

The Cucumber Times

*Newsletter
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The coaching staff is getting geared up for a HUGE month of swimming for YSSC. February will hold the Qualifier meet hosted at MTY and the South Carolina State Champs in Rock Hill. We plan to have record numbers of participants in both meets and know this is a great time for the Fightin' Cukes to show what they have been working on since September.

Swimmer of the Month Program: January

It is time once again to nominate and present the swimmer of the month. There will be a boy winner and a girl winner from the Senior program (ages 13 and Up) and a boy winner and girl winner from the Age Group program (Ages 12 and Under) who will receive their prize. 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.

Nominees for the January Swimmer of the Month Are:

Sydney Hulsey (YSL), Ian Faulconer (YSL), Perry Earle (Green), Thomas DeYoung (Red), Lucas Brauns (Blue), Caroline Whitaker (Purple), Victoria DeMaria (Yellow), Gracie Studart (Yellow), Patrick Ingraham (Yellow), Colton Spark (Pre), Thomas Regnaud (SR2), and Garrett Snipes (SR 1).

Winners of the January Swimmer of the Month Are:

12 and Under Boy: **Ian Faulconer**

Ian Faulconer is in his first year of YSL, and at 7 years old he is one of the youngest swimmers in YSL 2 and is up against difficult practices. He is always ready to learn new drills and strokes, and has progressed quickly. He has a solid swimming background and an amazing tenacity to race. For him a meet isn't complete without swimming the 100 IM. He doesn't say much unless he has an important swimming question but his smile tells you it's all good for him. – Renee, Danyelle, and Gretchen

12 and Under Girl: **Victoria DeMaria**

Victoria is in Coach Tim's Yellow Group. Victoria joined the YSSC team back in September. She puts everything into every practice she attends. In the test set this month she almost went her best time in the 100 free, EIGHT times in a row (a Time she just achieved 5 days prior at the Marietta Meet)! Her positive attitude and great attendance over the past month is preparing her for a great end of season. –Tim

13 and Over Girl: Gracie Studart

Gracie is in Coach Tim's Yellow Group. Gracie's practice work ethic has improved tremendously over the past few months. Even though she was ill at the Marietta Meet this month she still got up to the blocks and swam as fast as she could, leaving it all in the pool. She is at the tops in the group for attendance every month, and her improvements in practice shows, especially in the kicking! Keep up the good work Gracie!- Tim

13 and Over Boy: Thomas Regnaud

"My nomination for swimmer of the month for Senior II is Thomas Regnaud. Thomas exhibits character, effort, leadership and compassion for the program. Thomas has not missed a practice all month and has stepped up his training in every facet. Thomas success in the sport is not always seen from meet to meet but through a whole season. He has truly bought in to Attendance, Commitment and Excellence."- Jack

SC Short Course Qualifier Meet: February 1-3

YSSC Swimmers representing all practice groups will compete this weekend in the Qualifier Meet. This meet is special for many reasons! This will be the last home meet for our team during Short Course season and we want to make sure to be the best hosts to our visiting teams. It is also the last chance to Qualify before South Carolina State Meet later in the month. Participants should be making sure they are eating right, getting plenty of rest, and staying warm following practice. This weekend will prove to be a huge team success for everyone involved! Worker assignments will be posted soon and emailed out. Please check over the list and be familiar with where you will be expected to work.

Also, a big THANK YOU goes out to all the families that have already graciously contributed to the concessions effort. The committee is overjoyed with the prompt and generous response for needed items.

Schedule for the Weekend:

Friday: Warm ups at 4:30, Meet Start at 5:30 (All Ages)

Shirt: White 06-07 Wooden Quote Shirt or any White YSSC Shirt

Saturday:

AM Session Warm ups at 7:30, Meet Start at 8:30 (Senior and 8 and Under)

PM Session Warm ups at noon, Meet Start at 1 (11/12s and 10 and Under)

Shirt: This Year's Red 300 Shirt

Sunday:

AM Session Warm ups at 7:30, Meet Start at 8:30 (Senior and 8 and Under)

PM Session Warm ups at noon, Meet Start at 1 (11/12s and 10 and Under)

Shirt: Any Grey or Black YSSC Shirt

For a full list of SC Time Standards, please visit www.sc-swimming.org.

Practice Change Reminders

Keep in mind that because of this weekend's home swim meet there is no practice for any groups on Friday or Saturday of the weekend.

The following groups are OFF on Monday, February 4: Green, Red, and Purple. Senior 1 will have regular practice schedule.

Swimmers in Pre-Senior, Senior 2, Yellow, and Blue should speak with their coach regarding their Monday afternoon schedule. Swimmers will be informed on an individual basis based on the numbers of swims they had over the weekend.

South Carolina Short Course State Champs: 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 soon! Every member of the state team is a crucial part of the YSSC efforts to defend our title. Swimming pre-lims and finals gives our Cukes the chance to show just how tough we are. Further information will be forth coming so be on the lookout for more exciting updates!

Hotel Informtion for State Meet:

PLACE: Rock Hill, SC

HOTEL CHOICE 1: Microtel Inn

ADDRESS: 1047 Riverview Road, Rock Hill, SC 29730

PHONE#: 1-803-817-7700

OF ROOMS: 1 Single Full/ 14 Queen with Sleeper Sofa

RATE: Full \$67.95, Queen with Sleeper \$87

HOTEL CHOICE 2: Quality Inn and Suites

ADDRESS: 2625 Cherry Rd. Rock Hill, SC 29730

PHONE#: 1-803-329-3121

OF ROOMS: 20 Rooms with 2 Double Beds

RATE: \$59

HOTEL CHOICE 3: Hilton Garden Inn

ADDRESS: 650 Tinsley Way, Rock Hill, SC 29730

PHONE#: 1-803-325-2800

OF ROOMS: 9 King Beds with Single Sleeper Sofa/ 3 Rooms with 2 Queens with Sleep Sofa

RATE: King Rooms \$144/ 2 Queens \$169

State Meet Pasta Pump Up: Wednesday, February 13

On Wednesday, February 13 there will be a practice only for the swimmer competing in South Carolina Short Course State meet. All swimmers not participating in the meet will have this afternoon off. All state swimmers, regardless of group, will swim from 4:00 to 6:00. Please make every effort to attend this very special practice. Each SC State Participant will receive their 2008 Short Course State Meet t-shirt this evening. Following practice, swimmers will have dinner together as a team on deck at our traditional pump up party. We will need several parents to help with the set up, clean up, and serving of the food. Please let your coach know if you can help or email Coach Erin at erin.mcconkey@gmail.com.

Groups will be responsible for bringing the following (enough to serve 8-10):

Senior 1 and Senior 2: Salads or Veggies, Side Items

Pre-Senior and Yellow: Pasta Dish

Blue: Drinks (bottle waters, NO SODA), paper plates, plastic ware

Red: Fruit Salad and Napkins

2nd Annual Attack of the Mini Cukes Meet: DATE CHANGE

The 2nd Annual Attack of the Mini Cukes meet will now be Tuesday, February 19 with warm ups at 4:00 at Middle Tyger YMCA. All YSSC 8 and Unders should make plans to attend. (This meet was previously scheduled for Feb. 9.) The meet should last no longer than 5:45. We will need parent volunteers to time and help organize kids into lanes. It is important for swimmers planning to compete at 8 and Under State Meet to swim this afternoon. They will get times for their 25s so they do not have to be entered into the meet with a "No Time." Also, these times will go towards determining relays for the weekend.

Middle Tyger YMCA BBQ Night: February 26

On Tuesday, February 26 from 5:00 pm to 7:00 pm, the YMCA will be having their annual BBQ fundraising dinner with the proceeds going to support Partners with Youth. Each dinner ticket is \$7 and will include BBQ sandwich, beans, slaw, and a drink. This is a convenient way to feed your family after practice. Last year, the swim team had many families participate in the dinner and it was a huge success for the Y. The coaching staff would like our parents to once again support this effort. You must buy a ticket ahead of time for proper head count for the evening of the dinner. Please buy your tickers from your swim coach (cash or checks made out to Middle Tyger YMCA).

March Meet Preview

8 and Under State Champs: March 1-2

All YSSC 8 and Under Mini Cukes will be participating in their exciting Championship meet at the Westside Aquatic Center in Greenville. Participants will have a fun week of activities planned leading up to the meet. 8 and Unders planning to swim should also swim in the 2nd Annual Mini Cukes Meet February 19 at MTY to get seed times in their 25's of stroke. Also, it is very important for these swimmers to purchase their 8 and Under Meet Shirt from Purple Tuna Tees for a special cost of \$9. Order forms are available at the pool and are also with the part form for the meet. This will be the shirt we wear on Saturday at Westside. It will be a navy shirt with white lettering and the Mini Cuke design. Keep your eyes posted for further information on this important meet!

Palmetto State Meet: March 7-9

All YSSC swimmers not competing in a full slate of events at Age Group Sectionals or Y-Nationals will swim in Palmetto at Westside Aquatic Center in Greenville. This will be the last chance for non-Age Group Sectional kids to qualify for 2008 Y-Nationals. Swimmers can only swim events in which they do not have an Age Group Sectional or Senior Sectional cut. This will be the championship meet for participants who are not competing at Y's or Age Groups. Please speak to your coach regarding your status and the events you will be swimming in the Spring Championship meets.

Age Group Sectionals: March 13-16

For the first time in South Carolina swimming history, the defending Age Group Sectional Champs comes from our state! We made a huge statement last year about the work YSSC has been doing in Age Group swimming and we are looking forward to returning to the meet and defending our title. Swimmers can only participate in events in which they have achieved the Age Group Sectional Cut. For a full list of qualifying times, please visit sc-swimming.org and look under time standards.