



RIPTIDE
a q u a t i c s



Winter Newsletter 2023



Dear Riptide Families,

The Riptide Coaching staff would like to start by wishing you all a happy and healthy new year! It's hard to believe that we are a week into 2023 already. That takes us most of the way through the age group short course season while the masters program is fast approaching the start of the 2023 competition season. The team has experienced a number of wonderful highlights we want to celebrate in this newsletter, there are some age group program reminders and refreshers, and finally a few staffing and scheduling updates.

Masters Program Updates

Did you know that Riptide Masters placed 5 swimmers in the National Top Ten rankings in their age groups- Long Course Meters? Big congratulations to Sarah Yao, McKinley Becraft, Coach Cory Nguyen, Josh Matsushima, and Adam Raley!!

McKinley placed in 3 events, Cory placed in 4, and Sarah achieved national top ten rankings in 8 events! Josh and Adam joined the fun in bringing home 2 relay top ten rankings. The mixed 200 Freestyle Relay in the combined 100-119 age group beat out our cross town rival CMAC to take the 2nd best time in the nation! Awesome job Riptide!

The veterans however, did not stop with long course meters, they also had a stellar meet in the regional championships held at Long Beach City College:

Masters Short Course Meters Championship



- 800 Free Relay SPMS record broken in age group 100-119 Mixed
 - Old record - 9:12.78 (1994) by West Hollywood Aquatics

- New unofficial record - 8:55.41
- Sarah/Josh/McKinley/Cory
- 400 Medley Relay SPMS record broken in age group 100-119 Mixed
 - Old record - 4:45.66 (2008) by Mission Viejo Masters
 - New unofficial record - 4:24.72
 - Cory/Sarah/McKinley/Josh
- High Point Award winners
 - McKinley Becraft - 18-24 Women
 - Sarah Yao - 25-29 Women
 - Cory Nguyen - 25-29 Men
- Team Performance
 - 12th place overall out of 55 teams
 - Everybody who swam scored points.
 - Cory - 52 points
 - McKinley - 51 points
 - Sarah - 48 points
 - Kelsey - 8 points
 - Josh - 5 points
 - Wende - 4 points
 - Relays - all five relays placed 1st and scored a total of 90 points for the team!

Great work everyone, and thanks for representing Riptide so well.

Age-Group Program Updates

Winter Age Group Championships

So far, we have completed only the first of the age-group championship meets for 2022-2023 competition year. Winter Age Group Championships (WAG). Out of 37 swim clubs, we placed 19th. This was a very good result for our small contingent, as well as a three place improvement over our 2021 result. We are moving in the right direction and I expect as the team continues to grow we will have more qualifiers to help bring us back into the top ten.



The meet itself was a rainy and cold affair in San Clemente. Thanks to all who braved the weather to

represent and compete. Congratulations to Jadyn C., Tony M., and Penelope S. who scored team points in individual events! There was only one finals heat in this year's meet so the threshold to make finals and score points was VERY high. Special congratulations to Penelope who placed 4th in four events and 5th in two events, great job!

Our top relay finishers were Tony M., Goten H., Isaac S., and Andrew B. who placed 7th in the 15-18 Boys 200 yd Medley Relay.

CA NV Speedo Sectionals

Last month we had two Senior group swimmers qualify for and compete in the Winter Sectionals meet. Congratulations to Reese Meister and Tony Montes on a job well done, and next stop- Futures!

**If you are reading about these meets, but want to understand more about time standards, WAG, JOs, and other meets, read on at the bottom of the newsletter for an overview of the USA Swimming competition structure.*

Fall/Spring Meet and Practice Schedule

There have been a more than a few last minute competition schedule changes so far this season. We apologize and want to assure you that we are doing all we can to provide as much notice for planning as possible. There are three main reasons for the unstable competition calendar. First, this fall, half the teams in our geographic section removed themselves from the schedule to pilot an alternative meet schedule. Secondly, many teams and facilities are still suffering from pandemic related issues. Finally, there is an officials shortage which is further complicating matters. Please bear with us as we navigate this challenging time.

As far as the practice schedule goes, we are doing the best we can to keep the training schedule smooth and uninterrupted. However, Ocean View HS Pool has many programs using the facility and as this week has shown us- mother nature sometimes gets in the way too. We continue to strive to give you as much notice of changes as possible. Thank you for your patience and understanding!

Staffing and Schedule Updates

As we head into the new year there are a few staff updates:

Coach Maddie Alexander, who has been updating our social media accounts and working behind the scenes over the last few months will be stepping down and taking some time away from the pool. Best of luck to you Coach Maddie and thank you!

Coach Mae Jones , who has been teaching many of the swim lesson classes will be working closer to her home this year and may rejoin us from time to time as a substitute instructor.

This month you can expect to see some new Swim Lesson Instructors in the water, and we will also be gearing up for Jr. Lifeguard Prep. classes to begin in February. If you know anyone interested in swim lessons or preparation for Jr. Guard trials, please direct them to our website to register.

Overview of USA Swimming Competition Structure from Age-Group to Senior

It may be helpful to many new families to read an explanation of how the competitions are organized, and what exactly we are trying to accomplish with our age-group competitive groups. Below is an overview of the structure as briefly as we could manage. If you have more questions or would like some more details- please speak with your coach for more information.

All Riptide swimmers in the competitive age-group training groups (white, red, blue, bronze, silver, gold, and senior) compete throughout the year attempting to lower their times across the various events for each stroke. For each age group and gender we use time standards to mark improvements and to differentiate levels of competition.

Until you complete an event for the first time in a sanctioned USA swim meet, you are considered to have a “No Time” (NT) for each event. When you go to your first swim meet you will see NT by your swimmer’s name in all the entry reports. Once you have swum some races you will begin to see your best times reflected on the meet entry reports. You can compare your best times to the National Age Group Motivational Time Standards. We just say “time standards” but these can be found on the Southern California Swimming and USA Swimming websites. The first time standard you can achieve is the “B” time standard. After that they get progressively faster: B, BB, A, AA, AAA, AAAA.

Most of the regular season age group meets we attend are either “ABC”, “BB Max”, or “BB Min.” These delineations just explain which level of competition the meet will be host to. Swimmers can enter meets if their times correspond with the level indicated. For example, if you have never swum a meet before and have all NTs you would only be able to enter ABC meets, or BB Max meets. If you are a swimmer who has achieved a few BB times or even an A time, then you

would only be able to swim those events in ABC, BB Min, or higher level meets. The events where your best times only meet the B or BB standard- you could still swim those events at a BB Max Meet.

Championship meets can be designated by their time standard level or in bigger meets and Senior level competition, each meet will have its own time standards. Championship meets are different from regular season meets in a few ways. Champs meets are scored by team points, regular meets are not. Championship meets often have a preliminary round followed by a finals round, where regular meets will run only one race per event, called a “timed finals.”

Here are some examples of Championship Meets for the age-group program:

- BB Max Champs
 - This is a championship meet for swimmers in events where they have not achieved a standard faster than the BB level
- BB Min JO Max Champs
 - A championship structured meet for swimmers with at least BB time standards, but not yet exceeding the JO time standard
 - JO time standard is not on the National Age Group Motivational Time Standards list, but it is on Southern California Swimming time standards page as this is the qualifying standard for the JO Meet hosted for and by Southern California Swimming clubs
- JOs (traditionally called the Junior Olympics Championship, but will be called something else in the future as there is a copyright claim of some sort)
 - This meet is for all swimmers making the JO time standard
 - Summer JOs is for 18 and under swimmers
 - Spring JOs is for 14 and under swimmers and has a slightly more difficult time standard

There are additional age-group meets beyond these for competition at the regional, zone, and national level, but we can discuss those as well as Senior competition in another newsletter.

Thank you all for being part of this great team, GO RIPTIDE!