



The RSA Wahoo

“Celebrating a half-century of swimming...A lifetime of success!”

vol. 2010 / issue 11

July 8, 2010

RSA has achieved USS Level I Club Recognition!

Raleigh Swim Association's mission is to provide a healthy and safe environment which fosters athletic excellence, positive self-esteem, teamwork, and self-discipline while providing experiences that enable athletes to acquire a foundation of skills for lifelong achievement.

www.swimrsa.org

In this Issue:

1. Sizzle Results **NEW!**
2. RSA 28th in the Country
3. Upcoming Events **NEW!**
4. 2010-2011 Registration Information **NEW!**
5. RSA Names NEW Head AG Coach! **NEW!**
6. Practice Schedule
7. Newsletter Requests
8. JO Qualifier Info **NEW!**
9. THS Meet Info **NEW!**
10. Tip: “Swimmer-Coach-Parent” **NEW!**
11. Coach Contact Info

RSA Sizzles!

To beat the heat outside, RSA swimmers participated in a swim meet inside June 26th & June 27th. Aptly named, the “Summer Sizzle”, due to the latest heat wave but also because the swimmers on RSA have been “sizzlin” recently! Yet another meet, during this 50th year anniversary, in which RSA swimmers roasted up new RSA Top 10 times, personal best times and a whisper of accomplishments to come!

Below are some highlights from last weekend’s meet:

Congratulations to the following 109 swimmers for swimming to a Current RSA Top 10 Time!: (Throughout the season athletes can see how they fare within the club, by visiting swimrsa.org and the Top 10 Times & RSA Records section).

Vivian Guo, Corina Smith, Maralee Joyner, Ana Johnson, Katie Asbill, Melody Wen, Melissa Kong, Kate Moore, Nicole Webb, Charlotte Watts, Ashling Murphy, Emily Wen, Olivia Carter, Morgan Harr, Savannah Laino, Vivian Wei, Alexandra Roberts, Melissa Ortega, Kristen Quint, Katie Godlewski, Lindsay Ann Hatt, Olivia Hair, Kate R. Moore, Julia Poole, Sophie Lindem, Hannah Day, Leigh DeForest, Libby Pelt, Julianne Strickland, Emma Williams, Rachel Hatt, Rachel Shaw, Bethany Martin, Hannah Moore, Erica Hoff, Victoria Tschoke, Carly Catella, Emily Castelloe, Gillian Fortier, Elaine Siemek, Sarah E. Henry, Marisa Martinez, Jessie Godlewski, Henriette Stenkvist, Kristin Connors, Tessa Pena, Brennan Textor, Kendall Pena, Torie Belle Pena, Claire Nobles, Torrey Bussey, Karina Ortega, Sam Heeley, Michael Moore, Jack Todd, Benjamin Wu, Eric Zhang, Ross Bowen, Max Su, Grayson Hall, Brian Thompson, Leo Cheng, Sam Zhu, Michael Laino, Tom Hubbard, Tyler Masie, Nathan Pelt, Anthony Wang, Michael Ivy, Bennett Otten, Will Nash, Ryan Moore, Noah Diacumakos, Benjamin Glukh, Gregory Hall, Aaron Thompson, Douglas Smith, Andrew Joyner, Colin Catella, Daniel Wang, David Zordich, Will Ritchie, Jackson Richards, Yujian Tang, Jon Roach, Jamison Hauser, Kai Wombacher, Bruce Yang, Christopher Daniels, Tad Spence, Gavin McCulloch, Alexander Rivera, Seth Maslowski, Michael Todd, Andy Lamb, Henry Roach, Dylan Kab, Logan Harrison, Jose Chavez, Wesley Sigmon, Matt Wallace, Ryan Cade, Sawyer Dove, Ben Mayes, Neville Cross, Mitch DeForest, Andrew Henry, Chris Barfield and Patch D’Alessio!

Congratulations to the following 30 swimmers for swimming to 100% Best Times!: (These swimmers achieved a Personal Best Time in every event they entered last weekend swimming for RSA).

Leo Cheng, Eugene Glukh, Vivian Guo, Olivia Hair, Jamison Hauser, Sam Heeley,

REGISTER with RSA for the 2010-2011 Season NOW!!!



(See links below)



Sarah Henry, Jordan Jahja, Maralee Joyner, Karin Kartawira, Melissa Kong, Bethany Martin, Ryan Moore, Nathan Pelt, Alexandra Roberts, Tad Spence, Yujian Tang, Laura Traugot, Anthony Wang, Daniel Wang, Grace Washburn, Ben Watts, Charlotte Watts, Vivian Wei, Emma Williams, Kai Wombacher, Grace Xiong, Eric Zhang, Eric Zheng and Sam Zhu!

Congratulations to the following 119 swimmers for swimming a Personal

Best Time!: (These swimmers achieved a Personal Best Time last weekend swimming for RSA).

Katie Asbill, Chris Barfield, Stephanie Bartlett, Grace Bowen, Ross Bowen, Ryan Cade, Stephanie Calleja, Hannah Caron, Olivia Carter, Emily Castelloe, Carly Catella, Colin Catella, Kevin Chen, Teresa Chen, Mary Comis, Kristin Connors, Ashley Cooke, Sydney Cooke, Neville Cross, Patch D'Alessio, Christopher Daniels, Hannah Day, Ryan Day, Leigh DeForest, Mitch DeForest, Alex Diacumakos, Noah Diacumakos, Michael Dickey, Sawyer Dove, Zachary Edwards, Gillian Fortier, Lindsey Giglio, Benjamin Glukh, Katie Godlewski, Casey Goodwin, Grayson Hall, Gregory Hall, Melissa Hamrick, Logan Harrison, Morgan Harr, Lindsay Ann Hatt, Rachel Hatt, Lexie Heeley, Andrew Henry, Erica Hoff, Tom Hubbard, Timothy Hunn. Michael Ivy, Abby Johnson, Ana Johnson, Andrew Joyner, Dylan Kab, Veda Kruska, Emily Kustka, Michael Laino, Savannah Laino, Andy Lamb, Sophie Lindem, Ashley Little, Maddie Marshallsea, Rachel Marston, Marisa Martinez, Tyler Masie, Seth Maslowski, Ben Mayes, Brendan McBennett, Gavin McCulloch, Hannah Moore, Kate Moore, Kate R. Moore, Michael Moore, Ashling Murphy, Sammie Myers, Will Nash, Claire Nobles, Karina Ortega, Melissa Ortega, Bennett Otten, Megan Owens, Miranda Parker, Sarah Parker, Libby Pelt, Kendall Pena, Torie Belle Pena, Kamron Phillips, Ashley Pickard, Julia Poole, Kristen Quint, Jackson Richards, Meredith Richards, Will Ritchie, Alexander Rivera, Henry Roach, Jon Roach, Rachel Shaw, Elaine Siemek, Wesley Sigmon, Corina Smith, Douglas Smith, Julianne Strickland, Max Su, Brennan Textor, Aaron Thompson, Brian Thompson, Jack Todd, Michael Todd, Victoria Tschoke, Danielle Walko, Matt Wallace, Nicole Webb, Emily Wen, Melody Wen, Maddie Witzke, Raynee Wombacher, Sierra Wombacher, Benjamin Wu, Alyssa Wurst, Bruce Yang and David Zordich!

"Ride This Heat Wave Through Championship Season RSA Swimmers!"

USA Swimming's Virtual Club Championships has ranked RSA in 28th place in the Country this past short course season (out of 2,500 teams ranked); the 2nd highest ranked team in North Carolina and the top team in the Triangle!



Upcoming Events

JO Qualifier Starts Tomorrow!

14&U Swimmers Travel to Charlotte Next weekend for the NCS Age Group Champs!

| | |
|----------------------|--|
| July 9-11 | JO Qualifier (Optimist) |
| July 15-18 | NC AG Championships (Charlotte) |
| July 22-25 | NC Senior Championships (TAC) |
| July 30-Aug 1 | Tar Heel States (TAC) |

Register Now for the 2010- 2011 Season



2010-2011 Registration
Information is available on
the RSA Website at:
<http://swimrsa.org/Port>

You can begin your online
registration at:

<http://www.teamunify.com/MemReg>

Note to returning RSA

members: An email was sent to the email address on record where you receive your monthly invoice. In this email, login and password information for online registration is provided. Once you begin the registration process, please click on the "Register Now" option and then choose: "I am NOT currently signed in but I already have an Account on this team" From here, you will enter the password you received in the email.

Please follow this procedure in order to prevent duplicate accounts from being created. Thank you!

RSA Names New Head Age Group Coach!

RSA is thrilled to welcome Raz Cuparencu as our new Head Age-group Coach.

Coach Raz will be in town next weekend (July 16-18) and will begin full-time duties on August 16th.

Coach Raz comes to RSA from Indianapolis. He has been the Head Age-group coach and Assistant Head Coach of the Brownsburg Swim Club since the fall of 2007. Prior to Brownsburg Raz worked four years with the Terre Haute Torpedos. He has produced multiple top-16 swims, numerous Central Zone qualifiers, and an Open Water state champion.

Coach Raz swam at Slippery Rock University in Pennsylvania and was a member of the Romanian Junior National Team as a teenager.

Coach Raz will oversee the 12&under athletes at RSA. We are still finalizing exact lead coaching duties, but anticipate Raz will lead at least two RSA groups while working with all the 12&unders at RSA.

Raz was married to Samantha in April of 2010 and they are excited to move to the area!

Welcome!

Practice Schedule

The current week's practice schedule will be posted on the RSA website here only:

<http://swimrsa.org/PracticeSched>

Newsletter Requests:

If you have something you would like added to the next newsletter please send requests to newsletter@swimrsa.org

JO Qualifier Info

The JO Qualifier meet at Optimist starts Friday, July 9.

Here is updated meet information for the weekend:

Optimist Park Pool:
5902 Whittier Drive
Raleigh, NC 27609

Warm-up Times

1. Warm ups: Warm ups are as follows:
13&Over Session: Friday-Sunday: 7:30AM
Warm-up and 8:30AM Start
11-12 Session: Friday and Saturday 12:30 pm
Meet Start: 1:30pm
11-12 Session: Sunday: 7:30Am Warm-up and
8:30AM Start
10-under Session: Friday and Saturday 4:30pm
Meet Start: 5:15pm

2. Parking: Parking in the Main Lot at Optimist will be for Meet Officials and Coaches- please show your badge and you will receive a pass from the Police Officer. The lot is also for MOR Meet Personnel-

Parents can drop off swimmers in the lot but then are asked to leave the parking lot. IF ANYONE parks on Whittier Drive they WILL BE TOWED!!! People can park on Northclift Drive as long as they do not block driveways. The other great parking place is to go all the way down Northclift to North Hills Drive- turn left and left onto Dixon. Second driveway is for Sanderson High School. Go back and park by tennis courts and your walk is about 2 minutes.

3. There will be NO CHAIRS ON DECK OTHER THAN FOR COACHES. All spectators must sit outside under team tents or their own. There are bleachers as well for spectators.

4. Coolers: We have not been able to obtain a list of vendors that the City Of Raleigh approves for a number of meets now. There will be Kona Ice present, but bring a cooler of goodies!

5. There will be T-shirts on sale, Kast A Way, Kona Ice and another special vendor by the Heat Sheet Table.

6. Please do not block the fans: There will be fans on deck to help the flow of air in the clam shell. Do not to stand in front or to block them.

7. At the conclusion of the meet make sure our TEAM area is clean and free of trash on the ground.

Tar Heel States Meet Information

July 30-Aug 1 at TAC

Meet Info:

<http://swimrsa.org/Portals/12/Meets/>

About The Meet:

This meet is an Age Group/ Senior Meet.

Eligibility:

This meet is open to all swimmers. There are no cut times for this meet. All 10& Under swimmers are limited to 9 (nine) events for the meet and no more than 5 (five) events per day. All 11 & Up swimmers are limited to 9 (nine) events for the meet and no more than 3 (three) events per day.

Format:

All 10& Under swimmers, 11-12 events, the Senior 400IM, 400 Free, 800 Free, and all relay events are time final events. All other Senior/13-14 events will be conducted on a preliminary/finals basis. These events will be swum 13-14 and Senior swimmers seeded together in prelims. At finals, we will swim A&B finals for Seniors followed by A&B finals for 13-14s. Positive check-in will be required for prelims of the 400IM, 400 Free, 1500 Free and all relay events. Swimmers participating in the 400 Free or 1500 Free must provide their own timer and person to count laps.

Scratches:

The North Carolina Scratch rule will be in effect. (NCS Swimming Part 2 205.3)

Warm-Ups for This Meet (Subject to Change):

Friday: 3:30PM

Saturday: 13 & Over Preliminaries- 7:00AM

Saturday: 13 & Over Finals- 5:00PM

Saturday: 12 & Under Timed Finals- Noon
Sunday: 13 & Over Preliminaries- 7:00AM

Sunday: 13 & Over Finals- 4:30PM

Sunday: 12 & Under Timed Finals- Noon

The Entry Deadline for this meet will be

Thursday, July 8th.

Remember: As a meet entry back-up, RSA provides a meet entry E-mail address: meetentries@swimrsa.org. This E-mail address is a redundant address to help insure accuracy in meet entries. It is an impersonal address – please don't expect more than a simple response from this address. We expect meet communication to go through lead coaches.

Tip-of-the-Week: “Swimmer-Parent-Coach”

BY DR. ALAN GOLDBERG, PHD, SPORT PSYCHOLOGIST

“I'm so nervous. Oh my god, I can't wait for this event to be over! If I don't get a good time, I'm going to hear about it all the way home! Every time I swim slow, I have to go through the ringer with my dad (mom) and listen to everything I did wrong. According to them I don't work hard enough, my turns suck, and I fool around too much. They always make me feel awful after bad races, like they're disappointed in me. It makes me hate swimming.”

A lot of swimmers get a bad case of performance anxiety pre-race which saps their confidence, tightens their muscles and drains the fun right out of the sport. Oftentimes, underlying these pre-race jitters is the powerful worry that unless they produce, mom and dad will be very angry and disappointed.

When a parent responds to your bad swims with their anger, disapproval and criticism, we can assume that most of the time, their heart is in the right place. They're simply trying to be helpful and want you to do well. Unfortunately, this is not their role on the team, and they need to know that their trying to be helpful in this way may actually be causing you to swim slower.

Why?

In order to swim your best, you must be loose, relaxed, excited and having fun pre-race. If you're worried about disappointing your parents, then you'll be too nervous, distracted and physically tight to swim well. Your parents need to understand that if they really want you to go fast, then their role on the team must be to help you stay calm and have fun.

They can do this in two ways:

First, by being your “best fan.” Parents need to be emotionally supportive and positive with you, to pick you up when you're down, to help you feel happier and better about yourself, especially after a bad swim.

Second, by not coaching. Coaching is the one parent mistake that will cause serious unhappiness in your house and performance problems in the pool. Coaching involves critiquing your practices and races, pushing you to work harder, trying to motivate you, focusing you on beating other swimmers or achieving certain times, offering pre-race strategy and technique advice, etc.

Have a conversation with your parents today and tell them that when they act like your coach and get angry and frustrated when you go slowly, they aren't being supportive, and this will never help you relax, have fun and swim faster. Instead, coach them as to exactly what you need from them before and after your races. Help them understand what, if anything, they could say pre-meet that would help you relax and have fun. Tell them what you most need from them after a disappointing swim or meet. Remind them that they have to play the right role on the team for you to be successful.

TAC Website

TAC's website is regularly updated with a calendar showing all activities going on at TAC. There are also meet results posted in real time during meets.

Check out the site at:
<http://www.triangleaquatics>

RSA Coach Contact Information:

Kit Raulerson: kit.raulerson@swimrsa.org

Dan Ohm: dan.ohm@swimrsa.org

Jason Foster: jason.foster@swimrsa.org

Rob Norman: rob.norman@swimrsa.org

Andrew DeSorbo: andrew.desorbo@swimrsa.org

RSA Office Address:

**Raleigh Swimming
Association,
6300 Chapel Hill Road, Suite
110
Raleigh, NC 27607**

Copyright © 2010