News Splash October 2011
Greenville Splash
YMCA Masters

We have been having great times this past month enjoying our added workouts at the new GHS pool. The bubble is now on at the Caine Halter pool and it is a new, larger and improved one. The bubble is also on at the GHS Y and will be open starting at 7:00am on Tuesday 10/18. We have added a new coach, ***Mark Kothe***. He coaches at GHS on Thursday mornings and is doing a fantastic job! His workouts are very motivating, challenging, fun and sometimes geared for sprinters! He brings a lot of enthusiasm bright and early and it is even extra fun to watch his "grand entrance". Mark started swimming at the age of 7 at the YMCA. He went on to swim high school and USS swimming. He swam at the collegiate level at Furman where he placed consistently in the top five in conference. Mark has swum Masters since the age of 26 except a few years when his children were young. He holds several S.C. Masters State records. Mark is a great sprinter, but we have persuaded him to start swimming open water with us. We had a team intervention therapy session this past summer to cure him of his fear of alligators! (Pictures are on Facebook). Beware of the mysterious fin thief at Mark's workouts!

Lessons from High School

Many of you know that I coach high school swimming at Hillcrest High School. It is quite challenging because of all the different jobs that are required. I spend many hours arranging pool time, finding bus drivers, raising money and being the meet director not to mention coaching the athletes. I always ask myself why do I do it and other friends and my husband also ask me this when they see me so stressed out. But really it is a chance to teach others the values that swimming brings: physical fitness, discipline, hard work, dedication, and having fun. I really had a wonderful opportunity to work with great kids this year and over three quarters of the team had never swam one stroke before the first day of practice. I feel really good about having taught these swimmers skills that could save their lives one day. I know these swimmers will not drown in a lake and they can now use swimming as a way to stay fit their entire lives. That would be enough reasons right there. However, this year I watched a wrestler that could not even bob on the first day to swimming the 100 free with perfect technique including a start and flip turn. I spent a lot of time with him after practice because I had to wait for his grandfather to pick him up. He has had a rough childhood and has totally turned his life around with swimming and wrestling. He woke up early 3 mornings a week for wrestling practice and never missed a swim practice. He is making great grades and is motivated to changing his life. This swimmer taught me to appreciate my life. Compared to the obstacles he is overcoming made me realize how insignificant my own problems are. This made me want to be a better coach and athlete myself. All of my swimmers taught me to be more patient, more flexible, and more understanding. We have many Greenville Splash swimmers and coaches that also coach high school teams, they are: ***Kelly Gillig, Sarah Long, Doug Long, Meredith Wentzel, Deb Gambon, Daniel Hynum, and Jennifer Kaminska***. I am sure they have many lessons they learned from their swimmers as well! Be sure to ask them.

Splashing Accomplishments

Cheryl Quinn finished first overall at the SC Sprint Triathlon in Greenwood on 10/1. She had an amazing 750 meter swim, 20K bike and 5K run!

Chris Adams qualified to compete at the Las Vegas Ironman World Championship 70.3 on 9/9. He had a remarkable swim with his best time ever for 1.2 miles at 29:01!

At the Lake Murray 2 mile open water swim ***Carlton Manley*** was our Greenville Splash Champion with a first place finish in his age group! There were 185 swimmers in this event, mostly high school swimmers and it was well organized. Carlton would love to see more go next year!

The Rev 3 Triathlon was held on 10/8 & 10/9 at Darwin Wright Park and Lake Hartwell. ***Andrea Beaver*** competed in the Olympic distance and was 2nd in her age group and also 17 out of 96 overall which is awesome!! She had her best swim time by 2 minutes. She is way too modest about herself so I will do the bragging for her!! ***Kimberley Westbury and Rex Morgan*** competed the half triathlon

in grand style. Kimberley was first in her age group and 12th overall! Rex was 2nd in his age group! ***Jenni Wakeman*** had an awesome showing in the aquabike and got 3rd place overall.

We had a great showing at the Asheville open water swim at Lake Biltmore and swim meet. Greenville Splash rocked! ***Mark Leonard*** was first overall. We had the following first place age group finishers ***Mark Leonard, Andrea Beaver, Janice Hebel, and Jenni Wakeman. Steve Stuart*** swept up a 2nd place finish. This was a really beautiful swim complete with hot air balloons flying over the event! ***Steve Stuart*** also had PR swims in the 100 free 57.07 and 50 fly 28.94.

Sonya Shepherd competed in her first triathlon with Team in Training at the Nations Triathlon in Washington D.C. She spent a lot of time learning to swim and training for all the disciplines. She really had outstanding perseverance in her efforts. Although after all those first splash workouts, the swim was cancelled. However she still has a chance to do a complete a full triathlon at Hickory Knob next week.

Nancy DeYoung completed a lifetime goal of finishing the Ironman Wisconsin! Congratulations you are truly an inspiration! She did say the swim was the most enjoyable part. She kept remembering the words of her swim coaches during the event. ***Phil North*** impressed me with his accomplishment of finishing this event even with an injury. This is his quote from the swim, "Whew I got beat up in the swim more than I expected; dunked once, came up gagging then took a solid foot to the eye, but still very happy with my time at 1:14." My advice is to swim Lake Lure next year - it's beautiful and each wave has 20 swimmers at the start! Phil and Nancy you guys are both superb athletes and deserve lots of accolades for this huge accomplishment!

Upcoming Events

Oct. 23 Swim Around Charleston 12 Mile Open Water. We have 2 teams of four participating. The following swimmers are going to swim and brave all the elements: ***Rick Gant, Steve Stuart, Mark Leonard, Clay Jones, Bob Nachman, Janice Hebel, Casey Oliver, and Leslie Scott.*** Our boat captains are ***Doug Long and Jamie Corey***

Oct. 29-30 SCM Meet in Charlotte, NC

Mon. Oct. 31 Special Halloween Workout 6:30-7:30pm at GHS

Sat. Nov. 5 Greenville Splash Social 6:30pm at Tequilana Restaurant 785 E. Butler Rd., Mauldin. I have gotten lots of requests for another social so here we go. Enjoy your teammates outside of the pool to get to know everyone better! This restaurant comes highly recommended by ***Cheryl Quinn***.

Sat. Nov. 19 is Our 3rd Annual Thanksgiving Workout at the GHS YMCA pool. 7:30-10:30am. This is a great team event with plenty of bragging rights when it is over. You may have heard lots of rumors about this fun event. But here are the facts! This is a great workout to start the holiday season. Everyone participates on the same interval and the workout is geared for all ability levels. Bring all of your swim gear: paddles, pull buoy, kickboard and fins. The theme of the workout is 100. Swimmers can choose 100 x 100's, 100 x 75's or 100 x 50's. And of course this is Masters so you can modify even more and come for part of the workout. If you want to do the whole workout, plan to be in the water before 7:30, the first interval starts on time. This workout is open to all Greenville Splash swimmers even if you are not a path member. ***Immediately after we will have a breakfast at Carolyn Harrell's home!***

Dec 2-4 SCM Championships in Columbia. The SC LMSC meeting will be held immediately after the meet on Saturday. Online entries are due by 11/26.

Save the date for March 10, 2012. Greenville Splash is hosting a Relay Meet at the Middle Tyger YMCA. We are really excited to start this event in South Carolina and we need all of Greenville Splash to participate as swimmers or volunteers!

April 26-29, 2012 USMS Short Course Nationals will be held in Greensboro, NC. This is great event full of camarderie from swimmers all over the U.S. Start training now and make plans to join

us. We plan to put together some great relays including the father son duo of ***Jim and Peter Osbourne***!

Swimmer Highlight Jenni Wakeman

This month's swimmer highlight is Jenni Wakeman. She has been swimming at the Caine Halter YMCA for over year. She is so dedicated and is there three days a week no matter what. What amazes me most about her is that she is always smiling! She even smiles at 5:20am in the locker room. Then she smiles even bigger after the workout. She never complains about the water temperature or the set the coach gives. She just smiles and goes for it. She works well with her lane captain, Andrea Beaver. They know which one of them should lead the lane on any given set. They also have to train a lot of new swimmers that come into their lane. Even though Jenni enjoys freestyle she has learned all of the strokes. Again she just smiles when the coach gives an IM set. She even swam 4 x 200 butterfly! Jenni competed in her first open water swim last month at Lake Biltmore which was very impressive, and she was so modest of her accomplishment. Jenni is also a fantastic athlete in cycling. She is willing to challenge herself and loves to try new things. She is very bold and will say yes to any new adventure including jumping on her bike after the Asheville swim and riding on new terrain. This summer she participated in many cycling events and completed several charity rides and training rides of 100+ miles. Jenni works as a physical therapist and she truly loves her job and helping other athletes and patients. Congratulations Jenni for finishing your residency and earning your doctorate degree in physical therapy! Her smile is very contagious and her enthusiam for life and athletic events is also something others can aspire to. I cannot wait to see what events she does next year! Of course I hope it is a few more open water swims with Greenville Splash!

Last Note....

On the days when it seems like a struggle and your stroke is not feeling right and your times are a little off - try thinking positive thoughts about the water! Your body is telling you that today you just need to experience the joyous feeling of the water. Be one with the water. Destress and declutter your mind. Remember to relax and enjoy, there are plenty of other days to work hard.

For more information on any of the competitions or our complete workout schedule, visit our website: www.greenvillesplash.com.

Leslie Scott
Masters Coach
Greenville Splash YMCA Masters

"Make a splash in life, swim!"

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