

OC Riptide Swim

Informational Newsletter- Fall 2017

Reminders:

- ✓ Review the team policy on the Riptide website
- ✓ Be on time picking up kids after swim
- ✓ The parking lot is not a race track

Upcoming Events:

- Winter Age Group Championships: Golden West College; Hosted by Santa Monica Swim Club, December 7 – 10, 2017
- SET January Blue Meet January 5 – 7, 2018
- FAST Spring “RW” Championship Meet January 20 – 21, 2018

What an amazing start to the Riptide Swim season...ready, set, swim!!

Get ready to work hard; every practice counts!

2017 Summer Championship Season was a HUGE Success

Riptide Swim sent 43 swimmers to the June Age Group Championships in Irvine and came away scoring 456 points, placing 9th amongst 19 teams.

To wrap up the Summer season, Riptide Swim was well represented in Riverside, CA at the Summer Junior Olympic (JO) meet, placing 26th out of 35 teams. This was a phenomenal finish considering we could not participate in any relays. Riptide was magnificently represented in the final heats over the 4 day meet, walking away with multiple medals, with Holden Lee (9) and Jayden Herman (13) being the top point getters.

EAST Meet – 1st meet of the new season

What an amazing start to the new season. Riptide Swim sent 51 swimmers to the EAST meet in Yorba Linda and every swimmer did an amazing job. There was definitely some rust on our arms and legs, but the water didn't stay orange for long as many of our swimmers achieved personal bests and saw seconds fade away. What a great way to represent Riptide Swim.

GWSC Freaky Sprint Meet (a.k.a. The Pumpkin Meet)

It's the Great Pumpkin Charlie Brown...Riptide Swim took home way too many pumpkins to count from the GWSC Pumpkin Meet. What an awesome site to see all of the smiles as the kids got to choose their pumpkins, as well as sharing their pumpkins with their teammates. We have such an amazing group of swimmers on Riptide and it showed both in and out of the water. You all should be very proud of the great job you did representing Riptide Swim at the JSerra HS pool.

PST Thanksgiving Invite

We had 36 swimmers representing Riptide in Palm Springs recently. We did an amazing job taking 5th place out of 18 teams! Our top Point earners were Kaitlyn Nguyen (10), Preston Luu (10), Cody Bui (9) and Christopher Dang (8) Way to go Riptide!

PSA of the Day

Parents, you have an amazing opportunity to watch your kids receive incredible instruction from the wonderful coaching staff at Riptide.

We understand it is hard to stay and watch every day, but we know the kids would love it if you could stay at least once a week to watch your kids and see all the hard work they put in the pool...plus they love showing off!!

It also gives you the ability to see what an awesome group of kids your swim team is comprised of. We hope that you will pull up a chair and watch your kids and see why they always smell like chlorine and look like they never brush their hair.

First time going to a Swim Meet?

Check out our website for some useful tips:

<http://ocriptideaquatics.org/swim/first-swim-meet-fags/>

Coaching Staff Update

Please welcome Coach Jen to the Riptide Staff. Coach Jen has been coaching for the Green Valley Dolphins for a few years and it was there that she discovered how much she enjoys working with the younger swimmers, developing their strokes and techniques to become more efficient swimmers. We are lucky to have her working with the White and Blue 1 Groups.

Setting Goals, Attendance, and Nutrition...

These are key to help achieve both short- and long-term goals. The coaches' goals are for each swimmer to achieve lifetime best times. This also helps us as a team move up in the rankings. All it takes is some hard work and dedication.

Setting Goals

An important part of any season is setting goals. It is important not only for each season but for each meet and practices as well. For our newer swimmers, you can start with goals such as improving one or more individual time(s) at the next meet. For practices you might want to focus on streamlining off every turn to start. Additional goals can be to qualify for June/Dec. Age Group Championships, Winter/Summer JOs or Super JOs. It is important to make realistic goals so your swimmers have a good chance of meeting them by the end of the season.

Attendance

Swimming is not like many sports, where once or twice a week is enough. To make it to the elite level, dedication and hard work are essential. Our coaches work hard to develop a training program to help your swimmer meet their potential and achieve their goals. That program is based on attending as many practices as possible. Our goal is for the athletes to attend at least 3-4 practices/per week at the White and Red levels. At the Blue level the recommendation is to attend 4-5 practices per week and for the Bronze Group and above, they should strive to attend ALL scheduled practices-not missing more than 2-3 practices per month.

Nutrition

As you know your swimmers expend an amazing amount of energy at practice and at meets. It is important to give them the right foods to enhance their performance.

USA Swimming is a great resource for tips, recipes, articles, etc. on nutrition and your swimmer's special dietary needs. Recent thinking indicates that small amounts of protein AND complex carbohydrates combined if consumed quickly (within 30 minutes) after a race is critical to improving recovery. Hydration is also very important before, during, and after practice. Go to www.USASwimming.org and click on the Nutrition Center link. Another good source of information on meal planning is provided below:

<http://www.teamusa.org/~media/TeamUSA/Nutrition/AthletePlatesHardDayHandout.pdf>