

# Cucumber Times

Volume 8, Issue 9

March 3, 2008

## YSSC Cukes: Four Time Short Course State Champions

For the fourth season in a row, the Y-Spartaquatics Sea Cukes brought home the SC State title for short course swimming. All participants represented their team proudly and were supportive of each other for every race resulting in the team claiming all 3 of the titles: men's, women's, and combined. The coaching staff was not only satisfied with the swimmer's performance in the water, but with the way parents and swimmers alike cheered and showed their team spirit all weekend long. It is support like this that proves the true character of our team. Many thanks go out to our parents for making the drive, reserving the hotel rooms, and finding that perfect place for lunch everyday! We know how much effort it takes to keep your swimmers ready to compete and the coaching staff is very grateful for your dedication to your children's swimming and our team. Way to go Cukes!

---

## INSIDE THIS ISSUE

March Meet Preview

Spring Break Dates (March 31-April 5)

Swimmer of the Month for February

State Meet Wrap Up

Championship Season Party Information

**Spring Break for All Groups: No Practice March 31- April 5!**

## Championship Season Pump Up Party: Thursday, March 6

With our final meets of short course season only weeks away, the team will be celebrating together on deck March 6. All swimmers will practice from 4 to 5:30 and practice will be followed by a pump up party and pasta dinner. Only swimmers participating in Palmetto State meet, Age Group Sectionals, and Y-Nationals have practice this afternoon. If you are not participating in one of these season ending meets, you have the afternoon off. Each group will be assigned certain items to bring for this effort. Keep in mind this is a large group of swimmers so we need everyone to do their part. We will also need parents on hand to help with set up, clean up, and serving. If you are able to help out, please email Coach Erin at [erin.mcconkey@gmail.com](mailto:erin.mcconkey@gmail.com) and let her know.

**Red, Blue, Pre-Senior:** Pasta Dish

**Yellow, Green, YSL:** Veggies, Salad, Side Item

**Senior 1, Senior 2, Purple:** Drinks (no soda please), Fruit, Plastic Utensils, Napkins

If you have any questions, please see your coach. At this pump up party, we will have our annual speech from the coaches and championship season t-shirt distribution. Please make every effort to attend this fun practice!

---

**Congratulations to the 32 Mini Cukes who represented the team at the 2008 8 and Under State Meet! Great Job!**

## Swimmer of the Month for February:

The coaching staff has once again made their selections for swimmer of the month for February 2008. Swimmers nominated this month are based on practice attendance and effort for the month as well as meet performance at the Qualifier Meet and SC Short Course State Meet.

The nominees for February are:

Marissa Davenport (YSL), Hannah Cox (YSL), Rowan Crowley (Green), Ania Zwolski (Green), Rachel Lentz (Red), Mikey Milici (Red), Emily Szabo (Blue), Justin Mehl (Blue), Rachel Gore (Purple), Maria Garland (Yellow), Morgan Brooks (Pre-Senior), Christopher Washnock (SR 2), and Laura Simon (SR1).

The winners for February are:

### 12 and Under Boy: **Rowan Crowley**

"Rowan is one of my most consistent practice attendees and has recently really been enjoying the Long Course Saturday workouts. He is part of my green group. He is only 1 event shy of completing each of the 10 and Under events and will be doing so at Palmetto in the 100 Fly. He dropped time in nearly all his events in the Qualifier meet. Rowan is a great listener and always a supportive team mate." Coach Erin

### 12 and Under Girl: **Rachel Lentz**

"Rachel competed in the Qualifier meet going best times in each event and achieving her first state cuts in the 50 and 100 breast. She went on to drop even more time at the SC State meet and was a great team mate losing her voice after cheering all weekend for every YSSC swimmer. Rachel is a great competitor, a terrific member of our Red Group, and is always looking to improve- even in backstroke which is not her favorite. She makes sure to consistently be at practice and is a friend to all." Coach Erin

### 13 and Over Boy: **Christopher Washnock**

"Chris has been leader in and out of the pool since getting healthy from Mono. Chris leads by example and the majority of the group has followed. His dedication was very apparent last weekend at state champs. He had some swims that should put him in a very good situation to score at Y's. Chris also finished second place in the 200Bk in his last South Carolina short course state meet. Great job Chris!" Coach Jack

### 13 and Over Girl: **Laura Simon**

"Laura is one the team's very toughest trainers and her performances show it! Laura finished 2<sup>nd</sup> in the 15-18 High Point award at this year's state meet, finishing 2<sup>nd</sup> in the 500, 1000, 1650 free's and the 400IM! She is currently qualified for the USA Swimming Junior Nationals in the 400IM and the 1000 and 1650 Frees and qualified for the 2007 Spring Champs in the 1000fr. The Senior 1 training group has many nick-names for Laura including "Optimus Prime". She is also known to eat 400IM's for breakfast. Senior 1 is proud of Laura for winning the Swimmer of the Month award...she earns their respect every time she jumps in the water!" Coach Peter

Swimmers may see their group coach to receive their swimmer of the month shirts. Wear them proudly, Cukes!

## Age Group Sectionals Info

**March 13-16, 2008**

Y-Spartaquatics Swim Club will travel to Charlotte, NC for the 2008 Southern Zone Eastern Section Age Group Champs. We enter this meet as the defending champions. Last year, the Cukes walked away from the meet doing something no team from South Carolina or no YMCA swim club had ever done before-win the 3 titles for women's, men's, and combined. The coaching staff and swimmers alike are looking to match last year's amazing effort with a terrific showing in this fun meet again. As of now, YSSC has 35 qualified swimmers and we are looking to add on a few more at the Palmetto meet. Coaches will be speaking to swimmers on an individual basis regarding events, racing suits, and meet goals. Make sure you know your schedule for the weekend!

Swimmers need to be prepared for a weekend of fast swimming. This will be a pre-lims/finals meet for all 11 and ups with 10 and Under timed finals in the afternoon. For morning swimmers, it is crucial to wake up and get a good breakfast before heading to the pool to warm up. Swimming well in the morning means better opportunities to compete again at night. Let's do a great job representing YSSC and South Carolina again at this fast, fun meet!

Pool Address:

800 East Martin Luther King Jr. Boulevard  
Charlotte, NC 28202

### ***Meet Schedule***

Thursday: Warm ups at 4 pm, Meet Start at 5:30

Fri/Sat/Sun Prelims (11 & Over): Warm ups at 7 am,  
Meet start at 8:30 am

Fri/Sat/Sun (10 & Under Session): Warm ups at 1 pm,  
Meet start at 1:45 pm

Fri/Sat Finals: Warm ups at 4:30, Meet Start at 5:30

Sun Finals: Warm ups at 4:00, Meet Start at 5:00

### ***T-Shirt Schedule***

Thursday, March 13: Any White YSSC Shirt

Friday, March 14: Blue 2008 State Meet Shirt

Saturday, March 15: Black Championship Season

Sunday, March 16: Red 300 YSSC Shirt

## YSL Dives into the Competition

Many YSL swimmers enjoyed best times as they competed in the Qualifier Meet and the Attack of the Mini Cukes Meet this February. For many, these meets were the first tastes of Sea Cucumber Pride for these dedicated swimmers. Swimmers bettering their times and demonstrating outstanding efforts included: Hannah Ownbey, Walker Sharpe, Lily Cairns, Quinn Cignarale, Caroline Earle, Mary Goodlett, Breanna Sharpe, Marissa Meilinger, Lindsey Neale, McKenna Shook, Alison Krebs, Deandre Sharpe, Ford McCoy, Matthew Glinyany, Ian Faulconer, Copeland Viney, Morgan Aldridge, Cam Viney, Jessie Crowley, Kim Whelan, Carson Collins, Gerald Proctor, Sean Robinson, Sydney Hulse, Austin Robinson, Gregory Stoffelen, Evan Hannah, Jake Boone, Marissa Davenport, and Ian Rodgers.

## Palmetto State Meet Info

**March 7-9, 2008**

This year YSSC has 180 Sea Cukes going to Palmetto State, the largest number of meet participants ever! Y-Spartaquatics is the defending team champions of this meet and we are looking to sweep all 3 titles again this year! The coaching staff is looking forward to this fun racing opportunity that will be a championship season meet for many. For others, it's a last chance to qualify for Short Course Y-Nationals and Age Group Sectionals. All swimmers should be preparing now with proper rest and good nutrition as we move towards the meet. Having the meet so close in Greenville means swimmers can enjoy a good night's rest in their own bed! For swimmers participating in Palmetto as their championship season meet, they may wear an Aquablade racing suit at the discretion of their coach. Keep in mind these suits need to be TIGHT and coaches will provide proper care instructions for the suits. Call Dave at Augusta Swim Supply (1-706-738-0072) to make sure your suit arrives on time!

### ***Meet Schedule and T-Shirt Schedule***

Friday, March 7: Any Grey or Black YSSC Shirt

Saturday, March 8: Black Championship Season Shirt

Sunday, March 9: Red 300 Shirt

Fri, & Sun

13 and Over Warm ups: 8 am, Meet Start: 9 am

12 and Under Warm ups: noon, Meet start: 1pm

Sat

13 and Over Warm-ups: 7:30am, Meet Start: 8:30am

12 & Under Warm-ups: 11:30am, Meet Start: 12:15pm

## YSSC WINS FOURTH STATE TITLE IN A ROW!

On February 15-18, 2008, a total of 120 fighting sea cucumbers headed to Rock Hill to defend their title as the 3 time South Carolina State Champions. Y-Spartaquatics is establishing a dynasty in the Palmetto state that might not ever be matched again. The fighting sea cucumbers were led by a balanced attack from all age groups and left the rest of the state wondering what hit them. Next year, the battle cry will be "one for the thumb" after we raised the bar in 2008.

Melissa Phan (10 and Under), Haley Lips (13-14), and Jared Kauffman(13-14) led the individual charge by each winning high point in their age groups. Way to go Cukes!

### **The following swimmers finished in the top three at this years state meet:**

Makayla Brooks- 2<sup>nd</sup>-100Br, 100IM and 3<sup>rd</sup>-50Bk, 50Br and 200IM  
Addie Carne-2<sup>nd</sup> -200IM and 3<sup>rd</sup> in the 100/200FR  
Andrew Delahunty-2<sup>nd</sup>-200Bk and 3<sup>rd</sup> in the 50/100Fr  
Ian Delahunty-3<sup>rd</sup>-100Fly  
Nathan Delahunty-2<sup>nd</sup>-50Fr, 50Br  
Ali Galyer-2<sup>nd</sup>-50/100Bk, 200 FR 3<sup>rd</sup> 500FR  
Danielle Galyer-1<sup>st</sup>-50/100Bk, 2<sup>nd</sup> 200Bk  
Allie Garland-3<sup>rd</sup>-200Bk, 100Bk  
Jared Gentry-1<sup>st</sup>-100Bk/200Fly, 2<sup>nd</sup> -100Fly, 200Bk  
Annie Gillig-1<sup>st</sup>-100/200Bk, 3<sup>rd</sup>-100Fly  
Lee Grossclose-1<sup>st</sup>-200Fr, 2<sup>nd</sup>-100Fr, 3<sup>rd</sup>-500Fr  
Matthew Hicks-2<sup>nd</sup>-1650FR, 3<sup>rd</sup>-500/1000Fr, 200Bk, 200Fly  
David Ingraham-1<sup>st</sup>-100/200Fly, 3<sup>rd</sup>-100Br, 400IM  
Jared Kauffman-1<sup>st</sup>-50/100Fr,100/200Br,200/400IM, and 100Fly 2<sup>nd</sup>-500Fr  
Haley Lips-1<sup>st</sup>-100/200/500/1000/1650, 100/200Fly, and 400IM 2<sup>nd</sup>-50Fr  
Hannah Lips-1<sup>st</sup>-100Br,100Fr, 2<sup>nd</sup>-100/200IM, 100/200Fly, 100Bk, 3<sup>rd</sup>-1000Fr,50fly  
Greg Morgan-1<sup>st</sup>-100Fr  
Melissa Phan-1<sup>st</sup>-50/100Fly, 200/500Fr, 50/100Bk, 200IM. 50B/100BR  
Laura Simon-2<sup>nd</sup>-500/1000/1650FR, 200Bk and 3<sup>rd</sup>-400IM  
Emily Szabo-3<sup>rd</sup>-100IM  
Chris Washnock-2<sup>nd</sup>-200Bk

### **New Age-Group Sectional Cuts:**

Sandlin Armstrong-100Br, 200IM  
Robert Borowicz-1000/1650FR, 100Bk  
MaKayla Brooks-50Fr,50Bk, 100IM  
Morgan Brooks-200/500Fr  
Ian Delahunty-200Fly, 100Bk  
Nathan Delahunty-100Br, 50Bk, 200IM  
Jackson Gaido-100/200FR, 50/200Br  
Savannah Gaido-200Fr  
Ali Galyer-50Fr, 100Br  
Danielle Galyer-100IM, 500Fr  
Allie Garland-100IM, 100Fly, 50/200Bk  
Maria Garland-50Bk  
Jared Gentry-50Fr, 200IM  
Hannah Hagood-50/100Br  
Matthew Hicks-100IM, 100Fly  
Amanda McNulty-50Fly, 200Bk  
Liz Mooney-200Br, 100Fr  
Emily Szabo-100IM, 50/100Fr, 50Bk  
Meredith Whisenhunt-1000Fr  
Sawyer Willingham-200Bk

### **New Y-National Cuts:**

Madison Allen-200Bk  
Caroline Fore-100/200Br  
David Ingraham-100Br  
Price Kinney-100Br  
Greg Morgan-200Fr, 200Fly  
Konrad Opuszko-100Fly  
Laura Simon-200Br  
Garret Snipes-200Fr

Congratulations to the YSSC Cukes for a tremendous showing at the 2008 Short Course State Meet.

## 2008 All State Banquet

The 2008 South Carolina Swimming Banquet will be April 19 in Greenville at the Carolina First Center. Registration will begin at 6:30 with the dinner starting at 7:00. All YSSC swimmers and parents are invited to attend. There is no cost to swimmers who have achieved the following: AAA time in 2 events, first time Sr. Sectionals qualifier, graduating seniors, Olympic trials qualifiers, and Jennifer Smith Award winners. For all other swimmers the cost is \$10.00 and \$20.00 for all non- swimmers (parents). Please mark your calendar now for this fun event. More information will be forthcoming.

## 2008 Y-Nationals Preview: Ft. Lauderdale, FL

*April 1-4, 2008*

As the rest of YSSC prepares for their shave and taper meets this March, the 2008 Short Course Y-National team is prepping for the final meet of the Short Course season. At this time YSSC has 28 swimmers qualified for the YMCA Nationals April 1-4 in Ft. Lauderdale, FL. With two more opportunities to make the trip, the coaching staff is hopeful that we will hit the 30 swimmers mark for the first time ever. The team has big dreams of where they will finish following an awesome Long Course National meet. Please keep an eye out for the final Y-National team roster and meet info as we move closer to the end of the season. Good luck to everyone this March!!

## 8 and Under Meet Wrap Up

On March 1 and 2, the YSSC Mini Cukes faced their competition in the 8 and Under State meet. Our team area was certainly the most festive with posters and the banner made by our kids. Everyone swam great and really cheered the whole team on! Many thanks go out to the wonderful moms and dads who helped the coaches with cards, lining up kids, and organizing relays. The meet would not have run as smoothly without you!

Congratulations to Ania Zwolski for winning poster contest. Her poster will be displayed at the pool on deck for the month of March.

Way to go Mini Cukes for a great weekend of racing!

## Proper Care for Championship Racing Suits

Many swimmers purchase championship racing suits for their end of season meets. Depending on group, meet, and the age of swimmer, the exact type of suit a swimmer will compete in is up to their coach. However, the care for these delicate suits is the same and should be practiced by parents and swimmers. Make sure you are aware of how to properly care for your racing suit so that it stays in the best shape possible, guaranteeing the best meet performance of your swimmer career so far! (Reminder: You can still call Dave at August Swim Supply 1-706-738-0072 to order your suit.)

When packing for each session of the meet make sure you have your racing suit with you. Don't forget to bring a regular practice suit for meet warm ups. Following meet warm ups you should have about 30 minutes to change into your racing suit. Try to get as dry as possible first! Take your time getting your suit on so you don't rip it! You will wear this for your pre-race warm up. Before your race, get the suit as dry as you can with your towel. This should be the procedure you do for each race. After your races and warm down, carefully change out of your suit and rinse it with cold tap water. When you get back home or back to your hotel room, hang it up right away to make sure it is dry for the next day!

## Practice Changes

For the next few weeks, the swim meets will impact practice schedules for many groups. Please check in with your coaches, check email, and be on the look out for any further changes that might impact your swimmers!

**ALL GROUPS:** Combined on Thurs. March 6 at 4-5:30 for Champ Season Pump Up Party

### **Red and Green Group:**

Combined on Sat. March 1 from 10-11:30

No practice for either Fri. March 7- Mon. March 10

### **Purple:**

No practice Fri. March 7- Mon. March 10

### **SR 2 and Pre:**

Combined on Sat. March 1 from 9:15-11:15

### **SR 2, Pre, Blue, Yel:**

Starting Mon. March 3 Palmetto Swimmers should plan to be finishing practice 15 minutes earlier each day.

