimmer's selected in individual event will use times in the SCLSC database during the period of September 1 of the current year through the conclusion of the current SCS Long-course State Championships.
  - E. Swimmer's IMX score will be gathered from the SWIMS database during the period of September 1 of the current year through the conclusion of the current SCS Long-course State Championships.
  - F. Swimmers will be invited based on their age on the first day of the current SCS Long-course State Championships.
- IV. Fees: Cost of SCS Select Camp to participants will be determined by SCS Board of Directors.
- V. Format:
  - A. Camp registration on Saturday afternoon and to begin on Saturday and conclude on Sunday

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- B. Campers will be assigned rooms based on ages and sex
- C. Saturday shall consist of pool session
- D. Sunday shall continue pool session and offer autograph session
- E. An evening activity will follow instructional session on Saturday

### Technical Planning Committee

For those of you who like to mark your long range calendars, here are some selected USA Swimming and South Carolina Swimming meet and special event dates for 2009-2010:

<u>Date</u>	<u>Meet</u>	<u>Location</u>
9/26-27	SCS Fall Semi-Annual Meetings	
12/3-5	USA Swimming Short Course Nationals	Federal Way, WA
12/10-12	USA Swimming Short Course Junior Nationals	Columbus, OH
2/12-15	SCS Short Course State Championships	
3/4-7	Senior Sectionals	
3/6-7	SCS 8&U Championships	
3/11-14	Age Group Sectionals	
3/19-21	SCS Palmetto Championships	
4/17-18	SCS All-State/Spring Semi-Annual Meetings	
5/13-16	UltraSwim	Charlotte, NC
6/12	SCS Open Water Championships	
7/15-18	Senior Sectionals	
7/22-25	SCS Long Course State Championships	
?7/27-?	Southern Zone Age Group Championships	Atlanta, GA
?8/3-?	Southern Zone Senior Championships	Woodlands, TX
8/3-7	USA Swimming Senior Nationals	Irvine, CA
8/9-13	USA Swimming Junior Nationals	Irvine, CA

South Carolina meet hosts and sites will be awarded at the House of Delegates meeting to be held at Newberry YMCA on Sunday, June 7. We are awaiting official confirmation from the Southern Zone on the Age Group and Senior meet dates for 2010, thus the question marks next to those.