
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Kathy Montgomery

Thanks to everyone who turned out to make our first two meets such a success. We saw lots of super efforts from our swimmers!

This year we have an opportunity to distinguish ourselves not only for our fast swimming, but also for our excellent sportsmanship. Each team in our division will be voting for the team that exhibits the best examples of sportsmanship—including shaking hands after an event, swimmers staying in their lanes until the last swimmer reaches the wall, positive comments and good behavior on the sidelines from swimmers, coaches and parents. Let's make ourselves the standard for great sportsmanship!

Finally, parents, please be aware of some safety issues. First, it is important to observe the speed limits when driving in the neighborhood around the pool. There are lots of kids and we want everyone to have a safe summer. Second, we need you remember to lock your cars in the FMW parking lot. We've had some thefts recently—let's take some precautions to prevent anymore.

Fox Mills Woods Fintastics versus McLean

by John Callahan

Forget the official calendar – summer was really here with the beginning of the first meet of the new season. Fox Mill Woods visited McLean for a Division Seven battle of evenly matched clubs. The kids had practiced in the chilly spring pool and had showed large waves of enthusiasm and determination. But Coach Shelley was somewhat concerned because a handful of proven point scorers were not able to attend. Would we be able to eke out an away victory? She was sure

of one thing: the Fintastics on Saturday had lots of heart and the sparkle of emerging talent. The team was ready. It was time to get wet!

In freestyle, McLean jumped on the Fintastics and raced out to an early lead. First place finishers included **Stephanie Hallock, Kristen Callahan, Rob Burton** and **Jennifer Dolson**. Second place points were earned by **Stacey Forsyth, Matthew Montgomery** and **Lindsay Ward**. **Alina Suyama, Leanne Hyer, Jason Hornbeck, Jason Happ, Brian Pujanauski** and **Julia Richmond** added third place points.

McLean actually widened the lead in backstroke but a string of first place finishes kept the meet interesting. First place honors went to **Stephanie Hallock** and brother **Michael Hallock, Christopher Kearns** and brother **Zachary Kearns** and to **Justin Forsyth**. Finishing in second were **Leanne Hyer, Stacey Forsyth, Thomas Burton** and **Julia Richmond**. Third place points were added by **Cory Pinegar, Abby Reed** and **Lindsay Ward**. McLean was out in front my 25 points, but the Fintastics were ready to make a move.

The Fintastics usually pile on the points in breaststroke, and Saturday was no exception. Rushing into first place were **Alina Suyama, Christian Tiedge, Katherine Leeds, Jason Hornbeck, Suzanne Huycke, Matthew Montgomery, Kirsten Siebach** and **Jennifer Dolson**. Second place finishers included **Spencer Tiedge, Bobby Demson, Sally Wade, Brian Pujanauski** and **Jennifer Callahan**. Third place points were gathering up by **Abby Reed, Lauren Angel, Abby Clement, Zachary Kearns, Melissa Duvall, Rob Burton** and **Jennifer Leeds**. After trailing all meet, suddenly Fox Mill Woods was in the lead, 139-129.

First place finishers in fly were repeat winners for the day: **Michael Hallock, Kristen Callahan, Christopher Kearns** and **Kirsten Siebach**. Second place Fintastics included **Suzanne Huycke, Jason Happ** and **Justin Forsyth**. Finishing third were **Andy Putch, Allison Pinegar, Kevin Pujanauski, Thomas Burton, Melissa Duvall, Brendan Lins** and **Hannah Cohen**. The Fintastics were in the lead, but they needed to do well in the relays to bring home a victory.

In relays, the 8 and under girls, **Chloe Siebach, Alina Suyama, Abby Reed** and **Stephanie Hallock**, won with a time of 1:35.40. In the 9-10 medley, the 9-10 girls, **Allison Pinegar, Katherine Leeds, Kristen Callahan** and **Leanne Hyer**, won with a time of 1:23.98. In the 11-12 boys medley, **Liam McLaughlin, Edward Reed, Jason Hornbeck** and **Christopher Kearns** won with a time of 1:16.92. In the 13-14 boys medley, **Zachary Kearns, Matthew Montgomery, Jason Happ** and **Steven Matthews-Rurak** won with a time of 1:07.43, besting the boys from McLean by nearly seven seconds.

Alas, the Fintastics could not pull out another win in the final five events and lost narrowly to the swimmers from McLean. **Coach Shelley** said, “We had a fantastic effort at McLean and I couldn’t be prouder of this team in it first meet. Let’s keep having good practices and maintain our strong team spirit. We will have a strong shot at winning this upcoming week.”

Notable improvements this week: **Melissa Duvall** and **Christopher Kearns**, a 12 percent improvement in fly, **Kevin Pujanauski**, an 11 percent improvement in fly and **Kirsten Siebach**, a 10 percent improvement in fly; **Liam McLaughlin**, a 13 percent improvement in back; and **Chris Fertal**, an 11 percent improvement in freestyle. Congratulations to many others who significantly improved their times this week!

The Monday Night Face-off: Fox Mill Woods vs. Pinecrest

On Monday night, the FMW Fintastics met the Pinecrest Piranhas for the first B-meet of the season. Under hot and humid conditions, our swimmers showed gutsy determination. With 175 on the roster, Pinecrest is one of the deepest squads we face. Proving that size isn’t everything, FMW swimmers turned in great performances, with many personal best times. A big “thank you” to the volunteers who toiled long into the night—we know it was a late one! Perhaps next year, we’ll have to invest in night-vision goggles and glow-in-the-dark bathing suits!

The following are some highlights of our swimmers’ achievements:

Freestyle

In the boys 6 and under, **Jack Traxler** swam to a fifth place finish for FMW. The 6 and under Lady Fintastics swept this event with the following finishes: **Liana Pendleton, first, Natalie Anderson, 2nd, Natalie Toma, 3rd, Allie Delgado, 4th, Colette Toma, 5th** and **Jackie Trautman, 6th**. The 7 & 8 boys brought home first (**Andrew Gyenis**) and third (**Patrick Cary**) while the girls grabbed second (**Abbey Reed**) and third (**Catherine Humphrey**).

Top honors belonged to **Andy Putch** in the 9-year-old freestyle. FMW’s **Steven Robbin’s** took fourth and **Charlie McRoberts**, fifth. **Amanda Bailey** stroked to a fifth place finish, followed closely by **Allison Brouchman** at sixth. **Bobby Demson** bested the field to take first in the 10-year-old free. **David Rawlins** took the fourth place spot. **Allison Pinegar** stepped up and finished first in the 10-year-old girls’ event. **Kimberly Blauer** grabbed sixth place.

FMW took both first place finishes in the 11-12 freestyle, thanks to **Will Byrne** and **Ana Demson**. **Edward Reed** picked up fourth place for the boys and **Katie Callahan** did likewise for the girls. **Melissa Jarmas** pulled out a fifth place finish for the team.

Sascha Reed led the pack to finish first in the 13-14 girls' event, followed by **Melissa Duvall** (fifth place) and **Kayley Byrne** (sixth place). **Steven Matthews** came up with a fifth place finish in the boys' event.

FMW's 15-18 year old boy swimmers turned in a strong performance in the freestyle, taking third (**Brendan Lins**), fourth (**Mike Leeds**), fifth (**Pat Hines**) and sixth (**Joey Coffinberger**). The girls brought home second (**Allison Kendrick**), fourth (**Hannah Cohen**) and sixth (**Jen Leeds**). Great job, team!

Backstroke

In the boys 6 and under backstroke, **Jack Traxler** turned in another strong performance to finish third. **Patrick Gyenis** also swam well, finishing fifth. The six and under girls wowed the crowd by taking first (**Natalie Anderson**), second (**Liana Pendleton**), third (**Natalie Toma**) and fourth (**Colette Toma**). **Andrew Gyenis** topped the field with a first place finish in the boys 7-8 backstroke. **J.T. Byrne**, **Chris Fertal** and **Timmie Rawlins** were getting it done by grabbing third, fifth and sixth places, respectively. **Leann Muncy** and **Emily Wade** brought home fifth and sixth place finishes for the 7 & 8 year old girls.

Steven Robbins was #1 in the boy's 9-10 event, while **Allison Pinegar** stood atop the field for the girls. **Lindsay Toma** stroked her way to third place. In the boys 11-12 backstroke, **Edward Reed** finished first, followed by **John Suyama** in third. **Melissa Duvall** gave a strong performance, taking third in the girls' 13-14 backstroke event. **Lindsay Pujanowski** held on for third in the girls' 15-18 back. Great effort, everybody!

Breaststroke

Natalie Anderson snagged first place in the 6 and under girls' event with a time of 44.45. **Andrew Gyenis** took second and **Harper McGrath**, fourth, for FMW in the boys' 7-8 event. The 7-8 girls took the two top spots, with **Margaret**

Murphy finishing first and **Stephanie Hillock**, second. **Emily Wade** placed fifth in this event. For the 9-10 girls, **Kimberly Blauer** finished fifth.

The 11-12 girls took first (**Katie Callahan**), third (**Rosie Montgomery**) and fourth (**Erica Demson**), while the boys in the same age group placed fifth (**Liam McLaughlin**) and sixth (**Will Byrne**).

Steven Matthews-Rurak finished fifth in the boys' 13-14 heat. **Anna Clement** took second, **Kayley Byrne**, fourth and **Lindsay Ward**, fifth for FMW in the girls' race.

Our oldest swimmers made a strong showing, with **Patrick Hines** finishing second and **Brendan Lins**, third, in the 15-18 category. **Hannah Cohen** grabbed second, **Lindsey Pujanowski**, fifth and **Bridget Lins**, sixth for the girls.

Butterfly

Andrew Gyenis was the first swimmer to touch the wall for the 8 and under boys in the 'fly. **Abby Reed** took second and **Mary Stoney**, third in the 8 and under girls' event. Top honors went to 9-10 boys **Bobby Demson** (first) and **Andy Putch** (second). **Alison Jarmas** took home third place honors for the 9-10 girls.

Ana Demson came in first for the 11-12 girls and **Sascha Reed** did the same in the 13-14 age group. **Lindsay Ward** followed her in with a third place finish. **Amanda Hubal** powered to a second place finish and **Lindsey Pujanowski** did well, placing fourth for the 15-18 year old girls.

Individual Medley

Again, **Andrew Gyenis** in first place—this time for the 9 and under boys' IM. **Andy Putch** held on for fourth. **Kristen Callahan** bested the other 9 and under girls with a time of 1:35.34. Her teammates, **Allison Jarmas** and **Abby Reed** finished fourth and fifth. **Michael Hallock** placed second in the 10-year-old boys' IM, followed by **Bobby Demson** in fourth.

Katherine Leeds was first in the same age group for the girls.

The 11-12 boys of FMW brought home third (**Chris Kearns**) and sixth (**Edward Reed**). Their female counterparts had a strong showing with **Suzanne Huycke** taking second, **Ana Demson**, fourth, **Katie Callahan** fifth and **Erica Demson**, sixth.

Matt Montgomery outswam the others to finish first in the boys 13-14 event, while **Zach Kearns** turned in a fourth place finish. **Kirsten Siebach** brought home second and **Lindsay Ward**, fifth for the team. **Allison Kendrick**, **Jennifer Nelson** and **Hannah Cohen** swept the top three spots in the girls' 15-18 IM. **Rob Burton** placed third for the boys.

What a great effort! Next week's meet is Monday, July 1st at Hiddenbrook.

Coaches Corner

By Shelley Gesker

We have gotten off to a really good start this summer. Each group is working very hard on all the strokes, drills, and sprints as well as adjusting the number of people who are in a lane with them! (Although, for the 8 and unders that number has decreased; instead of 15 - 20 there are only 8. :)

Monday "Fun Day" has also gotten off to a good start with a new twist! Thanks to **Peter Kendrick** we have the addition of Water Volleyball, which has allowed us to shake things up a bit and add a little variety. No worries though, we are alternating each week to keep the water polo tradition alive and well at FMW! For the little ones, we have brought back the inner-tube, glasses and fun relays to go along with the games. All this keeping them entertained, occupied and always moving!

The older swimmers have also begun to volunteer their time with the 8:30 and 9:30 practices, fostering commitment to their team as

well as assisting their coaches to assure a positive experience for all of our FMW swimmers. Thank you to those who have already volunteered, we have enjoyed it!

As a team we have accomplished quite a bit for so early on in the season, and the coaching staff is very proud of ALL of the efforts put forth so far. The workouts have been difficult, but have been met with a positive attitude and we believe that the results are already beginning to show! KEEP IT UP!

Swimmers of the Week

Rob Burton

Rob has not only taken on the challenge of joining the coaching ranks as a coaching assistant to Shelley and Tommy, but also attended each practice with a positive attitude and a strong work ethic. Thanks for leading the team through example!

Mike Leeds

Mike has already met his goal for breaststroke for the season (and will have to set a new one:), volunteered his time with the younger ones, and realized that backstroke really isn't all that bad! Mike has come in with a very positive attitude and it shows--the hard work will continue to pay off, keep it up!

Jason Horneck

On Saturday, he showed us all why you NEVER give up! His persistence helped the boys relay to a 1st place finish. Jason's gutsy swims in the freestyle and breaststroke helped the team with 1st and 3rd (breaking up a sweep) place finishes, as well as a total of 3 seconds dropped from his times! Actions often speak louder than words!

Chris Kearns

With a two second drop in his backstroke and a five second drop in his fly, Chris helped himself to two 1st place finishes this Saturday :) His hard work and "fight" for the team is paying off. Both races were very close and took determination to the very end, the follow-through we talk about so often at practice- great job Chris!

Spencer Tiedge

Spencer always comes to practice with a smile, "happy go lucky" look on his face. But, when it's time to do breaststroke, the smile gets even bigger. At this point in the season, having a legal 8 & under breaststroker is a dream-come-true, especially one who looks like he's enjoying his life to the hilt! (The fact that every planned breaststroke practice has been rained out adds to our happiness at his legal swim :)

Sally Wade

This Saturday, Sally overcame the "Curse of the Backstroke Turn" which plagued her last season. Not only did Sally finish with a legal turn, but with a 3-second drop in the event as well! After this wonderful accomplishment, she took that enthusiasm into her breaststroke swim, dropped 4 seconds and came in 2nd! Life is good!

Natalie Anderson

Natalie was determined to make her last meet as a 6-year-old a memorable one and did with great finishes and determination! Natalie also reminded me of a Friday tradition with the 8 & unders: Joke Day. This will be reinstated this Friday, which is, coincidentally, Natalie's 7th birthday! Happy Birthday, Sweetie:)

Lauren Hyer

Whenever you see Lauren she is ready with a smile, and if you're lucky, a hug! Lauren comes to practice just as happy as can be everyday and is always so excited to do whatever it is we are doing. She shows us that anything worth doing is worth doing with a smile....and the rest will fall into place! Thanks, Lauren :)

Stroke and Turn Clinic

Mark Hubal will be offering a stroke and turn clinic at the Pep Rally on Friday, June 28th. This can be very helpful, especially for new families unfamiliar with the NVSL rules. We need at least 6 participants to sign up, so please call Kathy Montgomery at (703) 716-0994 if you want to attend.

Lollipop Meet

Our big event for 8 and unders is almost here—the Lollipop Meet on the 4th of July. The meet will begin at 9 a.m. after warm-ups at 8 a.m. This event is designed to provide a fun, low-pressure opportunity for our youngest swimmers. The swimmers are timed, but the times are not used to determine eligibility for A-meets. There are no stroke and turn officials, so no DQ's! The swimmer can pick two events plus a modified IM. Swimmers receive a lollipop for each event they swim.

There will be the usual breakfast concession and we do plan to fire up the grill so families can grab a hotdog or hamburger before leaving. We're planning a temporary tattoo table, so interested swimmers can get a free patriotic tattoo applied. We need an indication of the number of swimmers that we will have, so please add your name to the sign up sheet at the pool if your child plans to swim.

Note: There are six teams coming to FMW for this event, so get there early if you want a nearby parking spot!

Volunteer News

Joan and Pat would like to thank all the volunteers who helped out Monday night, particularly those who worked the entire meet. We know it was a long, hot night (and eventually dark) and we greatly appreciate your efforts. Mark Hubal, Pam Reed and all the other officials—you were outstanding at keeping the events running smoothly (even the Pinecrest team rep said so!) All this with a sense of humor, too!

Volunteers of the Week

Lisa Tumarello

Lisa pulled big time double duty at Monday's meet. Not only did she run around parking cars, but she also worked tables for the entire (long, hot) meet. Lisa, thank you so much for your huge contributions!

Trish Demson and Nancy Robbins

The concessions were in overdrive Monday night, but these ladies were in control and handling every detail. So much goes into coordinating and producing the food concessions to feed the masses—you were AMAZING!

Marianne McLaughlin

Marianne was not even scheduled to work on Monday, but she stepped in to help as Clerk of Course for “awhile” and ended up staying the entire night. She really helped to keep the meet moving and, in addition, is really helping us to fine-tune the position. Marianne, you are such a team player!

Sue Stony

As our Monday night’s Marshall, Sue was in charge of steering LOTS of swimmers here and there. Without having worked the position in the past, Sue handled it like a pro and stayed to the end (long after her young swimmers had finished). Sue, you were great!

Reminders

Pep Rally this Friday, June 28th at 6:00 p.m. This one’s the annual treasure hunt! If you have not yet done so, please turn in Pep Rally payments (\$20) to Carol Byrne.

In the event of a thunderstorm at a swim meet: When there is thunder and/or lightning at a meet, initially we try to wait it out for a time. This means sitting in cars in the parking lot. Usually within 45 minutes the team reps and officials confer to make a decision regarding the continuation of the meet. Whatever the decision, they will spread the word to families in their cars. **If you are timing at a meet and must leave the pool area due to an impending storm, please make an effort to return your stopwatch to the FMW head timer prior to going to your car.** This way we minimize any loss of watches.

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/758-9150 or janet.osborn@hewitt.com. Submissions

for the newsletter are due (preferred by email) by noon on Wednesdays.

Fun Stuff

All 13 and overs are invited for rock-climbing this Thursday, June 27th. We’ll meet at the pool at 1:00 pm and will carpool to a facility in Sterling. The cost is \$22 cash or a check payable to Tommy Huycke.

Jokes

Q: What would you get if a dairy cow exploded?

A: Udder madness!

Q: What did the mother skunk say to her teenage skunk?

A: Don’t stink and drive.