

**February 22, 2010**

### **GREAT JOB FLYERS!**

Yet another awesome meet from our swimmers at Ballston Spa to finish up the regular season of USA meets. It's to be expected that every time a Flyer is in a race, they'll swim to a new best time! Take our 10-and-unders for instance – they swam thirty total races, 25 of which were personal best times! WOW!

How about these super efforts under extenuating circumstances: **Nick Kenyon** had to swim, not one, but TWO of his heats all by himself! And, he still managed to beat his times by 11 seconds! Way to go Nick! And, **Reilly Connelly**, who didn't want to miss her last meet despite injuring some ribs several days ago, and couldn't even complete the warmup because of the pain. She wanted to try a couple of events – and ended up winning both of them! What a trooper!

Some other special performances came from **Claudia Cox**, who had double wins in the 50 and 100 breastrokes with just ten minutes rest! **Ben Holser** continued his season's transformation into a 13-14 Gold-level swimmer by earning 2 more Gold times, including his best 200IM by 8 seconds! **Owen Snyder** took a whopping 20 secs. off of his times, and was a double winner! **Jordan Knapp** swam 26 secs. faster than her previous best times, including 13 secs. better in her 100IM! She's a wolf in sheep's clothing - **Meghan Bramer**, is slowly finding her inner mojo – 13 secs. off her 200free, and she won her 50free with a best time! **Isla McGlaufflin** continues to set new bests every time she races, and the coach's "watch out for these two in the future" prediction: **Brian McKeighan** and **Hannah Anderson!!**

LOTS of medals and ribbons to pick up at the table! Way to go Flyers!!

### **NATIONAL QUALIFYING TIMES!**

We've mentioned our 12-yr. old Dynamic Duo of **Matt Walton** and **Ben Rowley** many times. Together, they have worked their way up to

become the best in the District. To say the least, it has been a remarkable experience watching two teammates, and friends, work so hard and attain the top honors they deserve.

At Saturday's meet, both boys achieved triple-A national time standards – Matt in the 50free, Ben in the 50back. In our 19-year history, the Flyers have had just a few swim that fast, and to have two swimmers do it in the same season, at the same meet, is historic for this program and a very proud moment for this coaching staff.

As we're sure their families are as proud of their accomplishments as we are, and knowing these two boys as well as we do, they are special young men that would never tell you how good they really are. They have brought a respected recognition to our team and are, no doubt, destined for great swimming careers.

Congratulations boys, we are all very proud of you!

### **NICK NACKS**

☺ Gold Championship meet sheets are now available at the table. Entries are due by March 5. Entry times must be equal to or faster than the qualifying times. Those who are participating in the Silver meet and attain the Gold times will automatically be entered in the Gold meet.

☺ The new team towels have finally arrived! See Liz. She does have a few extra, if anyone who did not order one wants one!

☺ Our Flyers "Challenge Meet" (March 15) schedule of events will be available next week. Entries will be due by March 8.

☺ Silver Champs. directions and relays will be posted this week. We'll wait to post timing assignments after the host team announces team assignments by next week.

#### **"SWIMMERS-OF-THE-WEEK!"**

*White:* Alexandra Cooke

*Blue:* Jordan Knapp

*Red:* John Molloy

*Silver:* Nick Kenyon & Nick Marasco

*Gold/Srs:* Liam Mulshine

**Congratulations Flyers!**