

On Deck!

The Official News Letter of the Muskegon YMCA Swim Team

Volume-1, Issue -1••••December 14, 2008

Team Selects New Logo

And the winner is.....



All of the votes from swimmers and parents have been counted and we are pleased to announce that the team has selected a new logo. Look for the new logo on the team and pool banners that will be purchased soon.

MYST Mile Marathon Fundraiser is an All Night Event Again!

Our biggest annual fundraiser, the MYST Mile Marathon (formerly known as the Swim-A-Thon) will be held Saturday January 3, 2009 at the YMCA. The event will begin approximately 6 p.m. and will be an overnight lock-in for our older swimmers (11 and over) only. Swimmers 10 and younger will need to be picked up by 11p.m., unless their parents are present with them. Older swimmers staying overnight need to be picked up between 7-7:30 a.m., on January 4. We need plenty of adult chaperones to make this event run. Activities will include pool relays, games, movies, food, prizes etc.

Injury Prevention – As The Trainer Sees It.

My name is Michaelanne Hendrixon and I am an athletic trainer who has worked with thousands of athletes in various sports in our local area. I am also a Mom to one of the MYST swim team members with a concern in preventing shoulder injuries not only for my child but also for all MYST swimmers. I know too well the time involved in preparing an athlete for competition and in doing this properly. **See Prevention, page 2**

MYST Approves USA Swimming Team Membership.

At the December meeting, the Parent's Board approved the motion from the floor to become a registered USA Swimming Team. Over the years, MYST has participated in USA meets as UN-Attached, which basically means our swimmers competed as individuals, not for a team. Being a USA team has several benefits for the swimmers and the team. Here are just a few:

- The swimmers can compete on relays and score points for the team.
- A higher level of competition for swimmers.
- Swimmers have more events to choose from.
- Swimmers receive additional insurance while they are training, competing, and traveling.
- The team will have access to additional camps and training for swimmers and coaches.
- USA Swimming provides assistance with fund raising.
- The team will have access to more meets closer to Muskegon.

The team will continue to be a YMCA team and participate in Y dual meets and championships.

All MYST swimmers will need to be a registered member of USA swimming next year. The cost of a USA Swimming membership for next season will be \$55. This will be a separate cost in addition to the YMCA team fees. The team will do it's best to make sure the additional costs are not a burden to any family. MYST will have a specific fundraiser available before the season starts that each person can use to cover all fees including USA fees, YMCA fees, and swim suits.

USA Swimming also has an out reach program where families that receive

free/reduced lunches or food stamps can have their USA fees reduced to \$7/year.

For more information on USA Swimming visit the Michigan Swimming website and USA Swimming Website.

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

<http://www.usaswimming.org>

MYST Swimmers Record 91 Best Times at the MC Classic.

The MC Classic once again proved to be one of the top YMCA meets on the west side of the state. Over 600 swimmers from around the state participated in the meet. The highly competitive teams from Grand Rapids (RAYS), Flint (FLY), and Birmingham (BBD) always turn the level of competition up a notch which helps all swimmers improve their performance. Here's a list of MYST swimmers that had their personal best times.

GOOD JOB!!!!!!!!!!

Jared Bengston (8) 100IM, 50FR, 25FLY, 50 BK, & 25 BR.

Noah Bengston (10) 100FR, 50FLY, 50 BR, 50 BK, 100BR, 50FR.

Luke Bonner (11) 50BK, 50FR

Addison Council (9) 50BR & 50BK

Dustin Fett (17) 100FR

Riley Goff (5) 25BK & 25FR

Sailor Goff (7) 25FLY, 25BR & 25FR

Isabel Grace (9) 100IM & 50BR

Samantha Hedrixon (11) 100FR, 200FR, 50BK, & 50FR

Alex Hendrikson (8) 50FR & 25 BR

JonPaul Hills (13) 200IM

Jacob Hunt (16) 200FR

John Hunt (11) 500FR, 100FR, 100BK, 50BK & 100BR

Sarah Hunt (14) 200 FR

Hanna Lawrence (10) 100IM, 100FR, 200FR, 50BK

Chase Ledsworth (10) 50BK & 50FR

Charlotte Lee (10) 100IM, 50BR, 200FR, 100BR, & 50FR

Breanna McCarthy (13) 200IM & 200BR

Libby Miller (10) 50FLY, 50BR, 50BK, & 50FR



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Carolyn Neville (14) 200FR, 100BK, & 50FR
Brad Otto (17) 100FLY
Keith Otto (13) 100FR
Tyler Otto (13) 100FR
Eli Oxendale (12) 100FR
Mackenzie Ralston (9) 100FR
Rachel Resterhouse (12) 100FR, 50FLY, 100BK, 100FLY, 50BK,
Sarah Resterhouse (9) 100FR & 50BK
Jackie Seward (10) 100FR, 50FLY, 50BR, 200FR, & 50 FR
Noelle Seward (9) 50BR & 50BK
Jaclyn Shetterly (14) 500FR, 200FLY, 100BR, & 50 FR.
AJ Sims (12) 100FR, 50FLY, 50BR, & 50BK
Roxanne Strobel (13) 100BK
Emma Veldhouse (9) 50 FR
Jordan Veldhouse (12) 100BK


Dates to Remember

- **December 19** – X-Mas Party @ 6:30
- **January 3** - Mile-Marathon @ 6:00
- **January 10 & 11** –@ Flint Inv.
- **January 12** – Parent Meeting @ 6:30
- **January 16-18** @ Tropical Challenge (USA Swimmers) Sign up by 12/23
- **January 17** - @ Tri-Y, sign up by 1/10
- **January 20** – Team Pictures 4:00-6:00 @YMCA
- **January 24** - @ Ionia, sign up by 1/17
- **January 31** - @ G.R. Rays Sign up by 1/24

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.

This month we are recognizing several swimmers for trying events that most

swimmers in their age group


- **Jordan Veldhouse (12)** 200 IM
- **Jackie Seward (10)** 500 Free & 100 Fly
- **Noelle Seward (9)** 100 Fly
- **Sarah Resterhouse (9)** 200 Free
- **Hanna Carlson (9)** 200 Free
- **John Hunt (11)** 500 Free
- **Jared Bengston (8)** 100IM

STATE QUALIFIERS 2009 Through November

Olivia Brickley: 50 BK
Makenzie Fairfield : 50 FR, 100FR, 50BK, 50BR, 50FLY, & 100IM
Rachel Resterhouse: 50FR, 100FR, 200FR, 50BK, 50FLY, & 100IM
Jordan Veldhouse: 50BK
Sarah Hunt: 50FR, 100FR, 200FR, 100BK, 100FLY, & 200IM
Breanna McCarthy: 50FR, 100BK, & 100BR
Carolyn Neville: 50FR, 100FR, 200FR, & 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
Noah Bengston: 50BR
Hudson Noordyke: 50BK
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
Brad Otto: 50FR, 100FR, 200FR, 100FLY, & 200IM

Prevention (Continued)

Our coaches are doing a fantastic job preparing your athlete to swim with proper techniques in every stroke, every turn and lap. But there is only so much pool time to efficiently warm up, swim

and cool down. The pool time is only one phase of training for a competitive swimmer and with the repetitive motions of the shoulders in this sport it is recommended and absolutely necessary to supplement with injury prevention strengthening and stretching maintenance program for your athlete. The MYST parent committee has provided a link on the Y's website under MYST and swimmers links. Look for the injury prevention title and click on it. This site provides excellent stretches and strengthening exercises that your athlete can do year around. Make these exercises fun for the family. We have and the benefits are wonderful.

ZONES QUALIFIERS

2009 Through November
(Top swimmers in 5 states-Michigan, Ohio, Indiana, Kentucky, West Virginia)

Rachel Resterhouse: 50FLY & 100FLY
Sarah Hunt: 50FR
Carolyn Neville: 50FR & 100FR
Jaclyn Shetterly: 50FR, 100FR, 100BR, & 200IM
Isaac Oxendale: 50FR & 100FLY
Jacob Hunt: 50FR, 100FR, 100FR, 100BR, & 100FLY

NATIONAL QUALIFIERS - Through November

Jacob Hunt: 50FR & 100FLY