

On Deck!

The Official News Letter of the Muskegon YMCA Swim Team

Volume-1, Issue -3...February 17, 2009



Added Bonus! MYST: Official Team of USA Swimming

Great News! At the end of January, the team was approved as a new USA swim team. USA membership will provide new opportunities for the team and our swimmers. We will now have the opportunity to have meets with other USA teams in the area like Rockford, Jenison, West Ottawa, East Grand Rapids, Byron Center, and Holland. Rockford and East Grand Rapids have already informed us that they would like to have meets with us. No promises, but how does a team bus trip to Traverse City sound? Their USA team said they would "love" to have us come up for a dual or tri meet, which—just like our Y duals—do **not** incur a \$/event cost. All of these teams have great swimmers in all of their age groups. Competing with these quality teams will help all of our swimmers reach their goals and potential.

What about our YMCA dual meets? We're not going to eliminate our YMCA meets and were not going to load every weekend with a swim meet from September to March. What we will be able to do is balance the meet schedule so that we don't have three meets with Grand Haven like we did this year. If you count the quad meet at the Ray's we actually swam against Grand Haven all four times we had an interleague meet. We've even had swimmers comment on how that's not much fun.

The season is a long one, and all of the kids work very hard. The meets are important as they give our swimmers a place to gauge their improvements. The team strives to provide all swimmers with a variety of quality meets, across all age groups, without excessive travel. Our USA Swimming membership now provides us a greater opportunity to meet that obligation.



Swimmer of the Month

Each month the team will recognize a few of our swimmers for their outstanding efforts. If you see a swimmer that you think deserves recognition, let a coach

know. Look for hard work, teamwork, sportsman-ship, etc.

These swimmers were nominated the team this month.

- **Branden Barton (7)** Branden swam in the OPEN division of the 200 & 500 at the SMAC USA meet (See story on page 2).
- **Emily Evans (10):** She swam her first 100 free swimming up in a 13-14 200 Free Relay at the Ionia meet.
- **Wesley Collins (11):** Wesley hit the trifecta by improving his times in all three events he swam at Ionia. The 50 free, 50 back and 50 breast.
- **Luke Bonner (11):** Luke dropped a whopping 10 seconds in the 100 free at the Ionia meet.
- **Mitchell Moulton (8), Alex Henrikson (8) & Brandon Barton (7)** Swam up with the "big boys" in the 10-11 200 medley and freestyle relays at Ionia.
- **Chase Ledsworth (10):** Swam his first 50 fly in competition at Ionia.
- **Rachel Resterhouse (12) & Jaclyn Shetterly (15):** Both swam the 200 Fly at Rockford.

Group Outing to the Muskegon Lumberjacks

On **Saturday, March 14th** the team will have a group outing at the Muskegon Lumberjacks hockey game. The Lumberjacks go up against Bloomington. This will be a great time for the parents and kids to socialize outside of the pool. Ticket Prices are:

Junior: \$5 (17 & Under)
Senior: \$7 (62 & Over)
Adult: \$11

Tickets must be paid in advance either on-line, at the traditional YMCA class registration form, or at the YMCA front desk. You can not use the swim meet registration area.

Andrea Zylstra Creates MYST Logo & Banners

You may have noticed that we are sporting a new travel banner to represent the team at our away meets. MYST would like to thank Andrea Zylstra, a local graphics artist who volunteered to create our new logo and banners. She has done an outstanding job! Look for a much larger version of the travel banner hanging at the YMCA pool in the near future.

Andrea graduated in May 2008 from Ferris State University with a Bachelor Degree in Graphic Design. She currently works at Gemini Publications in downtown Grand Rapids as a Design & Production assistant. Some of her work that you may be familiar with includes the logo for Gorbys restaurant on Lakeshore Drive as well as the billboard, t-shirts, and logo for the 2008 Fifth Third River Bank Run. Andrea focuses particularly on logos, brochures, invitations, posters, brand identity and other print pieces in addition to basic web design.

So whether you're in need of a logo for a new business or elegant invitations for your wedding, feel free to contact Andrea for all of your design needs.



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THANK YOU ANDREA!!!!

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Dates to Remember

- **February 21** – YMCA 8 and Under State Championships @ Rays
- **February 20-22** – USA District Championships @ East Grand Rapids
- **February 28 – March 1** – 9 & Over YMCA State Championships @ Royal Oak
- **March 6-8** - USA 12&U State Meet at Jension
- **March 14** – Hockey Game
- **March 20-22** - YMCA Zones @ Oakland University
- **March 27** – Team Banquet @ 6:00, in Room 202 at the YMCA.

MYST Scores BIG at the West Michigan Conference Meet

MYST should be proud of it's accomplishments at the conference meet. Many swimmers had best times and several achieved YMCA State times while our team crowned 41 Conference Champions!

Here are some of the top performances:

Qualifying for YMCA State was:

- **10&U Girls Medley Relay** (Olivia Brickley, Annika Cottner, Brianna Noordyk, Kelly Stone)
- **10&U Girls Free Relay** (Charlotte Lee, Annika Cottner, Brianna Noordyk, Kelly Stone)
- **Kelly Stone (9)** 50 FR & 50 FLY
- **Charlotte Lee (10)** 50 FR
- **11-12 Girl Medley Relay** (Jordan Veldhouse, Makenzie Fairfield, Rachel Resterhouse, & Samantha Henrixon)
- **11-12 Girls Free Relay** (Same as above)
- **Jordan Veldhouse (12)** 100IM and 50 BR (Time Trails)

- **JonPaul Hills (13)** 100FR & 100BR
- **Keith Otto (13)** 100FR & 100BR
- **Tracy Lawrence (13)** 100BK (Time Trails)
- **Kara Komarek (12)** – 50 BK (Time trails)

Meet Record:

- **Rachel Resterhouse (12)** set a new 11-12 Girls Conference Meet record in the 50 Butterfly with a time of 29.63.

Team Results:

Points are given for the top places in each event. Among the top three teams, our team came within 48 points of winning the meet!

1. **G.R. Rays:** 2401.5
2. **Muskegon MYST:** 2354
3. **Sturgis Stingrays** 1678

Congratulations to all of the MYST Swimmers who participated in the meet. **WELL DONE, TEAM !!!**

Note: All of the Conference Champions will be individually recognized at the awards banquet.

Bandon Barton, Age 7, Sets Team Records in 200 & 500 Freestyle!

At the SMAC USA Last Chance Meet, one of our youngest Y Swimmers, Branden Barton, age 7, (also a USA Swimmer), competed in the 200 and 500 yard freestyle events. You don't even see many swimmers older than him competing in these longer events, yet this 7 year old did them with out thinking twice about it! Branden swam in the OPEN male division for both races. OPEN means that any person, regardless of age, can swim in the event. Branden was the youngest swimmer to swim in both the 500 and 200 against his competitors who were mostly 13-18 years old. He swam both races like he had been doing it for years. Every lap was evenly paced and filled with great effort. Branden swam the 200 in a time of 2:53 and the 500 in 7:36. Both of these times qualified him to swim in the USA Swimming Junior Olympics in the 10&U age division. It will be held in Holt Michigan, February

27 through March 1. His times also set the MYST age group records for each event.

Branden's effort is an example and inspiration to all of our swimmers...and parents! Kids can really do more than 25's, 50's and 100's if they put their mind to it.

If you see Branden, make sure to congratulate him on his accomplishments.

GREAT JOB BRANDEN!!!!!!

ABC's of Championship Swimming

Now that we are in the midst of the championship season, you may be wondering what do all of these standards and cut times mean. Terms like **A time**, **B time**, **Q1**, and **Zone Time** may escape you.

When someone says "**cut time**," they are referring to a specific qualifying time for an event for a particular championship meet. It's another way of saying "I made the cut".

YMCA cut times follow the USA Swimming time standards which are statistically derived each year based on the performances of all the USA swimmers the previous year. Without going into all the details of percentiles, standard deviation and other statistical mumbo jumbo, here's what the times mean to the swimmers on our YMCA/USA team. We'll start from the fastest/hardest times to achieve and work our way down to the more average times.

- **Nationals** – The top Y swimmers from all 50 states compete during Spring Break in Ft. Lauderdale, Florida in the YMCA National Championship.
- **Zones** – States located within a geographic area are grouped into a Zone. The top Y swimmers from each state compete in the Zone Championship meet. MYST competes in the Great Lakes Zone which contains 5 states: Michigan, Ohio, Indiana, Kentucky, and West

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Virginia. The meet location changes each year between the five states depending on which team is hosting the event. This year it is in Michigan.

- **Q1** – This is a USA Swimming cut time for the Michigan State Championship.
- **A** – This is not a championship time for USA Swimming but a *motivational time*. That is, swimmers with an “A” time have as a goal to achieve a “Q1” time. **However**, the Y’s in Michigan use the USA “A” times to determine the Y’s State Championship cut times.
- **Q2** – This is a USA Swimming cut time for the Junior Olympics. JO’s are a championship level meet for the swimmers who have not met a Q1 time.
- **B** – Again, this is not a championship time for USA Swimming but a motivational time. Swimmers with “B” times have the goal of achieving an “A” time. **However**, the YMCA does use the “B & C” times to determine the District- level championship meet for those Y swimmers without “A” times.
- **C** – Once again, this is not a championship time but a motivational time. Swimmers with “C” times have the goal of achieving a “B” time.

So far, so good? Well, this list doesn’t include other times like “AAA,” “AAAA,” Q3, “BB,” but it does give you an inside edge on some swimming lingo. Listen for kids and parents using it during the championship season.

2009 STATE QUALIFIERS Through February 14th.

- **Annika Cottner:** 50 BR
- **Olivia Brickley:** 50 BK & 50 FR
- **Makenzie Fairfield:** 50 FR, 100FR, 50BK, 50BR, 50FLY, & 100IM
- **Isabel Grace:** 50BK

- **Kara Komarek:** 50BK
- **Charlotte Lee:** 50FR, 200FR & 50FR
- **Hanna Lawrence:** 200 FR
- **Mackenzie Ralston:** 50BK
- **Kelly Stone:** 50FR & 50 FLY
- **Rachel Resterhouse:** 50FR, 100FR, 200FR, 50BK, 50FLY, & 100IM
- **Jordan Veldhouse:** 50BK, 50 FR, 50BR, 100 IM
- **Sarah Hunt:** 50FR, 100FR, 200FR, 100BK, 100FLY, & 200IM
- **Breanna McCarthy:** 50FR, 100BK, & 100BR
- **Carolyn Neville:** 50FR, 100FR, 200FR, & 100BK
- **Brianna Noordyk (9):** 50 fly
- **Destiny Noordyk:** 50 FR & 100BK
- **Jaclyn Shetterly:** 50FR, 100FR, 200FR, 500FR, 100BK, 100BR, 100FLY, & 200IM
- **Marissa Bleakley:** 50FR & 100FR
- **Emily Brown:** 50FR, 100FR, & 200FR
- **Amber Herr:** 50FR, 100FR, & 200FR

- **Robbie Bridges:** 50 BK, 50FR, 50BR
- **Noah Bengston:** 50BR
- **Hudson Noordyke:** 50BK & 50BR
- **Eli Oxendale:** 50FR & 50BK
- **Isaac Oxendale:** 50FR, 100FR, 200FR, 100BK, 100FLY, & 200IM
- **Dustin Fett:** 50FR & 100FR
- **Jacob Hunt:** 50FR, 100FR, 200FR, 100BK, 100BR, 100FLY, & 200IM
- **JonPaul Hills:** 100FR, 100BR
- **Derek Kuipers:** 50FR & 100 BR
- **Tracy Lawrence:** 100 BK
- **Chase Ledsworth:** 50 BR
- **Brad Otto:** 50FR, 100FR, 200FR, 100FLY, & 200IM
- **Keith Otto:** 50FR, 100FR, & 100BR.
- **Andrew Sims:** 50 BR
- **Kyle Wilson:** 100 BR

- **10&U Girls 200 Medley Relay**
- **10&U Girls 200 Free Relay**
- **11-12 Girl 200 Medley Relay**
- **11-12 Girls 200 Free Relay**
- **11&12 Boys 200 Medley**

- **13&14 Boys 200 Medley Relay**
- **13&14 Boys 200 Free Relay**
- **13&14 Girls 200 Medley Relay**
- **13&14 Girls 200 Free Relay**

2009 ZONES QUALIFIERS

Through January 14th.

(Top swimmers in the 5-state Great Lakes Zone: MI, OH, IN, KY, WV)

- **Rachel Resterhouse:** 50FLY, 100FLY, 50 BK & 100 BK
- **Sarah Hunt:** 50FR
- **Carolyn Neville:** 50FR & 100FR
- **Jaclyn Shetterly:** 50FR, 100FR, 200 FR, 500 FR. 100BR, & 200IM
- **Eli Oxendale:** 50BK, 100BK
- **Isaac Oxendale:** 50FR, 100FR, 200FR, 500FR & 100FLY, 200IM
- **Jacob Hunt:** 50FR, 100FR, 100BK, 100BR, & 100FLY
- **11&12 Boys 200 Medley**
- **13&14 Boys 200 Medley Relay**
- **13&14 Boys 200 Free Relay**
- **13&14 Girls 200 Medley Relay**
- **13&14 Girls 200 Free Relay**

NATIONAL QUALIFIERS - Through February 14th.

Jacob Hunt: 50FR & 100FLY

Note: The list of swimmers that are listed with State, Zone, and National cuts may have omissions based on the time of publishing. If you know your swimmer has a name or event that is not listed. Don't panic. This is not the official list. Coach Margie will make sure it's up to date before championship season.

Quote of the Month

“When I go out and race, I’m not trying to beat opponents, I’m trying to beat what I have done...to beat myself, basically. People find that hard to believe because we’ve had such a bias to always strive to win things. If you win something and you haven’t put everything into it, you haven’t actually achieved anything at all. When you’ve had to work hard for something and you’ve got the best you can out of yourself on that given day, that’s where you get satisfaction from.”

—Ian Thorpe, Australian swimmer