

On Deck!

The Official News Letter of the Muskegon YMCA Swim Team

Volume-1, Issue -4...April 6, 2009

MYST Swimmers Shine at YMCA District Championships



Several of our MYST swimmers took the opportunity to swim at the District Championships held February 14, in Sturgis. This meet is designated for swimmers who have one or less YMCA State "A" qualifying time. It allows the swimmers who may not always place at the top of the results in a big meet the chance to shine on bigger stage, and give them one last chance to make that coveted state qualifying time. Our swimmers sized the day by placing in all, let me repeat, ALL, of their events, earning trophies, medals, and ribbons for their achievements. We had one swimmer, Isabel Grace, extend her season by qualifying for State in the 50 backstroke.

Here's how our team did:

District Champions:

9-10 Girls 200 Medley Relay (Isabel Grace, Jackie Seward, Hanna Lawrence, & Sarah Resterhouse)

Jackie Seward (10) – 50 Fly

Isabel Grace (9) – 50 Back

Medalists, 1st – 6th place:

Sarah Resterhouse (9) – 2nd 200 FR, 4th 50 Fly, & 4th 50 BK.

Jackie Seward (10) – 2nd 100 IM, & 3rd 100 BK

Addison Council – 3rd 100 IM

Noel Seward (9) – 4th 100 IM, & 6th 50 Fly

**Hanna Lawrence (10) – 3rd 50 FR
Isabel Grace (9) – 4th 50 FR, & 2nd 50 Fly**

Wesley Collins (11) – 3rd 50 FR, 2nd 50 BK, & 4th 50 BR

Ribbon winners – 7th – 12th place

Addison Council (9) – 7th 50 FR, & 9th 50 Fly,

Noel Seward (9) – 8th 100 BK

Coach Rich thought Sturgis did a great job hosting and the meet ran smoothly. At the end of the meet Sturgis had FREE time trials in all events and most of our swimmers took advantage of them in their quests for State times. Coach Rich liked the cool tattoos Sarah Resterhouse brought to share with her teammates. They were a big hit. Nice sunny weather, clear roads, a great group of swimmers and parents made for a nice trip to Districts.

GREAT JOB SWIMMERS!!

YMCA 8 and Under State Championship

The 8 and Under State Championships were held on February 22 at the Forest Hills Aquatic Center in Grand Rapids. Our 8 & under group was well represented at the meet with 10 kids swimming at this one day event. The meet is designed so that swimmers only compete against kids their own age in the individual events. 5 year olds only compete against 5 year olds, 6 year olds against 6 year olds, etc.

Swimmers that competed for MYST were: Sophie Stewart (8), Sydney Noordyk (8), Jared Bengston (8), Sailor Goff (7), Daniela Bridges (6), Krista Kroll (6), Riley Goff (5), Mitchell Moulton (8), Gabriela Bridges (8), and Brandon Barton.

The top 6 finishers earned a medal and a trip to the award stand during the award ceremonies. The 7-12 place finishers earned a ribbon.

Medalists, 1st - 6th place:

Brandon Barton (7) – 3rd 100 IM, 2nd 50 Free, 3rd 25 Back

Riley Goff (5) – 4th 25 Back

Jared Bengston (8) – 2nd 25 Breast Stroke

Krista Kroll (6) – 4th 25 Back

Ribbon winners, 7th - 12th place:

100 Medley Relay – 8th (Daniela Bridges, Gabriela Bridges, Sydney Noordyk, & Leah Vaughn)

100 Medley Relay – 7th (Mitchell Moulton, Jared Bengston, Brandon Barton, & Alex Henrikson)

Sydney Noordyk (8) – 11th 25 Free, 8th 25 Fly, 9th 25 Back

Jared Bengston (8) – 9th 25 Free, 12th 25 Fly

Sailor Goff (7) – 10th 25 Free, 8th 25 Fly, 11th 50 Free

Daniela Bridges (6) – 8th 25 Free, 10th 25 Fly, 7th 25 Back

Krista Kroll (6) – 9th 25 Free, 10th 25 Back

Riley Goff (5) – (8) 25 Free

Mitchell Moulton (8) – 9th 25 Back, 11th 25 Breast

Gabriela Bridges (8) – 10th 25 Breast

100 Free Relay – 10th (Mitchell Moulton, Jared Bengston, Brandon Barton, & Alex Henrikson)

100 Free Relay 8th (Sailor Goff, Riley Goff, Daniela Bridges, Krista Kroll)

YMCA State 9 & Over Championships

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The 9 and Over YMCA State Championships were held at Royal Oak Middle School. Over 500 swimmers representing 17 different YMCA's competed in the two day event. The 12 & unders swam on Saturday, Feb. 28 while the 13 and over swimmers competed on Sunday, March 1. MYST had 36 swimmers qualify for the meet by achieving USA "A" times over the course of the season. Custom awards to commemorate the event were given to the top 12 finishers in each. The top 6 finishers earned a medal and a trip to the award stand during the award ceremonies. The 7-12 place finishers each earned a ribbon.

Here's a list of the top finishers for MYST.

Medalists, 1st - 6th place:

11-12 Boys Medley Relay – 5th (Eli Oxendale, A.J. Sims, & Erick Bleakley, Hudson Noordyk)

Rachel Resterhouse (12) – 2nd 50 Butterfly & 5th 50 Backstroke

Eli Oxendale (12) – 5th 50 Backstroke

Jaclyn Shetterly (14) – 3rd 200 IM, 5th 100 Free & 4th 100 Backstroke

Isaac Oxendale (14) – 3rd 100 Butterfly & 3rd 100 Backstroke

Ribbon winners, 7th - 12th place:

Hanna Lawrence (10) – 12th 200 Free

Robbie Bridges (10) – 9th 50 Free, 8th 50 Backstroke

Makenzie Fairfield (12) 9th 50 Free, 10th 100 Backstroke, & 12th 50 Breaststroke

Rachel Resterhouse (12) – 12th 50 Free

Eli Oxendale (12) – 12th 50 Free

Hudson Noordyk (11) - 10th 50 Backstroke

Noah Bengston (10) - 7th 50 Breaststroke

Chase Ledsworth (10) - 9th 50 Breaststroke

JonPaul Hills (13) - 7th 50 Free, 10th 100 Free,

Breanna McCarthy (13) - 10th 100 Backstroke

Isaac Oxendale (14) – 12th 100 Breaststroke

Congratulations to all of the MYST swimmers who qualified and swam in the meet!

USA Junior Olympic Championships

Due to scheduling conflicts this year the Junior Olympics were held the same weekend as the YMCA State Meet. But this didn't stop some of our MYST swimmers from attending the meet. Q2 qualifying times were needed to compete at JO's.

Branden Barton (7), qualified for the meet in the 10 and under division. He swam the 200 (2:52.32) and the 500 Free (7:28.88). Both were personal best times. Branden took 10 seconds off his 500 time and 1.5 seconds off his 200 time. The 10 seconds off in the 500 earned Branden a 4th place finish and a really cool medal.

JohnPaul Hills swam at the meet on Saturday and competed in the Y State meet on Sunday. He swam the 50 Free and 100 Breast. Both were really close to his personal best.

Chase Ledsworth swam in the Y State meet on Saturday, and on Sunday hit JO's on the way home. Chase swam the 50 Breast in a personal best time. The cool thing is that Chase swam a personal best in the same event the day before at Y State! Chase's race was good for a 5th place finish and a

trip to the awards stand to get that cool JO medal.

Nice Job Guys!

Michigan Teams Dominate Great Lakes Zone Championship

MYST joined 95 other teams from Michigan, Kentucky, Ohio, Indiana and West Virginia. 1,417 athletes competed in the 3 day event held March 20-22, at Oakland University.

Our MYST team had 21 swimmers entered in the meet, competing in a total of 35 events. Coach Margie said "this was the best zone meet we've had in a long time" as swim after swim resulted in a personal best, and sometimes a MYST team record. Our swimmers had 30 out of 35 best times. The other five swims were just off their best times. No too shabby!

MYST swimmers captured 8 top 10 finishes and an additional 19 top 20 finishes leading the team to a 32nd place finish out of the 95 teams! Scores were also kept for each age group where the 11-12 Girls, led by Rachel Resterhouse took 20th place. The 13-14 Girls were led by Jaclyn Shetterly to a 8th place finish. The 13-14 boys were led to a 12th place finish by Isaac Oxendale.

The Michigan teams once again stole the show at Zones. The top six teams were from Michigan! Birmingham ran a way with the meet scoring 2749.5 points, which was 860 more points than the next team, Flint, followed by our West Michigan Conference champions the Rays in third place. Farmington, North Oakland, and Macomb, rounded out the top six.

We were very fortunate to have the meet held in Michigan this year and the hosts, Flint Falcons did an excellent job hosting a meet of this magnitude. All of the sessions ended on time or early and were basically drama free. Nice Job Flint!!

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The Great Lakes Zone

Championships are the highest level of YMCA competition that most of our swimmers will reach; the last stop before Nationals, so making it to this meet is a huge goal/accomplishment for a lot of our swimmers.

MYST swimmers competing in this years meet were: Samantha Hendrixon, Jordan Veldhouse, Makenzie Fairfield, John Hunt, AJ Sims, Erik Bleakley, JohnPaul Hills, Kyle Willson, Keith Otto, Tyler Otto, Hudson Noordyk, Eli Oxendale, Isaac Oxendale, Amber Herr, Rachel Resterhouse, Sarah Hunt, Marissa Bleakley, Breanna McCarthy, Carolyn Neville, and Jaclyn Shetterly. Tracy Lawrence qualified for the meet, but was unable to swim due to a wrestling injury.

Congratulations to the 2009 Zone Team!

Banner Bandit Strikes at Zones

MYST and Flint each had a banner stolen during the Zones weekend. Our new 5' x 7' hanging banner was taken at the hotel where MYST stayed. Fortunately, the banner that was taken is not our travel banner that has its own stand. Another 4' x 5' Speedo banner and another sign belonging to the Flint Falcons were taken from the pool deck at Oakland University. The Hilton is contacting all of the teams that were at the hotel for any information. Flint sent our team an apology for the poor judgment of the banner bandit(s).

Don't Buy that Racing Suit Just Yet!!

Planning on buying that new racing suit for your 10 or 12 year old? Don't do it just yet! USA swimming has passed a rule saying that all 12 and under swimmers cannot wear a suit that covers the neck, or extends over

the shoulders, or extends below the knees.

Since these special racing suits sell for well over \$150 each, opponents of the suits argue that parents are basically buying fractions of a second off of their own swimmers times, making it an unfair advantage over other swimmers that can't afford the these suits.

This new rule will take effect May 15th 2009. Swimmers with religious beliefs or an illness to particular lighting conditions are exempt from this ruling. Expect YMCA regulations to follow this rule at meets. More information can be found at USA Swimming. <http://www.usaswimming.org/USASW/eb/Rainbow/Documents/7fb90f14-81df-4977-98a8-028f96e4a2c5/Intepretation%20two%20suits%20-%20clarification.pdf>

Dates to remember:

- April 23 - Meeting for MYST summer swimming, 5:00 PM at the YMCA.
- April 28th – Summer Team Practices Begins at YMCA.
- May 12th - Parent Meeting, 6:30 YMCA
- June 15th - Parent Meeting, 6:30 YMCA
- July 18th – Swim with the Squid Open Water Challenge, at Camp Pentalouan.

Election Results - New Parent Board Starts May 12th.

The votes have been counted and here is the results the Parent Board Election:

President – Mike Resterhouse
V. Pres. – Ann Ledsworth
Treasurer – Andrew Sims
Fund Raising – Gary Oxendale
Meet Manager – OPEN
Awards & Recognition – Shari Ralston

The board will continue to meet during the summer in order to get things ready for fall.

Board members that served last season are encouraged to attend the May 12th meeting to aid in the transition process. The meetings are also open to all of the MYST parents.

Thanks to all of you that have served on last season's board. Each of you brought new ideas and talents to the team.

MYST Summer Team to Host Open Water Race

This summer MYST will be hosting an open water race to provide area age group swimmers the chance to try this style of swimming. This is the only event of its kind designed for age group swimmers. The Swim with the Squid Open Water Challenge will be held on July 18th at beautiful Camp Pentalouan on Big Blue Lake.

Most open water races consist of long distances like the mile, two miles, an even three miles. These longer distances deter a lot of age group swimmers from trying the open water. The "Squid" has its own unique format that should encourage experienced swimmers of all ages to try open water swimming. There will be a 200m race for 8 and under, a 400m for 10 and under, 800m race for 14 and under, and a 1500m for 18 and under swimmers. Having the "and under" for each event allows the younger swimmers, to choose his/her own challenge. All swimmers will receive an award for completing the challenge.

The race gets its name from a Pentalouan legend that tells the tale of a large squid named Chauncey that roams the depths of Big Blue Lake. He protects the lake and those that live there. He'll have an eye on you!

More race information will be on the MYST website soon.