

January 11, 2010 Newsletter

### THOROUGHbred ENTRIES DUE

All entries for the Thoroughbred Splash meet, Jan. 31 at Skidmore College, are DUE TONIGHT. We hope many of our swimmers will participate in this meet. Please submit yellow entry forms with entry times – if you don't have times, ask Liz or your group coach for help. We will not accept entries without times.

The coaches are preparing the swimmers to perform their best at this meet. We'll have just one other meet next month in Ballston Spa for all of the swimmers to get best times before the Championships, March 5-7 (you must have participated in at least one USA meet during the season to be eligible for the Champs.). We hope that the swimmers will come to practices ready to work hard, listen to their coach, and focus on improving their skills!

### GOOD LUCK AT IMX

Several Flyers will be participating in challenging events this weekend at the IMX Challenge meet at Union College. Good luck to all of the swimmers. There are no relays. Directions are at the table. Reminder that this is a POSITIVE CHECK-IN meet.

We do need to have TWO parent-timers on Sunday for the AM & PM sessions – check for names at the table and initial.

### FEBRUARY FREEZE

The team normally attends the February Freeze meet at RPI University, Feb. 6-7, however, personal commitments prevent any of our coaches from attending the events on the 7<sup>th</sup>. Therefore, we will only be attending events on the 6<sup>th</sup>. The day's events do offer some challenges our swimmers can take advantage of: the 9-10, 11-12 500-yard freestyle entry times must be slower than the listed cutoff times. The informational sheet is now available, and entries are due by Fri., Jan. 22.

### TROPHY MEET HIGHLIGHTS

This meet is one of the more popular meets of the season, attracting many teams and swimmers from inside and around the region. Some of the events had over 100 swimmers! The 3-day format allowed for a variety of events, some of which were challenging for our swimmers.

Our 12-yr. old “dynamic duo” of **Matt Walton** and **Ben Rowley** proved again they're among the best around – Matt earning a 4<sup>th</sup> high-point place, and Ben 8<sup>th</sup> place in total points, among 70 11-12 boys in the meet! Both boys finished in the top ten in all of their events, including Matt's first place in the 50-freestyle, and Ben's 2<sup>nd</sup> place in the 50-backstroke (both recording AA national standard times!).

**Matt Reeves** also was among the top ten finishers in all of his 13-14 races while swimming his best times in every event!

**Gigi Mattia**, **Lindsey White**, and **Emma Wuerdeman** all swam best times in every event they participated in through the weekend!

And, when you compete in a longer event, you have a better chance to improve your time by several seconds rather than by tenths - take **Tommy Osika** for example: 11 seconds better in the 200 IM, and over 20 seconds faster in the 200 freestyle! Wow! **Joe Tingley** took 7 secs. off his 200 breastroke; **Colin Cunningham** 7 secs. faster in the 200 free; **Mara Bureau** and **Alivia Turck** went 12 and 7 secs. faster in their 100 flys; and, **Claudia Cox** took off 9 secs. in her IM, and 4 secs. in her 100 breastroke!

Last, but not least, congratulations to **Anna Leone** for swimming her first 100 fly!

Great job Flyers!!

### “SWIMMERS-OF-THE-WEEK!”

*White:* Samantha Snyder

*Blue:* Nicole Gazdik, & Kristin VanAnden

*Red:* Laura Kenyon

*Silver:* Danielle Grasmeder

*Gold/Srs:* Anna Leone

**Congratulations Flyers!**