



TOPS Open Water 2009

Open Water Swimming is defined as swimming in a lake, river, reservoir or other open body of water in which certain elements are not controlled, including the presence of currents, waves, weather, temperature, and aquatic life.

Open water competitions are the oldest type of swimming race in recorded history; even the Olympic Games in Ancient Greece had swimming races held in open water! In 2008, the modern Olympics reintroduced Open Water competition to the swimming curriculum with the addition of a 10K race. USA Swimming has therefore encouraged and supported more Open Water events for its member clubs across the country.

TOPS Summer 2009 Open Water schedule:

Morning Technique Training: Wednesday mornings we will introduce competitive techniques for Open Water to those swimmers who will be joining the Open Water training swim. This will be during a short segment of the regular practice time.

Afternoon Training: Wednesday afternoons we will travel via YMCA bus to Indian Trail Beach, Lake In The Hills, IL. The city of Lake In The Hills offers a weekly Stroke-and-Stride training swim (and run) for any athlete who is interested (adults too!). Indian Trail Beach offers water that is usually 65 degrees or warmer. The course is a ½ mile course guarded by LITH lifeguards in boats on the water. TOPS coaches will be both on land and on the water. Water temperatures and conditions are monitored regularly; the presence of severe weather or unsafe water conditions will cancel our swim.

Dates: June 10, 17, 24, July 1, 8, 15, 22

Location: Indian Trail Beach, Lake In The Hills, IL

Time: Meet at WC YMCA at 3:50pm; bus departs at 4pm.
Return to WC YMCA ~9pm

Cost: \$5 Registration Fee for LITH event (\$5/swim)
+ \$\$ for custard at Culver's after the swim!

Requirements: Swimmers must be able to swim 800 yds continuously and have coach's permission to participate.

TOPS Summer 2009 Open Water Competition



Swim with the Squid Muskegon YMCA Swim Team & YMCA Camp Pentalouan.

This year we are excited to add to our meet schedule an open water race for swimmers participating in open water training! This meet is specifically designed for first time Open Water competitors.

YMCA Camp Pentalouan

1243 E. Fruitvale Rd.
Montague, MI 49437
231-894-4538
<http://www.pentalouan.org>

Directions:

*For GPS (and Mapquest)
directions, type in
E Fruitvale Rd &
Blue Lake Rd, 49425*

Date: Saturday, July 18th
Location: YMCA Camp Pentalouan, Muskegon, MI
Itinerary: YMCA Buses will depart from the West Cook YMCA at 5:00pm On Friday, July 17th, arriving at Camp Pentalouan about 9pm(EDT). Races will be on Saturday morning. Saturday afternoon we will have a team BBQ in the camp, and then depart for home. Buses will arrive at the WC YMCA about 5pm.
Cost: ~ \$30.00 for swimmers traveling with the team; some meals may be Separate (more details soon).

Requirements:

TOPS athletes wishing to compete in the Swim with the Squid open water competition must attend at least 3 open water training swims prior to competition, and have coach's permission.

Accommodations:

TOPS will be renting cabins from the camp for swimmers to sleep in. Families are welcomed to rent cabins (\$50) or tent camp (\$15) at the campgrounds. Breakfast will be available in the camp dining hall for \$5/person, or you can prepare your own. After the swim there will be an awards ceremony and team BBQ. We'll plan to stay and enjoy the camp until about 3pm (EDT).

Sign-Up Deadline:

Swimmers entering the meet must tell Coach Patrick no later than **Friday, May 29th** to ensure their spot. This meet is only open to 150 swimmers, so late entries are not likely to be accepted.

More details about the Swim with the Squid meet will be available soon. Please contact Coach Patrick to sign up for trainings or the meet, or if you have any questions. PCurran@westcookymca.org or 708-434-0222.