



Cucumber Times



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Team Finishes Well in Championship Season Meets

March and April are busy months for YSSC year round swimmers. With several championship seasons meets spread out over the southeast, our championship season t-shirt seemed to sum it all up: "Our Dreams are BIG!" Even though swimmers were somewhat dispersed over multiple meets, the goals and dreams were the same. As a team we once again out performed our goals and swam to new levels of excellence. This once again goes to prove that to win as a team, you must compete as a team! Here is a wrap up of the point finishes at our end of season meets.

Palmetto State Championship Meet:

Men: First, Women: First, Combined: First

Age Group Sectionals Meet:

Men: Fourth, Women: First, Combined: Second

Y-Nationals Meet:

Men: Third, Women: Third, Combined: Second

A Note from the Head Cuke

In these often troubled times of economic hardship, high gas prices, and war I thought that I would mention two very special moments of selfless caring. Both of these acts of caring took place during the 2008 Championship season and with the craziness of that time period they usually get overlooked. I want to make sure that the YSSC family knows that people will and do help, many times when you do not expect it.

Our first act of caring took place during the week prior to the Age Group Sectional Championships. One of our 13-14 boys was looking forward to swimming in his last Age Group only meet and trying to help YSSC win another title. Three days prior to the meet all of the best travel plans went out the door when this 13-14 boy's mother was informed that a very serious scheduled surgery had to be completed the Wednesday before the Thursday start of the meet. Obviously, with work, family, and school this surgery was going to make it impossible for our 13-14 athlete to make the meet. The mother, frantic to try to find a way to get her son to the meet, called around to families attending the meet trying to find a way to get her son to Charlotte. With no avail things looked bleak and the meet looked impossible. Then the phone rang and the dire situation turned bright. A father of another family who did not have a swimmer competing in the meet volunteered to take her son for the entire weekend. This included driving, feeding, and everything else that is required at a 3 ½ day prelims/finals swim meet. This was done without hesitation and with the kindness and concern for the swimmer and even more so for the mother headed into surgery. Needless to say the meet went well and more importantly so did the surgery. The team is proud to have a man like David Raczkowski wearing his Red and Black team colors. He is a true friend, a great teammate, and someone that everyone would like to call family.

The second act of caring that the team witnessed took place at the Y-National Championships. With three days of the meet completed, one of our men's team members was the victim of theft as he changed to head back to the hotel. His wallet was stolen out of his swim

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March/ April Swimmer of the Month

Congrats to Coach Tim: South Carolina Age Group Coach for the Year for 2008!

Swimmer of the Month for March/ April:

The coaching staff has made their selections for swimmer of the month. Because the Championship season covers 2 months and includes Spring break, the swimmers will be nominated for March and April combined. Swimmers nominated for these months are based on practice attendance and effort as well as meet performance at their end of season meets.

The nominees for March/ April are: Breanna Sharpe (YSL), Lydia Simpson (Green), Ben Cignarale (Green), Savanna Faulconer (Red), Kayla D'Onofrio (Red), MaKayla Brooks (Blue), Carly Cannon (Purple), Richard Saad (Purple), Melissa Phan (Yellow), Sawyer Willingham (Yellow), Randall Still (Pre), Caroline Fore (Senior 1), Greg Morgan (Senior 2), Patrick Haarsgaard (Senior 1), and Molly Willingham (Senior 1).

The winners for March/ April are:

12 and Under Boy: **Ben Cignarale**

"Ben Cignarale is always fun to have at practice. He is a hard worker and loves to be competitive. Even though he has to be reminded every now and then to slow down on the drills, I know he is giving me 100% all the time. He had a great meet at Palmetto and was a tremendous teammate cheering on his friends during their races. He is a leader at practice and has excellent attendance!" Coach Erin

12 and Under Girl: **Breanna Sharpe**

"Breanna was a highlight for YSSC at 8 and under championships. She won two events at the meet, and showed her two speeds, fast and faster! Breanna has great attendance at practice and always flashes her bright smile, as she swims with ease up and down the pool. Breanna is a hard worker and has improved her times and strokes beyond any ones expectations this season. "

Coach Renee, Coach Danyelle, Coach Gretchen

13 and Over Boy: **Patrick Haarsgaard**

"Congratulations to Patrick Haarsgaard for winning the men's 13 & Over Swimmer of the month award! Patrick had a breakout meet at the past Y-National Championship. His meet included 7 Life Time Bests, 3 new Y-National cuts (including a 10 second drop in his 500fr 4:42.10), and swam on the prelim 800Fr relay. The coaching staff could not be happier for a young man who has earned every ounce of success. Patrick's commitment to swimming has been growing every season since joining the Cukes. To see a Senior have the meet of his life (so far!!) is incredibly rewarding for everyone involved. What makes Patrick so special is his willingness to go the extra mile out of the water. Patrick was the unanimous choice for Swimmer of the Month, because he is one of the greatest teammates you could ever ask for. Whether it's cheering or just looking to help his friends out at the meet, you couldn't do any better than a young man like Patrick!" Coach Pete

13 and Over Girl: **Caroline Fore**

"Caroline Fore was voted the 13 & Over Swimmer of the Month for many different reasons. One obvious reason was her fantastic performance at this year's Short Course Y-Nationals. Caroline burst into the meet with a scoring swim in the 200BR (her first) and also taking part in the 3rd place finishing 400 Medley relay (a state record). In addition to her individual swims Caroline also added 2 more Short Course Y-National cuts in the 200 and 400 IM time trials. Her 200IM time would have finished in 17th place during the prelims session! The coaching staff is proud of Caroline for her willingness to listen and learn and her results show it. Great job Caroline we could not be happier for you." Coach Pete

Y-Nationals Meet Wrap Up

The entire YSSC Family would like to congratulate the 2008 Short Course Y-National Team for finishing 2nd out of 223 teams earlier this month in Ft. Lauderdale, FL. In addition, both the Women's and Men's teams finished 3rd in their respective races. This year's team was made up of 33 swimmers from three different training groups. The team had a diverse age range with our youngest swimmer aged 13 and our oldest aged 18. We had 10 Seniors making their last trip to Ft. Lauderdale as part of the YSSC team. The trip proved to be a memorable one with one individual national champion as well as one relay national championship. Congratulations to Haley Lips for winning the 100 Butterfly in a new State Record time of 55.01. This was the team's first Short Course National Champion since 1998! We would also like to Congratulate the Men's 400 Free Relay for winning the team's first Short Course National Relay Title since ????. The team of Greg Morgan, Lee Groseclose, David Ingraham, and Chris Reinke set a new State Record of 3:05.40 in winning the Championship! Please look below for a complete list of scoring swims and a breakdown of new Y-National cuts and best times. Before listing the rest of the meet's results, I would like to take a moment to thank some very important people that made this trip happen. First I would like to thank our Chaperones: Susan Ingraham, Kathy Nagele, and Jennifer Carne for doing a tremendous job feeding, hydrating, and just plain mothering the 40 people that made the trip. With such a huge crew and with so many different things happening on a daily basis it was very special to see a group of parents come together and work so hard to take care of other people. The coaching staff would be lost without the genuine caring and love that the chaperones gave from the first to the last moment of the trip. Congrats to our Chaperones for taking the time and making the effort throughout the trip!

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Thank you!

"I just wanted to say a quick THANK YOU to all the sweet swim team families who attended my shower and have given me such thoughtful gifts along the way. Your generosity has been overwhelming. It has been so nice to have your support as Travis and I anticipate Jackson's arrival. My friends and family have been so impressed by the level of caring we have been shown! It's a great testament to the very special team we are all a part of. Thanks for the blessing you have been to us!" ~Coach Erin

(Cont. from page 1) Acts of Caring

bag in the locker room. An announcement was made and eventually the wallet was found in one of the bathroom stalls minus \$50.00. Another announcement was made that the wallet had been found. Soon after that, a YSSC coach was needed at the announcers stand. The Head Coach had no idea what had happened now. To his surprise an elder gentleman met him behind the stand and asked if one of his swimmers had lost \$50.00. When he answered yes, the man quickly tried to hand the Head Coach \$50.00 to replace what had been stolen. The Head Coach was quite surprised and attempted to tell this kind man that it would be okay and the money could be replaced. He replied that he was a local retiree and that he wanted to help. There was a look of genuine concern in this man's eyes and the Head Coach knew that further discussion was pointless. The Head Coach graciously accepted the money and thanked the unknown man for his generosity and kindness. When the money was returned to the swimmer he also had quite a look of surprise as it was quite unexpected. When he asked why he gave the money the Head Coach told his swimmer that the elder man "Liked to help people."

Most times random acts of caring are never mentioned or heard about. The YSSC Coaching staff believes that every family at the Middle Tyger YMCA is capable of demonstrating the Core Characteristic of Caring. Sometimes you just have to open your eyes a little wider to see everyone who needs it!

Partners with Youth Campaign

Our Middle Tyger YMCA participates in the annual Partners with Youth Campaign that seeks to help local families participate in the programs the Y offers regardless of financial hardship. Scholarships are provided from these donations to help with after school care, memberships, and even swim team. Each donation is guaranteed to go towards a family in need. These contributions are also tax deductible. YSSC families will each be receiving a letter in the mail from the coaching staff asking you to consider helping in this worth cause. This is a campaign that each of the coaching staff believes in and has given towards. We realize that this time of year things can be tight, but we are asking our families to consider giving of themselves or from their businesses. Please return the red pledge card with a donation or a pledge for payment later. Each donation is greatly appreciated by the YMCA family. Thanks for your support.

USA Swimming Virtual Club Championship

YSSC finished the Short Course season in 20th Place! This rank reflects the virtual championship season standings with every team in United State Swimming. This included more than 3500 teams. (To view the standings go to usaswimming.org.)

The USA Swimming Virtual Club Championship final rankings for the 07-08 Short Course Season were released last week with the Cukes yet again sliding up the scale in the National Rankings! YSSC's Fightin' Sea Cukes finished the season in 20th place. The next highest SC team is ranked 220th and only 1 YMCA team is ranked ahead of the Cukes on the final list. To be competitive in the VCC means you have to be a strong well rounded team. The age groups are broken into 11, 12, 13, 14, 15, 16, 17, and 18 years of age for scoring in each event. A team must be strong in all age groups to be competitive the top 50. This ranking is an unbelievable achievement for our program and everyone in this organization. Making the Top 20 was a goal that might have seemed far fetched a year or so ago. Making this a reality is a testament to the hard work of our swimmers!

To the swimmers for doing their best every time they dive in the pool, to the parents whose daily sacrifices allow them to be great every time they dive in the pool,

New Coach Update

The Coaching Staff wanted to give everyone a quick update on our search for a Pre-Senior and Senior II coach. We have been interviewing a number of candidates to fill the position and have some very good leads. However, we will not make a hasty decision without exploring every opportunity. The Coaching Staff understands all of the issues that have been raised regarding this Long Course season. Please believe that we are making every effort to fill the position, but we will wait until we have located the very best candidate to take both groups to the next level. Head Coach Peter Wright will continue to lead both the Pre-Senior and Senior II groups until an excellent candidate has been found. If you have any questions regarding our current situation please feel free to Call Coach Pete 864-433-9623.

Age Group Sectionals Meet Wrap Up

YSSC's Age Groupers set out to do something that has never been done by any YMCA team this past March. That being a top 3 team finish at the USA Swimming Southeastern Section Age Group Championship for three years in a row! 36 Fightin' Sea Cucumbers drove up I-85 with many individual goals but only one team goal in mind... to win! The team knew the competition was ready for us. Southern power house teams like MAC and Dynamo were looking extremely strong and ready to battle it out. When all was said and done and the weather had subsided, the Cukes walked away with our heads held high and a 2nd Place overall team finish!

Highlights Included:

Thomas DeYoung coming to the meet as a relay only swimmer and leads off the 200 Medley relay with an Age Group Sectional Cut in the 50 Back.

MaKayla Brooks getting 4th place in the 100 breast as a 9 yr old!

Nathan Delahunty dropping 3 seconds in the 100 breast and getting 6th place!

Ali Galyer's 8th Place finish in the 200 free as a 9 yr old!

Melissa Phan Breaks 10 & Under Girls 100 Breast Meet Record!

Melissa Phan Ties for 10 & Under girls High point!

Haley Lips wins High Point for 13/14 girls.

Jared Kauffman set meet records in 100 and 200 Breast.

Madie Gaido earned 2 Y-Cuts.

Morgan Brooks earned 1 new Y-Cut.

Girls 13/14 400 Free Relay Won!

Girls 10 and Under 200 Free Relay Won!

OUT OF 59 SCORING SWIMS, 26 WERE BY 9yr olds, 11yrs olds, and 13 yr olds! Next year is already shaping up to be just as good...if not better!

Team Members Included:

Claire Andrew, Bennett Anthony, MaKayla Brooks, Morgan Brooks, Brian Chou, Kendall Crawford, Victoria DeMaria, Andrew Delahunty, Ian Delahunty, Nathan Delahunty, Thomas DeYoung, Jack Frazier, Jackson Gaido, Madie Gaido, Savannah Gaido, Ali Galyer, Danielle Galyer, Allie Garland, Jared Gentry, Annie Gillig, Hannah Hagood, Matthew Hicks, Wilson Hicks, Jared Kauffman, Haley Lips, Hannah Lips, Amanda McNulty, Justin Mehl, Monica Milici, Liz Mooney, Aya Nance, Aidan Ohning, Melissa Phan, Randall Still, Emily Szabo, Meredith Whisenhunt, and Sawyer Willingham

(cont. from page 3) Y-Nats Wrap Up

The second group of people I would like to thank are the assistant coaches Renee Simon, Tim Conley, and Jack Maddan. This year's trip proved to be a very busy one with swims happening almost non-stop through prelims, into Time Trials, and then finishing up with Finals at night. Our coaching staff did a phenomenal job from start to finish. Short Course Y-Nationals can be tough on a coaching staff with two pools being swum during prelims. It was an incredible confidence builder knowing that both pools were covered by some of the very best coaches that anyone could ask for. The swimmers felt great knowing that they were taken care of and that any problem could and would be solved quickly and without any stress. Extra special thanks to Coach Renee for going above and beyond the call of duty. Coach Renee worked tirelessly at the pool helping with everything including emergencies that developed during the heat of the Finals sessions. Coach Renee pulled double duty by also working with our Chaperones to help feed, hydrate, sun-screen-a-nate our swimmers all week. Thank You Coach Renee. I would also like to give a special thanks to Coach Tim. Coach Tim made this years trip an easy one for the Head Coach. Tim took on the task of Time Trial signups (we had a lot of them) with excitement and passion that quickly passed onto the kids. In addition, Tim was there at every turn getting splits, giving feedback, and getting the guys side of the pool fired up every morning for prelims. We couldn't have done it without you Tim, Thanks! Lastly, I would like to thank Coach Jack for his help at Y-Nats and throughout the season. In a very short period of time, Jack transformed both Pre-Senior and Senior II into groups that were both qualifying kids for Y-Nationals and stepping up and scoring at Y-National both individually and as part of relays. I would like to personally thank Coach Jack for his time at YSSC and wish him the best of luck in all aspects of his future.
~ Coach Pete Wright

Two Cukes Earn New Jr. National Cuts

The YSSC Coaching Staff would like to congratulate Graham Kauffman and Chris Reinke for making their first Summer Junior National cuts in the 50FR at the Senior Long Course Invite that followed the Y-National Championships on Saturday April 6th. Both men finished up the week for YSSC by making their cuts in the very last heat of time trials. Congrats to both boys for finishing up and starting the Long Course Season in Grand Style!!!

Congratulations to these Individual Results from Y-Nationals in Top 16 Finishes:

Addie Carne:	5 th 11 th 8 th	200IM 2:05.91 100FLY 57.45 100FR 52.39
Caroline Fore	12 th	200BR 2:21.99
Annie Gillig	7 th 12 th	100BK 57.07* 400IM 4:30.81
Liz Greenway	14 th 12 th 12 th	200FR 1:52.69 1000FR10:16.75 1650FR17:13.64
Lee Groseclose	16 th 12 th 10 th 6 th	500FR 4:36.04 100FLY 50.65 200FR 1:41.15 100FR 46.66
David Ingraham	8 th 8 th 9 th 9 th	200IM 1:53.60 100FLY 50.23 400IM 4:02.84 200FLY 1:50.88
Jared Kauffman	14 th 11 th 6 th	200IM 1:55.66* 200BR 2:06.68* 100BR 58.16*
Haley Lips	4 th 1 st	500FR 4:50.94* 100FLY 55.01*
Huston McGee	15 th	200FLY 1:53.86
Greg Morgan	5 th 9 th	50FR 21.03 100FR 46.43
Lauren Raczkowski	11 th 16 th	200IM 2:07.33 400IM 4:33.03
Chris Reinke	12 th 8 th	50FR 21.34 100FR 46.59
Laura Simon	11 th 4 th 7 th 5 th	500FR 4:55.63 1000FR10:03.88* 400IM 4:25.03 1650FR16:48.66*

*Indicates a New State Record

