

On Deck!

The Official News Letter of the Muskegon YMCA Swim Team

Volume-1, Issue -2●●●January 19, 2009

MYST SWIMMERS RECORD TOP 16 TIMES FOR MICHIGAN

USA Swimming recognizes swimmers for achieving the top 16 times for their age group in their respective state and on a national level. This is the equivalent to being All-State or All-American. For the 2008 season MYST has three swimmers that achieved this great accomplishment of top 16 times in Michigan.

Jacob Hunt (15-16) 100 Fly - 6th
Isaac Oxendale (13-14) 50 Free - 8th
Breanna McCarthy (11-12) 50 Back - 8th

All USA swimmers can see how they rank in the state and nationally by visiting the USA Swimming or Michigan Swimming websites.

<http://www.uss-michigan.com/>
<http://www.usaswimming.org>

Swimmers of the Month

Each month the team will try to recognize some of our swimmers for achievements not based on their finish place. If you see a swimmer that you think deserves recognition let a coach know. Look for hard work, teamwork, sportsmanship etc.

Three swimmers were nominated the team this month.

Riley Goff (5) - Swam her first 50 back in competition.
Danny Bridges (6) - Swam her first 50 back in competition.
Isabel Grace (9) - She swam her laps for the Mile Marathon on the same day she had a cast put on her broken arm. Isabel swam 76 lengths of the pool with her cast on! If you don't know how far that is? It's over a mile!! Great job Isabel!

Mile Marathon Cancelled but Swimmers Swim On

The Mile Marathon was cancelled due to a lack of volunteers and swimmer participation. Swimmers who wanted to make up their laps for the Mile Marathon were allowed to do so at practices. The team thanks all of the swimmers who collected donations and swam their laps for the new lane lines. Here's a list of swimmers the team would like to thank for their dedication and hard work on the Mile Marathon.

70 lengths = 1 mile

Annika Cottner (9) – 128 lengths
Eli Oxendale (12) – 226 lengths
Eric Bleakley (11) – 126 lengths
Hanna Lawrence (10) – 126 lengths
Isaac Oxendale (14) – 280 lengths
Isabel Grace (9) – 76 lengths
Jaclyn Shetterly (15) – 300 lengths
John Hunt (12) – 210 lengths
Mackenzie Ralston (9) – 100 lengths
Marissa Bleakley (16) – 210 lengths
Nate Jones (12) – 200 lengths
Sam Hendrixion (11) – 208 lengths
Sarah DeJonge (12) – 104 lengths
Sarah Resterhouse (9) – 84 lengths
Sierra Young (12) – 100 lengths
Rachel Resterhouse (12) - 136 lengths
Tracy Lawrence (13) – 100 lengths

All pledges should be turned into Mike or Julie Resterhouse by February 1st.

Thanks!!!!

MYST Christmas Party a Hit Despite Snow Storm

The team had a great turn out (approx. 75 people) for the annual Christmas Party despite Mother Nature's attempt to snow us in. Several families braved the elements and the deep snow to take part in the festivities which included, food, games, prizes, crafts, goodie bags, and of

course swimming with Santa. Attendees enjoyed a scrumptious baked potato bar with all of the fixings, and chicken noodle soup. All of the guests provided their favorite yummy desert to share.

While the parents were able to socialize and get to know one another, the kids played a unique style of bingo where every player walked away with some cool prizes. Others were randomly drawn for door prizes such as Muskegon Lumber Jack hockey tickets and Muskegon Thunder (arena football) t-shirts.

Franki Boxer and Robert Council volunteered to plan the event and did an awesome job. The bar, no pun intended, has been set high. Thank you Franki and Robert!!

The team would like to thank all of the community sponsors of the event who donated prizes and items for goodie bags: Muskegon Lumber Jacks, Muskegon Thunder, TCBY, Sherman Bowling, and Lakeshore Sports Center

SWIMMING TERMS

SCM = Short Course Meters. This is the description of a 25 meter long pool like at the YMCA. Meters are longer than yards so times are typically slower in a meter pool.

SCY = Short Course Yards. This is the description of a 25 yard long pool like at MHS.

LCM = Long Course Yards. This is the description of a 50 meter long pool like those used in the Olympics and in the summer USA Swimming season.

Scratch = Removing a swimmer from an event after they've already entered it. It's sort of like scratching your name off the list.

PR = Personal Record,

PB = Personal Best

DQ = Disqualified

Split = A measurement of time during part of a race. A 100 can be split into

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two 50's. A split time can be given for each 50.

Q & A's on MYST & USA Swimming

MYST has filed the paperwork to become an official USA swimming team. The parent board is sure there are lots of questions.

Q. Isn't USA Swimming only for the more advanced swimmers?

A. No. All levels of swimmers compete in USA Swimming. Due to the number of YMCA's there are currently 19 YMCA teams in the state and over 90 USA teams representing all ability levels.

Q. Are all of the USA meets big invitational's that charge additional entry fees?

A. No. Meets between two or three teams, with no fees, do exist in USA Swimming. MYST has already contacted one local USA team that would like to have a dual meet. MYST will contact others.

Q. I heard kids of the same age can compete in different divisions for awards, is that true?

A. Yes. Some USA meets divide kids in the same age group into A, B, and C divisions based on times. They all race together, but separate awards are given out for each division. This gives kids a better chance of earning a ribbon at a USA meet than at a YMCA invitational.

Q. Are there other YMCA's that are USA teams too?

A. Yes. Currently 13 of the 19 YMCA teams in Michigan are also USA teams.

Q. Do I have to swim at the USA meets or can I still just do the YMCA meets.

A. No. You do not have to swim at the USA meets. But to take advantage of your membership fee it is recommended that you participate.

Q. Will the team stop doing YMCA meets?

A. No. MYST is a YMCA team and will continue to schedule YMCA meets as part of its core meet schedule.

Q. Does everybody on the team really need to be a USA member?

A. Yes. For liability and insurance issues, USA swimming requires all team members to register and pay the annual fee.

Q. I have four kids, and I can't afford USA swimming. How will MYST help?

A. MYST is going to reorganize its fundraising efforts. There will be a specific fundraiser available at the beginning of the season. All profits that each swimmer earns can be used to pay for all of their swimming related fees. USA swimming will reduce the membership fee from \$54 to \$7 for any swimmer that is in the free or reduced lunch program.

The parent group will continue to answer questions on USA swimming at each parent meeting. Meetings are held on the second Monday of each month at the YMCA at 6:30.

Flint Invitational Inspires Swimmers to Try New Events

Attending a YMCA or USA invitational offers all swimmers the opportunity to swim in events typically not offered at a YMCA dual meet. At the Flint Winter Invitational held on January 10 & 11, MYST swimmers took advantage of the additional events. Some swimmers not only tried something new, but tried some of the harder and longer events too. The

MYST coaching staff would like to recognize the following swimmers for stepping out of their comfort zone and having the courage to try new, longer events.

Marissa Bleakley (16) - 1000 FR
Addison Council (9) - 100 IM, 100 FLY

Alex Henrikson (8) - 100 IM
Andrew Sims (12) - 200 FR, 100 BK & 100 FLY

Briana Noordyk (9) - 200 FR & 100BK

Chase Ledsworth (10), 100FR, 100BK, & 100 IM

Hanna Lawrence (10) - 100BK, 100FLY, & 500 FREE

Jaclyn Shetterly (15) - 1000 FR

Leah Vaughn (8) - 50 FR, 50BK, 25 BR

Nate Jones (11) - 200 BR

Sailor Goff (7) - 50 FR, 100 FR, & 50 FLY

Great Job Swimmers!!

Dates to Remember

- **January 20** - Team Pictures 4:00-6:00 @YMCA
- **January 24** - @ Ionia, sign up by 1/20
- **January 31** - @ G.R. Rays
Sign up by 1/24
- **February 1** - USA Meet @ Rockford, Sign-up by 1/19
- **February 7**, YMCA West Michigan Conference Meet
- **February 9** - Parent Meeting 6:30 @ YMCA
- **February 14** - YMCA District Championships @ Sturgis
- **February 13-15** - USA Last Chance Meet @ SMAC, Sign-up by 1/24
- **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 @ Waterford

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SCORE BOARD UPDATE

In previous seasons the team led a valiant effort to raise and save money for a scoreboard at the Y. The score board that the team was looking to purchase was a basic, no thrills, board that sold for approximately \$7700. In July of last year we had an opportunity to purchase the Grand Rapids Ray's used board for \$2700 after they purchased a new system. A parent meeting was held specifically to discuss the purchase of the Ray's board. At the meeting a motion was passed to not purchase the used board. Another motion passed to not pursue a scoreboard for the near future. The main reason for not purchasing a scoreboard at that time was that we only hold 2-3 home meets per year and the money could be used to purchase items that the team needed to better the swimmers. Based on this input, another motion was passed to create a sub-committee to investigate the equipment needs of the team. At the following parent meeting in August the equipment committee presented the need for new swim fins and pull buoys at the YMCA practice location and the repair of a broken pace clock. Since that time the team has purchased \$800 worth of swim fins and \$200 worth of pull buoys. An additional \$400 has been spent on white boards for both practice locations. The board has also approved the repair of the pace clock at MHS which we use for \$180. We will also be purchasing an upgrade to the Hytek Meet Manager program used to enter swimmers into meets and track their times. Our version is no longer supported. The cost for the upgrade is \$125.

At the July parent meeting there was a general agreement to look into the use of MHS for meets where they

have a functioning scoreboard and ample seating and deck space for meets of our size. We are actively pursuing this option for the 2009-10 swimming season. Look for more info in upcoming news letters.

As for the old, broken, ugly scoreboard at the Y, one of our swim families that own their own construction business is planning on taking it down in the near future.

PARENT MEETINGS ARE YOUR VOICE

The parent board meets every second Monday of the month at 6:30 at the YMCA. This meeting is not just for board members. All parents are welcome and encouraged to attend. This is the place to make your voice heard. Grumbling in the stands with other parents about issues does not accomplish anything but create dissension. If you would like to discuss your ideas or concerns in an open, friendly environment please attend a meeting. If you want to get a specific item added to an agenda, send an e-mail to our Secretary Susan Strobel.

stephen_strobel@hotmail.com

STATE QUALIFIERS 2009 Through January 17th.

Olivia Brickley: 50 BK & 50 FR
Makenzie Fairfield: 50 FR, 100FR, 50BK, 50BR, 50FLY, & 100IM
Makenzie Ralston: 50BK
Rachel Resterhouse: 50FR, 100FR, 200FR, 50BK, 50FLY, & 100IM
Jordan Veldhouse: 50BK, 50 FR
Sarah Hunt: 50FR, 100FR, 200FR, 100BK, 100FLY, & 200IM
Breanna McCarthy: 50FR, 100BK, & 100BR
Carolyn Neville: 50FR, 100FR, 200FR, & 100BK,
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
Noah Bengston: 50BR
Hudson Noordyk: 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
Derek Kuipers: 50FR & 100 BR
Brad Otto: 50FR, 100FR, 200FR, 100FLY, & 200IM
Keith Otto: 50FR & 100BR.
Andrew Sims: 50 BR
Kyle Wilson: 100 BR

ZONES QUALIFIERS

2009 Through January 17th.
(Top swimmers in 5 states- Michigan, Ohio, Indiana, Kentucky, West Virginia)

Rachel Resterhouse: 50FLY, 100FLY & 100 BK
Sarah Hunt: 50FR
Carolyn Neville: 50FR & 100FR
Jaclyn Shetterly: 50FR, 100FR, 200 FR, 500 FR. 100BR, & 200IM
Eli Oxendale: 50BK
Isaac Oxendale: 50FR, 100FR & 100FLY
Jacob Hunt: 50FR, 100FR, 100BK, 100BR, & 100FLY
11&12 Boys 200 Medley Relay
(H. Noordyk, A. Sims, E. Bleakley, J. Hunt)
13&14 Boys 200 Medley Relay (T. Otto, K. Willson, K. Otto, J. Hills)

NATIONAL QUALIFIERS - Through January 17th.

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

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not the official list. Coach Margie will make sure it's up to date before championship season.
