

# The Cucumber Times

*Newsletter  
of YSSC  
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The coaching staff is excited to be starting off the New Year at YSSC! Following a tremendous Christmas training, the Cukes are ready to take on the competition in our 2008 Meets! Thanks to the parents who made such a great effort to get the swimmers to the pool over the holidays. Even though this is a very busy time of year, attendance was high and beyond anyone's expectations.

## Swimmer of the Month Program

YSSC has started a program that will go beyond the typical recognition that usually comes with success in the sport of swimming. The coaches at YSSC are here to teach skills that will enable the athletes to excel beyond the pool deck and into everyday life.

Starting at the beginning of January, YSSC will be recognizing one girl and one boy in the age-group (ages 12 and Under) and senior (ages 13 and over) programs from the work they did over the month of December in practice and in meets. These swimmers will be chosen as swimmer of the month and will receive a t-shirt along with a short bio in the newsletter. Each coach nominates a swimmer from their Group and the entire coaching staff votes to narrow down the nominees.

The t-shirt for the swimmer of the month will be known as the ACE t-shirt. The ACE stands for Attitude, Attendance, Consistency, Commitment, Enthusiasm and Excellence. If every athlete in the program shoots to achieve these core characteristics the club culture at YSSC will be second to none.

The nominees for December are: Morgan Pitman (YSL), Fuller Hicks (Green), Shannon Szabo (Red), Lucas Brauns (Blue), Kelly McNulty (Yellow), Ian Delahunty (Pre-Senior), Thomas Regnaud (SR 2), and Laura Simon (SR 1).

The winners for December 2007 are:

Age Group Girl: **Shannon Szabo**

Shannon is an 8 year old in Coach Erin's Red Group. This is her third season with YSSC. Her favorite stroke is butterfly. Coach Erin nominated Shannon because of her tremendous attendance record and good attitude. She has often been known to ask "How can I do this better?" or "Am I doing this right?" She always is concerned with doing her best and constantly improving. Shannon is also a terrific teammate and friend to the other Red Group girls. She is the only 8

and Under to have swum the 100 Fly this year- and being entered into this event was her request. We are very proud of you, Shannon!

Age Group Boy: **Fuller Hicks**

This is Fuller's first season with YSSC and he is 8 years old and in Green Group. His favorite event is the 100 IM. Fuller is consistently at Saturday morning practices and always has great weekly attendance. He is a terrific teammate! At the recent Relay Meet in Rock Hill, Fuller was always cheering his heart out for his teammates. All weekend you could watch him hugging, high fiving, and helping his teammates. Fuller has a great attitude during practice and never complains about the "hard sets." He is always willing to try something new. He is also one of our 2 new 8 and Under IM Tough swimmers. Congratulations Fuller!

Senior Girl: **Kelly McNulty**

Kelly McNulty is Coach Tim's swimmer for the 13 & over age Groups. She is in her 2nd full year of swimming and is a part of the Yellow Group. Joining the team at 13 yr old is not always the easiest age to start. Kelly has persevered through the first season of year round swimming and this December was almost a perfect attendance winner for all of December and her overall attendance is above 90% for the season. Her attendance had a direct reflection in her performance at the Carolina Classic meet. Her hard work in practice and dryland throughout the month of December was extraordinary.

Senior Boy: **Ian Delahunty**

Ian Delahunty is Coach Jack's swimmer for December Swimmer of the Month for the 13-Over age group. He is a part of the Pre-Senior Group. Ian over the last month has only missed one workout and has stepped up his training especially in his freestyle workouts. Ian's gung ho attitude elevates the training environment of the Pre-Senior group. His dedication came full circle when over Christmas training he did 10 x 100's on the 1:10 holding 1:06 or better.

**Upcoming Practice Changes:**

In lieu of the swim meets this weekend, there will be **no practice** for any groups Friday, January 18 through Monday, January 21. YSL WILL have regularly scheduled practice on Monday, January 21. Please mark your calendars with this important change for the weekend.

**Senior 2/ Pre-Senior:** There will be no AM practice on Thursday 1/17/08. Pre-Senior and Senior II will be combined on Thursday night 1/17/08. Their practice will run from 4:15-6:00pm. There **will** be AM practice on Tuesday 1/22/08 for Senior 2.

**Blue and Yellow:**

Tuesday, January 15th (Regular schedule)

Blue - 4:00 to 5:45pm

Yellow - 5:45 to 7:45pm

Wednesday, January 16th (Blue gets out 15minutes early)  
Yellow - 4:00 to 6:00pm NO DRYLAND  
Blue - 6:00 to 7:30pm NO DRYLAND

Thursday, January 17th BIG CHANGE THIS DAY!  
Blue - 4:00 to 5:00pm  
Yellow - 5:00 to 6:30pm

## Meet Wrap ups from the December Meets

### **YSSC FINISHES THIRD AT CAPITAL CLASSIC**

The "Fighting Sea Cucumbers" had a goal this year of bringing home the title at the Capital Classic in Huntersville, NC. This meet is hosted by the YOTA (YMCA of the Triangle) and is seen as tune up for the much anticipated Y-Nationals in April. YSSC finished third with 968 points, Winston Salem was second with 1,100 and YOTA won the meet with 1267 points. YSSC had a 2<sup>nd</sup> place finish on the boy's side with 467 points finishing second to YOTA. The Cukes were third on the girl's side with 501 points right behind YOTA and WSY winning the overall girls title.

The coaching staff was pleased with how everyone swam in their first pre-lim/final swim meet of the season. All of the swimmers did a nice job handling an environment in which all of the other teams were shaved and tapered. YSSC had a lot of in season new best times with just a week of rest going into the meet. Great job Cukes!

The following Cukes had top three finishes at Capital Classic:

Addie Carne 3<sup>rd</sup> 100 Free  
David Ingraham 2<sup>nd</sup> 200 Fly  
Jared Kauffman 3<sup>rd</sup> 100 Br  
Haley Lips 3<sup>rd</sup> 100/200 Fly and 1650 Free  
Greg Morgan 2<sup>nd</sup> 100 Free

New Y-National Cuts Achieved at Capital Classic:

Jay Dean 100 Back- 1<sup>st</sup> Time Qualifier!

### **CAROLINA CLASSIC AND ROCK HILL SNOWFLAKE INVITE**

The majority of our age group program traveled to two meets over the month of December. Swimmers with one A time went to Columbia for the Carolina Classic. Rock Hill was visited by the Cukes two weeks later. Both meets were exceptional chances for the team to race at away pools and earn many new best times. Included are the swimmers who achieved new personal bests under the Golden Cuke and Silver Cuke status. Way to go Fightin Cukes!

**The Golden Cuke Award is awarded to the swimmers who achieved 100% best times in a meet.**

GOLDEN CUKE AWARD WINNERS FOR DECEMBER ARE: Claire Andrew, Quentin Baker, Lucas Brauns, Makayla Brooks, Emory Burns, Andrew Delahunty, Nathan Delahunty, Thomas DeYoung, Sally Earle, Jeni Erickson, Ben Fleming, Danielle Galyer, Logan Gregory, Haley Harrell, Amanda McNulty, Nicole Meilinger, Matthew Nielson, Aidan Ohning, Lauren Scott, Drew Still, & Logan Young.

**The Silver Cuke Award is awarded to the swimmers who achieved 75% to 99% best times in a meet.**

SILVER CUKE AWARD WINNERS FOR DECEMBER ARE: Brooke Adams, Kristen Bonner, Robert Borowicz, Katie Brittain, Kirsten Brown, Noah Cignarale, Monica Colwell, David DeMaria, Hunter Flanagan, Ali Galyer, Allie Garland, Maria Garland, Fuller Hicks, Wilson Hicks, Emily Kouten, Michelle McMahan, Sydney McNulty, Jeremy Mehl, Justin Mehl, Mikey Milici, Allie Miros, Liz Mooney, Noah Ownbey, Isaac Rosdgers, Regan Seay, Berkeley Shook, Sarah Katherine Short, Elizabeth Simpson, Emily Szabo, Shannon Szabo, Julianna Taurig, Hannah White, Maegan White, Meredith Whisenhunt, & Marshall Williams.

December was yet another good month for the Fightin' Sea Cucumbers of YSSC. It seems the Cukes felt that having over 100 kids qualified for the Short Course State Meet in February (20 more than they have ever had!) just wasn't enough and added 15 more to the list and 58 more swims to our total! They also felt that they had to add to the Age Group Sectional list with 4 more swimmers and 15 more swims to that list. Great job Cukes!

## **January Meet Previews**

For the month of January, YSSC swimmers will be heading to two meets- one in Marietta, GA and one in Clemson, SC. Even though the team will be in two places, we will still be sharing the same goal of swimming our best and representing YSSC to the southeast! Both groups of swimmers will follow the same t-shirt schedule over the weekend:

**Friday, January 18:** Any White YSSC T-Shirt

**Saturday, January 19:** 2007-2008 Red 300 Team Shirt

**Sunday, January 20:** Any Grey or Black YSSC Shirt

MARIETTA STINGRAYS INVITE (January 18-20)

Swimmers from Senior 1, Senior 2, Pre-Senior, Yellow, and Blue Groups will be competing in Marietta, GA in their 15<sup>th</sup> Annual Invite. This will be a great pre-lim/finals opportunity for YSSC Cukes as they head towards state meet in February.

The coaching staff would like to encourage all swimmers to dress for the weather with plenty of warm clothes, extra towels, and DECK SHOES!

**Friday:** Warm ups at 4:00, Meet start at 5:30 (All ages)

**Sat/Sun AM:** Warm ups at 7:00, Meet start at 8:10 (13 and Over)

**Sat/Sun PM:** Warm ups 12:30, Meet start 1:30 (12&Under)

**Finals Sat/Sun:** Warm ups at 5:30, Meet Start at 6:30

CLEMSON TIGER INVITATIONAL (January 18-20)

A group of Cukes representing High School Group, Purple, Red, and Green will be swimming in Clemson, South Carolina this same weekend in their Tiger Invitational. Swimmers need to remember to bring a deck chair and plenty of warm clothes. Having a meet so close to home means that swimmers can get plenty of rest each night in their own beds! Let's do a great job of representing YSSC in Clemson!

**Friday:** Warm ups at 4:00, Meet Start at 5:00 (All ages)

**Sat/Sun AM:** Warm ups at 7:00, Meet Start at 8:30 (12 and Under)

**Sat/Sun PM:** Warm ups 12:00, Meet start 1:30 (13 & Over)

## February Meet Previews

February is a busy month in South Carolina for swimming! There are several important dates to keep in mind.

### **SC State Qualifier at Middle Tyger YMCA: February 1-3**

This meet is for all YSSC swimmers. Participants may only swim in events that they do not have a SC State Cut Standard. This will be our last chance to race in a home meet for the Short Course season as a team and the coaching staff would like a large showing of Cukes! Part forms have gone out and are due by January 22.

### **2<sup>nd</sup> Annual Attack of the Mini Cukes Meet: Saturday, Feb. 9**

This mini meet is for any YSSC Swimmers in Age Groups or in YSL that are ages 8 and Under. Swimmers will compete in 25's of each stroke, along with several other events, to get them seed times as we move towards 8 and Under State meet in March. All 8 and Under YSSC swimmers are encouraged to attend. The meet will start at 12:30 and should last no later than 2:00.

### **SC State Championship Meet in Rock Hill: February 15-18**

State Meet is a fun meet that the team looks forward to every year! Swimmers who achieve a SC State Standard will be eligible to participate. Y-Spartaquatics is the defending South Carolina State Championship team for 3 Years in a row and we are looking to defend our title once again. Please mark your calendar for

this important weekend and make sure you have your hotel accommodations taken care of.

For a full list of SC Time Standards, please visit [www.sc-swimming.org](http://www.sc-swimming.org).

### **YSSC has two NEW 8 and Under IM Tough Winners**

Congratulations to Green Groupers Ania Zwolski and Fuller Hicks who achieved their 8 and Under IM Tough Award. The requirements for this award are challenging for any 8 and Under Swimmer. To achieve this honor, swimmers must complete the 200 Free, 200 IM, and a 50 of each stroke in a meet. Both swimmers received a t-shirt from South Carolina Swimming and will be recognized in the program at the 2008 All State Banquet. YSSC is very proud our of mini- Cukes!

### **Apparel Ordering**

First and foremost thanks to those parents who placed orders with Purple Tuna Tees. The Apparel looks great on the Cukes. Future orders will be placed a little differently to eliminate the time line of orders. The coaching staff would like all parents to understand that the first orders turn around time from when Purple Tuna Tees received the complete order to when the apparel was returned was less than 15 days. The reason why the order took so long to get to YSSC was because of placed orders that did not follow the instructions of filling out the checks properly, or lacked specified sizes on forms, etc. Purple Tuna Tees was by no means at fault for the amount of time it took to fill the order. In future orders please be sure to follow the instructions. A new instruction sheet is included with the items for sale and these have been placed in folders. We are taking orders right now, however, we will not be taking checks until we have enough for the orders to be placed. This way you will have a clear date of when you will be receiving your orders. There will be a running total of all apparel ordered on the website under Cuke Apparel. If you have any questions about apparel please email or call Coach Tim.

### **New Baby Cuke- Erin Maddan**

The entire YSSC Family would like to welcome little Erin Frances Maddan, born to Coach Jack and Mary Bridget Maddan on December 22, 2007 at 3:38 am. Weighing 6 pounds 3 ounces and 18 and a half inches long, we are sure she will turn out to be quite the swimmer in the future! Erin has already made several appearances at Saturday morning practices and over the holidays during training. Both parents are overjoyed with the welcoming of their little one and we are so happy to have a new baby Cuke around!

