

O Pioneers! O Pioneers!

SATURDAY

Our group left Winston -Salem in high spirits to match the high temperatures, which followed up to Maryland. A few slow patches along I-95, but we arrived around 5 PM, then headed over to the TGIFriday's across the parking lot for the traditional arrival dinner. The traditional chicken fingers were ordered by 1/3 of the team, naturally.

SUNDAY

We slept in til 9AM and headed over to the University of Maryland pool for our first workout. The pool was relatively uncrowded which was a nice surprise, so we were able to do some productive swimming. This was followed by group lunch at Subway, and grocery shopping at the Safeway. As Coach John said, "this is a real life skills experience". Who knew TYDE swimmers are comparison and bargain shoppers! Coach Mike's GPS was stolen from his car on Saturday morning, so those of us in the van watched the bus turn right out of the parking lot instead of left-after some debate, we decided to let the bus know they were headed the wrong way.

We were all set to head back to the pool at 3:45 PM for workout and registration when a huge storm blew up- sideways rain and fierce howling winds. Power was knocked out to the hotel, but somehow remained on at U of Md College Park. We dodged trees, tree limbs, roof shingles and no stoplights and got registered and swam again. We saw some of Scott's friends- Ed Hughes & Jim Ryan, as well as the other NC teams: YWNC, YSST, CHY and YSSC Sea Cukes from SC.

Upon returning to the hotel after dinner, we were greeted with flashlights-no power. Early bedtime for all- no AC, TV, xbox or anything-just like the pioneers! The girls bravely ate a week's worth of ice cream so it wouldn't go to waste.

MONDAY

We got back to an earlier schedule, eating a limited breakfast in the dark at 7 AM, and headed to the pool at 8 AM to swim. We got word that power was restored mid morning, but many restaurants, our hotel, stoplights and of course many businesses are semi operational with phones, internet knocked out. 400,000 customers in the 2 counties and parts of DC lost power.

We will be heading back to the pool shortly to swim again, and cheer on our first swimmer, Genevieve Miller in the 1500 Free.

MONDAY continued

Genevieve had a great 1500 Free swim, scoring our first points with 6th place. She was only one second off her best time, swimming her first long course mile of the season. She will compete in this event again at the USA Junior National Championships in 2 weeks.

TUESDAY

TYDE swimmers started off strong on the first full day of competition. We were 11 for 15 best times, not counting Genevieve and Kelly Ann who will be swimming at USA Juniors and USA Seniors later in the month .

Best times were posted in the following events:

100 Back 3 for 3; Jessica, Chase and Christian.

400 Free: Tommy, Alex Fox and Christian

50 Breast: Sam

200 IM: Katie

50 Free: Katie, Tommy & Chris.

Savannah and Bailey both competed in the 50 Free. Savannah swam her best 50 of the season. Bailey, one of our 2 rookies had a very respectable effort, within 1 second of her best. It is hard to understand how intimidating a meet with over 1100 swimmers from around the east coast and midwest can be for a first timer, as well as adjusting to traveling and living with 16 other swimmers.

Notable: Tommy achieved 3 best times in one swim; 100 & 200 Free splits in the 400 Free; and Sam tied the combined WSY/TYDE team record in the 13-14 50 Breast- set by Noah Medwin at USRY 2 weeks ago.

Alex Fox was selected Male Swim of the Day for his 400 Free, and Katie earned Female honors for her 200 IM effort.

Also both 200 Medley relays beat their composite seed times by 1 second. Girls team was Jessica, Katie, Alex M and Kelly Ann; the Boy's team was Chase, Sam, Tommy and Chris.

Two swimmers competed in Finals tonight. Genevieve won the Consolation Final of the 400 Free, clocking less than a second off her personal best. Alex Marshall moved up from 15th to 12th and posted a personal best in the 50 Free. Congratulations to all swimmers who competed today!

Four random facts:

*It is always a pleasure to see the NC YMCA teams support each other- coaches and swimmers alike cheering for all NC swimmers-especially YSST, YWNC and CFAC. It is part of what makes" the Y" swimming special.

- * WE MISS TAYLOR A!
- * Someone needs to get Chris Healy a baking pan.
- * Hopefully someone captured the best YMCA song dancing at the Opening Ceremony Parade EVER and will post it on youtube, if it wasn't shown on swimnetwork...

WEDNESDAY

Fatigue from the early mornings and late nights started to show just a bit at Prelims. As Coach John said on the road up to Nats- "this meet is a marathon, not a sprint."

100 Fly: Alex Marshall started the morning off with a best time, while Anna Blair was only .2 off her best in a huge season best.

200 BR: Palmer had her first swim and was a little off, perhaps due to traveling from a family reunion, as was Sam racing his 5th 200 Breast since July 10, having also competed at JOs.

200 FR: Kelly Ann and Genevieve both had very solid prelim swims, qualifying for the A & C Finals. Anna Blair swam a season best. Tommy continued his streak with another best time.

400 Free Relay: the team of Alex 100.8, Kelly Ann 101.9, Anna Blair 101.8 and Genevieve 101.1 put up a fast 4:05 to qualify for B Finals. The Boy's team was equally impressive, posting our best time in a few years 3:50.13: Tommy 57.8, Chris 57.3, Chase 58.5 and Christian 56.5.

At Finals, Genevieve came back with a drop to 2:10.64 from Prelims. Kelly Ann finished 8th.

The Girl's 400 Free Relay finished an impressive 11th, dropping another second in a time (4:04.03) that would have placed in the top 8- next year, ladies! Splits were all faster: Alex 1:00.5, Katie 1:01.8, Anna Blair 1:01.0, Genevieve 1:00.6

Both 400 Free Relays featuring 9 swimmers were the "Swims of the Day."

THURSDAY

WOW!!!!!!

We will have a combined team score (Boys and Girls) for the first time in years as

Alex Fox dropped 4 seconds to place 14th in the 400 IM in our first swim of the morning. He moved up 11 spots from his seed, and split a best time in the 100 Fly, too.

100 Free: Excitement from Alex's swim carried over to this event. Anna Blair, Katie and Tommy all posted best times. Alex Marshall was just off her best, and will swim again tonight in the C Final. Chris had a bumpy ride, but still had a solid time, about 1 second off.

200 Back: not our best event, with only Christian posting a personal best.

50 Fly: 5 of 6 best times: Anna Blair, Katie, Alex M, Thomas and Sam.

800 Free Relay: Our girls swim tonight, while the boys (Alex, Tommy, Chase and Christian) combined for one of their better group efforts in the past few years.

A little rain and rumbling; hope we don't get storm delayed tonight.

THURSDAY continued

Finals went off without a hitch.

Alex improved his 400 IM time to a slightly faster 4:51.71 for 15th place. Alex Marshall was 19th in the 100 Free, moving up several spots to 19th, with a season best of 1:00.46.

Our girl's 800 Free Relay finished 13th. We aim to improve our performance next year.

Guys Swim of the Day: Alex Fox, getting us on the Combined Score list!

Girls Swim of the Day: Tie Katie and Anna Blair in the 100 Free.

FRIDAY

The final day of competition began with the 200 Free Relay. The girl's team, was maybe a little sluggish overall but managed to earn a second swim, finishing 14th.

According to Head Men's Coach Kita Healy this was a focus event for the Men's squad. All 4 members turned in outstanding splits: Chris 26.02, Tommy 25.99, Chase 26.02 and Christian 25.37, but a second swim was not to be. A great effort though!

200 Fly: Um, let's say we were 5 for 5 good 150s Fly!

50 Back: Best times for Anna and Jessica, with boys very close to their times.

100 Breast: outstanding 1:19.19 for Palmer, big drop.

400 Medley Relay: girls team was Kelly Ann, Palmer, Anna Blair and Alex. Some general fatigue showing, another great 100 Breast from Palmer, although there was a pad malfunction on KAB's finish.

Guys: Christian, Sam, Alex and Tommy. 2 solid legs, followed by 2 great ones from Alex and Tommy, nice job, men!

800 Free: Alex was our last individual swim of the meet. We had high hopes on the heels of his fantastic 400 Free, but it was not to be. Nice job within 5 seconds of his best though.

Finals: Girl's 200 Free Relay; Another slight malfunction on the touch pad, but by watch/scoreboard times the relay was 1 second faster, and we believe all the girls went faster with splits: Katie 27.9, Anna Blair 28.2, G 28.4 and Alex 27.6. The team finished in 13th place, same as our 800 Free relay. All 4 girls will return next year....Nice finish to the meet.

Guy's Swim of the Day: 200 Free Relay

Girls' Swim of the Day: Palmer 100 Breast, Honorable Mention to Anna and Jess, 50 Back

Swim of the Meet: ALEX "BIG POPPA" FOX 400 IM

The Team Meeting concluded with Mike's presentation of the new practice groups for the fall.

Following the traditional last night dinner of pizza and ice cream, it was on to the traditional later curfew, no sleep finale of xbox, pajama parties, movies and the girl's Secret Psych Reveal.

SATURDAY

The trip home was uneventful, with a lot of stop and go traffic around the Boy Scout Jamboree, Kings Dominion and I-64 to Virginia Beach. We finally got our Chick Fil A lunch, and despite hitting some I-95 style stop and go the last few miles into Winston, made our ETA safely in the rain. Thanks to Steve Frazelle for pinch hit driving!

PERFORMANCE RECAP

Kelly Ann and Genevieve: solid swims all week, they will be wrapping up their seasons at USA Senior & Junior Nationals, respectively, in Irvine California. Follow the action on swimnetwork via our link.

Bailey & Savannah; Tough gig, one swim for the meet, 50 Free on Day One. Both girls posted solid times, if not best times. Coaches (and teammates) appreciated their support, smiling faces, and especially cooperation in continuing to work out all week, at both Prelims & Finals, nice job, ladies!

Best Times:

Palmer 100 Breast,;400 medley split

Anna 50 Back

Anna Blair 50 Fly,100 Free; 200 & 400 Free Relay splits

Jessica 50,100 Back

Marsh 50 Fly,100 Fly, 50 Free; 200 Medley relay split

Katie 50, 100 Free, 50 Fly, 200 IM; 200 Medley, 200 & 400 Free Relay splits

Thomas 50 Fly

Sam 50 Breast, 50 Fly; 200 Medley relay split

Alex 400 Free, 400 IM (100 Fly split) ; 400 Med relay split

Chase 50,100 Back ;200 Free, 200 Medley relay splits

Chris 50 Free; 200 & 400 Free relay splits

Tommy 50, 100,200, 400 Free ; 200 & 400 Free, 200 & 400 Medley relay splits

Christian 50, 100, 200 Back, 400 Free; 200 & 400 Free relay splits

WRAP UP THOUGHTS

WHAT DID WE LEARN: Remember Coach Mike's "Last Comic Standing" riff re; warm-up,rest, anatomy at the TYDE Hallway Campground on Friday. Entertainingly delivered, but many good scientific and psychological tips to keep in mind for the future. In the same vein, remember how you felt this week-inspired to do better next year- make sure you follow thru beginning in September concerning practice attendance and effort, other commitments, so you will proud and satisfied next spring in Ft Lauderdale, and next summer at Georgia Tech.

What a nice drama free week! As Scott says, we do have a few "DQs" but no warfare at ALL.

Thanks to Scott who kept up a steady stream of encouraging phone calls, emails, Facebook messages, Skype calls and smoke signals to the coaches and swimmers all week. Bringing you a goodie bag from your YMCA Swimming friends who miss you.

The new group meeting gave us all much to think about. I am excited by the passion of the swimmers who were eager to give their input for the upcoming season.

Thanks to the girls who took a leadership in different ways this week-the traditional AB, AC and KAB as well as Katie who stepped it up. It was noticed and appreciated. Not sure what the boys do in their "locker room office", but they all seemed to be enjoying each others company, actually cheering or at least "observing" each other's swims as well.Keep it up!

Bittersweet watching Jessica, Curtis and KAB swim for TYDE for the last time, you will be missed.

Missed my secret psych at the reveal....

And thanks to the guys of the MW van who helped me reconnect with my inner adolescent male...or something. Go John Wall & Dane Cook!