

January 18, 2010 Newsletter

IMX RESULTS

Our swimmers were up to the challenge and they swam their best times in big events!

One of our senior swimmers, **Emily Caffry**, competed in 1,700 yards worth of races, including the 500-yd. freestyle and 400-yd. IM in one session! Eleven-yr. old **Tara Quillinan** swam her first 500-yd. freestyle and beat the coach's time by 13 seconds! Congratulations to our other 500 freestyle swimmers: **Natalie Marshall** (4 secs. better), **Matt Walton** (30 secs. faster!), and **Ben Rowley**.

Ben is proving to be the area's premier 12-yr. old backstroker, placing first in both the 100 and 200 yard races, while posting best times! Both Ben and Matt competed for points in the IMX pentathlon events. Matt finished 2nd and Ben 6th in total points in their age group. Congratulations boys!

Other super efforts came from **Emma Wuerdeman**, all best times including 17 secs. faster in the 200 breaststroke; **Isla McGlaufflin** took 13 secs. off her 100 butterfly time; **Mara Bureau** and **Taylor Salaway** both swam all best times, including Mara's 9 secs, better in the 200 IM, and Taylor competing in her first 100 butterfly! Great job Flyers!

FEBRUARY FREEZE ENTRIES

All entries for the February Freeze meet – events on Sat., Feb. 6 ONLY - are due by this Friday evening. Informational sheets are at the table. Our coaches will not be available to attend the meet on Feb. 7, therefore our swimmers may not attend that day.

THOROUGHbred MEET

There will be 50 Flyers at the Thoroughbred Splash, Jan. 31, at Skidmore College! Lots of Flyers makes it more fun! Directions and parent-timing assignments are at the table (parents, please initial your name), and lots of relays are posted on the bulletin board (let's hope they're not cancelled)!

CABIN FEVER

Our last regular USA meet will be at Ballston Spa High School, Sat., Feb. 20. This is an open invitational and recommended for all of our swimmers. The informational sheet will be available next week. Entries will be due by Mon., Feb. 1st.

“POPCORN NIGHT!”

Let's get pumped up for our super swims at the Thoroughbred meet by watching world record swimmers, including MP of course, while munching on some snacks (bring your own drinks please)! The show will take place in one of the elementary classrooms, **next Wed. evening, Jan. 27, 6:30** (exact location to be announced). All swimmers and parents are invited!

SWIM CLINIC & SUMMER CAMP

At the table are two handouts with registration forms to a mini-clinic at the YMCA and a summer camp at Glens Falls HS. We always encourage our swimmers to attend other swim camps and clinics to learn new drills and skills, and to have other coaches lend their eye of advice. At the Y, April 2, attendees will be coached by two Olympic swimmers, and at GF HS, Coach Crossman will be offering two, 1-week swim camps. (Our summer season is tentatively scheduled to run May 17 – August 6.) Register for the clinic and camp early!

“SWIMMERS-OF-THE-WEEK!”

White: Hannah Anderson

Blue: Morgan MacDonald & Owen Snyder

Red: Reilly Connelly

Silver: Betsy Baker

Gold/Srs: Isla McGlaufflin

Congratulations Flyers!