



The RSA Wahoo

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

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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

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NEW!
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NEW!
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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!

RSA Completes a Trifecta of Great Meets Last Weekend!

RSA swimmers participated in three different meets all over the country (Raleigh, Charlotte and Cincinnati) last weekend!

Not only did RSA parents volunteer and 170 RSA Swimmers compete at our annual hosted Good Stuff Long Course swim meet last weekend, Coach Kit traveled just down the road to Charlotte with a small But MIGHTY group of Senior athletes to participate at the Charlotte Grand Prix and RSA was even represented in Cincinnati during the 7th Annual GTAC Disability Open!

The Good Stuff Meet was highlighted by having an outstanding number of swimmers swimming to 100% Best Times (63 Swimmers!); the Charlotte Grand Prix was led by Jesse Godlewski's 1st Senior National Cut/RSA Team Record in the 200 Fly (Congrats Jesse!) Henriette Stenkvis and Sarah Henry also earned finals swims in numerous events. Mitch Deforest and Andrew Henry performed well and intend to use the experience to motivate them to get into the finals heats next year and also to bring more of their teammates to the meet in 2011. Tucker Dupree represented RSA very well at the GTAC Open in Cincinnati by winning every single one of his races!

Below are some highlights from last weekend's meet:

Congratulations to the following swimmers for breaking 4 RSA Team Records!:

Jesse Godlewski in the Women's 15-16 200 Meter Butterfly: 2:16.80 and the Women's OPEN 200 Meter Butterfly: 2:16.80!

Sarah M. Henry in the Women's 17-18 400 Meter IM: 4:58.32!

Victoria Tschoke, Jordyn Barham, Hannah Moore and Rachel Hatt in the Women's 13-14 200 Medley Relay: 2:10.15!

Congratulations to the following 155 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).



Melody Wen, Ana Johnson, Corina Smith, Harley VanLuvender, Melissa Kong, Josie Dunphy, Katie Asbill, Karen Li, Anna Cheng, Rebecca Ssengonzi, Olivia Carter, Savannah Laino, Ashling Murphy, Sonoma Dixon, Charlotte Watts, Sarah Pilecki, Vivian Wei, Alexandra Roberts, Emily Wen, Emily Grimm, Nicole Walko, Grace Bowen, Karin Kartawira, Stephanie Ding, Katie Godlewski, Sophie Lindem, Kristen Quint, Lindsay Ann Hatt, Julia Poole, Alex Diacumakos, Sierra Wombacher, Hannah Day, Melissa Ortega, Erica Hoff, Raynee Wombacher, Olivia Hair, Kate R. Moore, Grace Xiong, Melissa Hamrick, Stephanie Bartlett, Ashley Little, Victoria Tschoke, Rachel Shaw, Rachel Hatt, Megan Owens, Jordyn Barham, Emma Williams, Carly Catella, Emily Castelloe, Elaine Siemek, Danielle Walko, Leigh DeForest, Hannah Moore, Libby Pelt, Amanda Cook, Nickie Cook, Julianne Strickland, Danielle Walko, Miranda Parker, Jennifer Li, Lexie Heeley, Mary Comis, Casey Goodwin, Erika Klein, Sami Schneider, Gillian Fortier, Claire Nobles, Tessa Pena, Sarah E. Henry, Marisa Martinez, Kb Burnette, Kristin Connors, Nina Mascia, Lindsey Giglio, Kendall Pena, Abby Johnson, Henriette Stenkvist, Sarah M. Henry, Brennan Textor, Victoria Bell, Georgia Van De Zande, Maddie Marshallsea, M.J. Densmore, Emily Facchine, Meredith Richards, Stephanie Calleja, Torrey Bussey, Torie Belle Pena, Jesse Godlewski, Michael Moore, Brian Thompson, Jesse Ssengonzi, Jack Todd, Michael Ivy, Dylan Georges, Benjamin Wu, Ross Bowen, Anthony Wang, Daniel Wu, Michael Laino, Bennett Otten, Nathan Pelt, Tyler Masie, Zachary Edwards, Daniel Shen, Timotius Oentung, Aaron Thompson, Gabriel Bouslov, Alex Xiong, Jethro Ssengonzi, Will Ritchie, Thomas Bell, Colin Catella, Trevor Hair, Matthew Asbill, Simon Li, Gregory Hall, Yash Advani, Andrew Joyner, David Zordich, Douglas Smith, Daniel Wang, Jai Advani, Tad Spence, Kai Wombacher, Jamison Hauser, Kyle Higgins, Connor Davidson, Gavin McCulloch, Jon Roach, Seth Maslowski, Jackson Richards, Bruce Yang, Michael Todd, Ryan Day, Andy Lamb, Dylan Kab, Bailey Maloney, Chris Barfield, Wesley Sigmon, Neville Cross, Sawyer Dove, Logan Harrison, Henry Roach, Matt Wallace, Jose Chavez, Dennis Gurel, Ryan Cade, Matthew Newland, Michael Dickey, Alex Matthews, Patch D'Alessio, Andrew Henry, Timothy Hunn and Ben Mayes!

Upcoming Events

June 5	NC Open Water Champs (Pinhurst)
June 11-13	Cap City (TAC)
June 20	Distance Day (TAC)
June 26-27	RSA Summer Sizzle (TAC)

Congratulations to the following 63 swimmers for swimming to 100% Best Times!: (These swimmers achieved a Personal Best Time in every event they entered last weekend swimming for RSA).

Katie Asbill, Matthew Asbill, Jordyn Barham, Stephanie Bartlett, Olivia Carter, Carly Catella, Colin Catella, Anna Cheng, Amanda Cook, Christopher Daniels, Connor Davidson, Hannah Day, Alex Diacumakos, Stephanie Ding, Sonoma Dixon, Sawyer Dove, Josie Dunphy, Katie Godlewski, Olivia Hair, Trevor Hair, Gregory Hall, Lindsay Ann Hatt, Jamison Hauser, Brooke Hugo, Andrew Joyner, Erika Klein, Michael Laino, Savannah Laino, Sophie Lindem, Simon Li, Maddie Marshallsea, Brendan McBennett, Gavin McCulloch, Karina Ortega, Melissa Ortega, Joseph Paulson, Nathan Pelt, Sarah Pilecki, Kristen Quint, Will Ritchie, Jon Roach, Sami Schneider, Tad Spence, Jesse Ssengonzi, Jethro Ssengonzi, Rebecca Ssengonzi, Aaron Thompson, Brian Thompson, Jack Todd, Laura Traugot, Danielle Walko, Nicole Walko, Anthony Wang, Charlotte Watts, Emily Wen, Melody Wen, Sierra Wombacher, Benjamin Wu, Daniel Wu, Alyssa Wurst, Grace Xiong and David Zordich!

Congratulations to the following 97 swimmers for swimming a Personal Best Time!: (These swimmers achieved a Personal Best Time last weekend swimming for RSA).

Jai Advani, Yash Advani, Chris Barfield, Thomas Bell, Victoria Bell, Gabriel Bouslov, Grace Bowen, Ross Bowen, Kb Burnette, Stephanie Calleja, Emily Castelloe, Jose Chavez, Mary Comis, Kristin Connors, Ashley Cooke, Sydney Cooke, Nickie Cook, Neville Cross, Patch D'Alessio, Ryan Day, Leigh DeForest, Mitch DeForest, M.J.

Densmore, Sawyer Dixon, Zachary Edwards, Emily Facchine, Gillian Fortier, Dylan Georges, Lindsey Giglio, Jesse Godlewski, Casey Goodwin, Emily Grimm, Grayson Hall, Melissa Hamrick, Logan Harrison, Rachel Hatt, Lexie Heeley, Sam Heeley, Sarah Henry, Kyle Higgins, Erica Hoff, Tom Hubbard, Timothy Hunn, Michael Ivy, Ana Johnson, Dylan Kab, Karin Kartawira, Melissa Kong, Veda Kruska, Jennifer Li, Karen Li, Ashley Little, Bailey Maloney, Nina Mascia, Tyler Masie, Seth Maslowski, Alex Matthews, Olivia Matthews, Taylor McGee, Hannah Moore, Kate R. Moore, Michael Moore, Ashling Murphy, Matthew Newland, Claire Nobles, Timotius Oentung, Megan Owens, Miranda Parker, Sarah Parker, Ishan Patel, Kendall Pena, Tessa Pena, Torie Belle Pena, Julia Poole, Jackson Richards, Alexandra Roberts, Rachel Shaw, Daniel Shen, Elaine Siemek, Wesley Sigmon, Corina Smith, Douglas Smith, Julianne Strickland, Max Su, Michael Todd, Victoria Tschoke, Georgia Van De Zande, Harley VanLuvender, Matt Wallace, Ben Watts, Vivian Wei, Emma Williams, Maddie Witzke, Kai Wombacher, Raynee Wombacher, Alex Xiong and Bruce Yang!

Practice Schedule

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

<http://swimrsa.org/PracticeSchedule>

The current week schedule is always available on the RSA website.

Newsletter Requests:

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

*****PLEASE Check this Weekend's Schedule Closely as there are a number of time and LOCATION changes.**

Open Water Champs Information

June 5 in Pinhurst

Meet Info:

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

RSA Preliminary Entries:

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

RSA Distance Day Meet Information

June 20 at TAC

Meet Info:

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

Cap City Meet Information

June 11-13 at TAC

Meet Info:

<http://swimrsa.org/Portals/12/Meets/2009-2010/Cap%20City>

On Friday, June 11th thru Sunday, June 13th WAVE is hosting the 30th Annual 2010 Capital City Invitational

Swim Meet at TAC!

This meet will be an Age Group/Senior "A" meet with Prelims/Finals long course competition for 13-14 & Senior athletes and Timed Finals long course competition for 12 and Under athletes.

Eligibility:

All participating athletes must have achieved at least one "A" time in their age group and must have achieved at least a "BB" time in each event entered.

Meet Entries:

All 13-14 and Senior swimmers are limited to 3 individual events per day.

All 12 & Under swimmers are limited to 4 individual events per day unless they chose to enter a Senior event. In this case, a limit of 3 individual events on that day may be entered.

All swimmers may only enter a total of 9 individual events for the meet.

Prelim/Finals for 13 & O (A & B Final = Top 16): The fastest heat of both 13-14 & Senior 400 Free and 400 IMs will be swum at evening finals. The fastest heat of 1500 Freestyles for both men and women will compete during the evening finals session.

In all of the 400 events swimmers must provide a timer and in the 1500 swimmers must provide a timer and a counter. All of these events will be swum fastest to slowest alternating girls and then boys. Meet management reserves the right to limit the number of entries.

Order Of Events:

Friday:

13-14/Senior: 200 Free, 100 Breast, 50 Back, 100 Fly, 400 IM and 400 Free Relay

12 & U: 200 Free, 100 Breast, 100 Fly and 200 Free Relay

Saturday:

13-14/Senior: 200 Fly, 100 Back, 50 Free, 50 Fly, 200 Breast, 400 Free and 400 Medley Relay

12 & U: 50 Fly, 50 Free, 100 Back, 400 Free and 200 Medley Relay

Sunday:

13-14/Senior: 100 Free, 200 Back, 50 Breast, 200 IM and 1500 Free

12 & U: 100 Free, 50 Back, 50 Breast and 200 IM

Meet Entry Deadline:

This meet's entry deadline will be Monday, May 24th, 2010.

Warm-Ups:

(Subject To Change)

Friday, Saturday and Sunday 13-14/Senior Prelims:

6:45-7:50 am

Friday and Saturday 10&U/11-12 Timed Finals:

1:00-1:50 pm

Sunday 10&U/11-12 Timed Finals:

Not Before 1:30 pm

Friday, Saturday and Sunday Evening Finals:

5:00-5:50 pm

Tip-of-the-Week: "It's All in the Water"

BY USA Swimming Team Physician Dr. Jim Miller.

Dr. Miller, who also writes a monthly health column for the USA Swimming newsletter, offers advice on staying properly hydrated.

While most tennis players, soccer players and runners know the importance of hydration, swimmers frequently overlook this critical key to performance. Swimmers do not see the fluid loss, so most do not think about it. Here are some questions to consider that will impact how you approach hydration during a typical pool workout.

- How hydrated are you at the beginning of the training session?
- How many caffeinated drinks did you consume during the day, knowing that caffeine serves as a diuretic and depletes you of total body water?
- How many hours of training have you had today?
- How warm is the water that you are training in?
- Are you having problems with cramping as the practice goes on and on and on?
- Does it seem like regardless of where you are in your season, your last set is the weakest?
- Are you taking any medication that would affect hydration?

All of these questions may point to dehydration as a key factor that will affect the success of your training and performance.

So, how much should you drink during a typical practice? Typically, an athlete may loose between two to four pounds of water per two-hour training session, unless you have to offset one of the questions already posed. If any of these questions suggest that you are already in trouble, you may be even lower than two to four pounds already!

One to two large water bottles will help to keep your muscles maximize their performance. Start the first sips during warm-up and do not wait until you are thirsty. That is too late. You know that you have been successful if you need to urinate following practice and that urine is clear in color.

Finally, use only your own water bottle that you bring for your own use. Wash it out every day at home. Leave it open and let it dry out between sessions.

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>

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