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# Fox Mill Woods Gazette

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## FINTASTICS SWIM TEAM NEWS

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### Team Rep Corner

*By Kathy Montgomery*

Great job to all: coaches, parents, and swimmers! We're about half way through the season already.

A reminder to parents that if there are changes in swimmer availability to put a note in Shelley and in Kathy Montgomery's mail folder as soon as you become aware of a change. We create the meet sheet for Saturdays meet on Wednesday and must have the most up to date availability info at that time.

There are only 5 car flags left. They are \$15.00. Let me know if you would like to buy one. (Reed Family, I am holding one for you.)

Nothing else this week, except enjoy the fourth of July and God Bless America!

### Fox Mill Woods Fintastics vs. Walden Glen Wahoos – June 29, 2002

*By John Callahan*

If the Fintastics were evenly matched against McLean in our opening meet, we found out against the Herndon Hammerheads that “even” meant tied almost always. Hey, was this synchronized swimming or a NVSL water duel? If you went to the snack table even for a minute for one of those yummy chocolate donuts, you probably missed a shift in the momentum as the two teams matched win against win. And if you witnessed all of those radiant, ear-to-ear smiles as the final points were added up, you experienced an outcome Coach Shelley wants us to share again and again during this summer 2002 season.

Fox Mill Woods visited Herndon for a meet the coaches felt we had a good chance to win – if the swimmers performed up to their potential.

In freestyle, the teams battled point for point. Piling up first place points for the Fintastics were **Andrew Gyenis, Michael Hallock, Kristen Callahan, Stacey Forsyth, Matthew Montgomery** and **Sascha Reed**. Second place spots were earned by **Leanne Hyer, William Byrne** and **Jennifer Dolson**. Third place finishers included **Patrick Cary, Stephanie Hallock, Ana Demson, Jason Happ, Lindsay Ward** and **Amanda Hubal**. **Michael Hallock's** time of 32.86 was a team record. The Fintastics and Hammerheads finished freestyle in a 45 to 45 tie.

An excellent balance of firsts, seconds and thirds actually allowed the Fintastics to eke out a tiny lead in backstroke. First place honors went to **Andrew Gyenis, Michael Hallock, Allison Pinegar, Edward Reed, Stacey Forsyth** and **Zachary Kearns**. Finishing second were **Stephanie Hallock, Leanne Hyer, Lindsay Ward** and **Allison Kendrick**. Third place points were added by **Abby Reed, Steven Robbins, Christopher Kearns, Abby Clement, Thomas Burton, Anna Clement** and **Julia Richmond**. Score: 94-86, Fintastics.

While the Fintastics are usually accustomed to motoring right through breaststroke, the Hammerheads were competitive in every event and took most of the firsts. Fox Mill Woods first place finishes went to **Sally Wade, Suzanne Huycke** and **Scott Hubal** (back from golf camp). Our strong second placers included **Alina Suyama, Katherine Leeds, Jason Hornbeck, Katie Callahan, Matthew Montgomery, Brian Montgomery, Brian Pujanauski** and **Jennifer**

**Dolson.** Third place points were gathered up by **Harper McGrath** (not to be confused with that famous Wild West desperado), **Ana Clement** and Jennifer Callahan. The momentum had changed just a tiny bit, with the Hammerheads ahead, 137-133.

Fox Mill Woods had developed a powerful school of flyers, formidable enough to scare any NVSL shark pack, and true to form they helped us glide back into the lead. Finishing first ahead of menacing Hammerheads were **Bobby Demson, Kristen Callahan, Scott Hubal** and **Sascha Reed**. Second place Fintastics included **Christopher Kearns, Suzanne Huycke, Jason Happ, Melissa Duval** and **Rob Burton**. Finishing third were **Allison Pinegar, Edward Reed, Ana Demson** and **Allison Kendrick**. The Fintastics had surged into the lead, 177-175, just in time for relays.

In relays, the 8 and under boys, **Patrick Cary, Jonathan Nichols, J.T. Byrne** and **Andrew Gyenis**, won with a time of 1:44.31. In the 9-10 medley, the 9-10 boys, including **Dan Traxler, Bobby Demson, Andy Putch** and **Michael Hallock**, won with a time of 1:23.16. The 9-10 girls, including **Allison Pinegar, Katherine Leeds, Kristen Callahan** and **Leanne Hyer**, won with a time of 1:25.68.

In the 13-14 boys medley, **Zachary Kearns, Matthew Montgomery, Jason Happ** and **Steven Matthews-Rurak** won with a time of 1:07.56, allowing us to creep back into a narrow lead. The 13-14 girls, including **Melissa Duval, Sascha Reed, Kayley Byrne** and **Lindsay Ward**, won in a near photo finish, 1:11.02 to 1:11.93.

The mixed age 200 meter freestyle relay gave the Fintastics a chance to win in dramatic fashion, and that is just what they did. The boys, **William Byrne, Michael Hallock, Scott Hubal** and **Rob Burton**, won with a time of 2:01.78. And the girls, **Stacey Forsyth, Kristen**

**Callahan, Sascha Reed** and **Jennifer Dolson**, won with a time of 2:15.05

Coach Shelley said, "I can't say enough to these 2002 Fintastics. We went into the relays needing to maintain our slim lead and the swimmers pulled out wins every time we had to, including the last two events. We needed every point we could get and the team delivered. This team has developed a "never say die" attitude and they are great to be around. Let's pull out another win this week!" The final score was Fintastics, 207, Hammerheads, 195. Fox Mill Woods evened its summer record to 1-1 for the campaign.

Notable improvements this week included **Edward Reed**, with a 12 percent improvement in fly, and **Dan Traxler**, who improved his breast time by over 11 percent. Congratulations to many others who significantly improved their times this week!

#### **The Monday Night Action: Fox Mill Woods vs. Hiddenbrook**

Our swimmers must love the heat - they claimed 26 first place finishes and turned in 69 new personal best times at Hiddenbrook on Monday night! Way to go, Fintastics! Just to mention a few, double-digit improvements in times came from **Elizabeth Dubois, Will Happ, Julia Horowitz, Alison Jarmas, Timmie Rawlins, Will Savino, Jack Stoney, Natalie Toma** and **Kirby Vitek**. Our swimmers are awesome! The complete results are as follows:

#### *Freestyle*

**Jack Traxler** claimed first place, followed by **Jack Stoney** in second, with **Patrick Gyenis** taking fifth in the boys 6 and under. In the girls 6 and under **Liana Pendleton** came in fourth place, with **Paige Humphrey** taking fifth and **Colette Toma** taking sixth.

In 7 & 8 boys, **J.T. Byrne** improved his time and brought home a fifth place finish, while **Timmie Rawlins** also improved and came in

sixth. Our 7 & 8 girls were rocking the pool with finishes of first to **Catherine Humphrey**, second to **Abby Reed**, third to **Mary Stoney**, fourth to **Elizabeth Dubois** and fifth to **Leanne Muncy**.

In the 9 year old boys contest, **Andy Putch** swam to a first place finish, with **Steven Robbins** taking third place and **Charlie McRoberts** grabbing fourth. In the 9 year old girls, **Allison Brouckman** took second place, while **Caroline Beury** took fifth and **Elizabeth Osborn** claimed sixth place.

**Bobby Demson**, who demonstrated great sportsmanship in all his swims, zipped in for a first place finish in the 10 year old boys, with **David Rawlins** taking second and **Kevin Bolger** taking fifth. In the girls event, **Lauren Angel** was the star of the show with her first place finish.

The 11-12 boys saw **Liam McLaughlin** swim to a second place finish, followed by **Jeffrey Siebach** claiming third and **Will Happ** taking fourth. Our 11-12 girls looked great with finishes of first to **Katie Callahan**, second to **Melissa Jarmas** and fifth to **Alexandra Toma**.

In the 13-14 boys, **Steven Matthews-Rurak** swam away with fourth place. Then in the girls event, **Kayley Byrne** grabbed second, followed by **Melissa Duvall** in third and **Elizabeth Hines** in fourth.

**Patrick Hines** was the big winner of the boys 15-18 freestyle, and **Allison Kendrick** claimed second. Both swimmers had personal bests.

### *Backstroke*

Our guys looked great in the 6 & under boys group with **Jack Traxler** grabbing first place, **Jack Stoney** third, and **Patrick Gyenis** fourth. These guys are great to watch!! Our girls, **Natalie Toma**, **Liana Pendleton** and **Paige Humphrey** went home with fourth, fifth and sixth place, respectively.

In 7-8 boys, **Patrick Cary** looked good in his third place finish. Our girls looked just as good with **Leanne Muncy** in second place, **Marie**

**Tummarello** in third, **Chloe Siebach** in fourth and **Laura Brouckman** in fifth.

**Bobby Demson** glided into a first place finish in boys 9-10 backstroke while **Dan Traxler** followed in second. A good showing came from our girls, led by **Alison Jarmas** in second place, **Lindsay Toma** in third and **Allison Brouckman** in fifth.

**Will Happ** posted a first place finish in the 11-12 boys event. The **Demson** girls showed off their strong swimming with **Ana's** second place and **Erica's** third place. They were quickly followed by **Melissa Jarmas** in fifth place.

13-14 backstroke saw **Jason Happ** take a second place finish.

### *Breaststroke*

Fox Mill Woods continues its tradition of strong breaststrokers. **Colette Toma** had a great first place finish in 6 & under girls breaststroke.

We then saw speedy **Andrew Gyenis** take first place in the boys 7-8 event. This was followed by a TOTAL SWEEP in the girls 7-8 breaststroke with the following finishes: **Margaret Murphy**, first, **Catherine Muncy**, second, **Julia Horowitz**, third, **Meagan McRoberts**, fourth, **Chloe Siebach**, fifth and **Natalie Anderson**, sixth.

In 9-10 boys **Andy Putch** brought in a strong second place finish. **Caroline Beury** was the first place finisher in the girls event, while **Alison Jarmas** claimed third.

**Liam McLaughlin** brought home the blue ribbon in 11-12 boys, with **Jeffrey Siebach** close behind in second. It was another **Demson** show in the girls event with **Erica** grabbing first and **Ana** second. **Jennifer Tummarello** had a great improvement in her time and brought home sixth place.

**Steven Matthews-Rurak** was the second place finisher in the 13-14 boys. Our 13-14 girls looked solid with finishes of second place to **Kayley Byrne**, third to **Lindsay Ward** and fourth to **Elizabeth Hines**.

The 15-18 boys breaststroke event saw **Pat Hines** take first and **Mike Leeds** second. **Hannah Cohen** brought in a second place and **Bridget Lins**, a fourth place in the girls event.

### *Butterfly*

In the boys 8 & under event, **Andrew Gyenis** flew to a first place finish. **Stephanie Hallock** took first and **Abby Reed** claimed fourth in the girls 8 & under.

**Dan Traxler** took the blue in 9-10 boys, and **Steven Robbins** grabbed third place. In the girls 9-10 **Leanne Hyer** touched in for second place, and **Lauren Angel** took fourth.

In the girls 15-18 event, **Jen Callahan** had a great improvement in time and a first place finish.

### *Individual Medley*

In 9 & under boys, **Andrew Gyenis** had a great first place finish followed by **Dan Traxler** in second. Once again our girls were swimming tough with **Kristen Callahan** charging in for first, **Leanne Hyer**, second, **Stephanie Hallock**, fourth, and **Abby Reed**, fifth, with a nice improvement in time.

Boys 10 & under saw **Michael Hallock** post a first place finish and **Bobby Demson** a second. In the girls 10 & under second place went to **Katherine Leeds** and third to **Lauren Angel**.

Our 11-12 boys were swimming fast, with a first place finish to **Chris Kearns**, **Willy Byrne**, second, **Liam McLaughlin**, third and **Jeff Siebach**, fourth. The 11-12 girls all had drops in their times with **Suzy Huycke** taking a second place finish, followed by **Ana Demson** in fourth and **Katie Callahan** in fifth.

Our 13-14 boys were pounding the water with finishes of first to **Scott Hubal**, second to **Matt Montgomery**, third to **Zach Kearns** and fourth to **Jason Happ**. Nice swimming, guys! **Kirsten Siebach** improved her time with her third place finish in the girls event.

**Rob Burton** and **Mike Leeds** took first and second, respectively, in the boys 15-18 IM.

**Allison Kendrick** brought home fourth in the girls' event.

Congratulations go to all our swimmers for their hard work. We love seeing this long list of personal bests!!

Our meet next Monday is at Oakton. Be at their pool, ready for warm-ups at 5:15 pm.

### Coaches Corner

*By Shelley Gesker*

Well, what can we say? We've had a great start to the season and the momentum continues to swing in a positive direction! With the victory over Herndon, we showed that as a team we work extremely well together. Throughout all the ups and downs, ties, etc. we pulled together and came out on the winning end! Monday night continued to show our hard work and perseverance paying off with many best times and great swims :)

In the next few weeks there is so much for us to look forward to--the Lollipop meet, Relay Carnival, Splashdown, more meets (which means more chances to improve our times:), the Lip Sync contest. Things can only get better, faster and more fun!

You should ALL be very proud of the time and effort you have put in this season, you have accomplished so much and we are only about half way there! Good Luck :)

On another note, I'd like to welcome back the Brennans: Eliza, Jack and Annie we are glad to have you back with us!

**\*\*ATTENTION SWIMMERS:\*\*** On Tuesday July 9th, **Bob York** and **Cameron**, from **York Swim Club** will be coming to Fox Mill Woods! This will be a good time for you to hear some strategies and techniques perfect for

summer swimming (or swimming in general), and to get answers to questions you may have.

**Ages 8 through 10 = 6:00 - 6:45**

**Ages 11-18 = 6:45 - 7:30**

### **Swimmers of the Week:**

#### **Liam McLaughlin**

After one of the first days of practice, Liam said to me, "Thank you for the advice today Shelley, it really helped." This statement took me completely off guard, as the practice was hard and I felt like I had been nagging him to reach further with his arms to lengthen his pull for a great portion of the practice. But, after I recovered with a meager, "Your welcome Liam...no problem," I had to chuckle. It struck me what a hard worker Liam is and how much he tries to improve himself with every practice. He often continues to thank me after practice, even after the difficult ones. Liam, your hard work, effort and perseverance is really paying off as you continue to drop times.....such as the 7 second drop in your backstroke in the first A-meet, the 2 second drop in your breaststroke this past weekend and the 2 second drop in your freestyle on Monday night!!!! Thank you, Liam, for setting such a good example! day in and day out!

#### **Andy Putch**

I have often said that the age-up from 8 & under to the world of 9 & 10's is one of the most difficult. Andy has taken on that challenge and shown that it may be difficult, but it can be done! Since the start of the season he has shown consistent effort in his practices, not at all deterred by having to do 2 laps and squeezing in a little flip turn. But instead, has improved his times almost each time he hits the water in a meet. His endless energy and enthusiasm keeps us going, as we are continually impressed by his effort and performances :) Good Job Andy!

#### **Steven Robbins**

Steven is another young man who has had to transition to the world of the 50 this year. Rather than being intimidated, Steven has sought out feedback and continues to plug away at practice. Steven is a strong young man physically, as well as mentally, as he never gives up... even when having to do countless repetitions of the flip turn. He has swum himself into the A-meets, including a third place finish in backstroke this past Saturday. You should be very proud of all of your efforts Steven....you have accomplished quite a bit!

#### **Dan Traxler**

Yes, another young man who has welcomed the world of the 50 with open arms! Getting comfortable right away with the flip turn and transitioning quite well to longer races and practices. Since Time Trials, Dan has improved his freestyle time by 3 seconds, gotten the kinks worked out in his backstroke turn, dropped his breaststroke time 15 seconds and his butterfly time by 6 seconds. Go Get 'Em Dan!

#### **Kyle Delgado**

If you have ever seen Kyle walking around the pool, you can see how much he enjoys life :) He comes to practice everyday with a smile, always ready to put a positive spin on things, and....work hard in the process! ALL this helping him to plug along and drop 12 seconds in his 25 freestyle since the start of the season! Life is good :)

#### **Alison Jarmas**

Her goal was to make an A-meet, and she did :) Her goal was to go a 58 in 50 backstroke, she went a 55 this past Monday :) Her goal was to go a 2:20 in the 100 IM, and she went 2:15 this past Monday :) She is one "tough cookie", who is willing to work hard and go after her goals! Congratulations Alison!

### **Patrick Hines**

Coming into the season the same quiet, unassuming way, one thing was very loud & clear....Patrick was ready to swim some fast breaststroke! Having been a positive role model for several years, as well as working hard and always shining in breaststroke, he has definitely taken it up a notch. Leading his teammates by example, Patrick has come to practice persistent and willing to do what he needs to lower his time in breaststroke and get in there (even suffer through many a backstroke and butterfly practice)! As a result, he has lowered his times 2 seconds in both freestyle and breaststroke.....and we are only 1/2 way through the season!

### **Jennifer Tummarello**

She is in an age group with a lot of depth, but is not at all deterred. Jennifer is always at practice with a friendly smile and willingness to approach the days practice with a positive outlook (regardless of the stroke). She has improved her strokes, as well as her times....and is getting excited about the results. For example, this past Monday night, with a 3 second improvement in her freestyle and a 3 second improvement in her breaststroke, Jennifer ran over to give me a hug! Your positive efforts are having a positive effect on your times.....keep it up!

### **Edward Reed**

Edward is a very focused and meticulous swimmer....attention to detail is definitely a priority! Edward showed us all why this is such a positive attribute this past Saturday when he focused on the task at hand and dropped 4 seconds in his 50 backstroke and winning the event, then turned around and improved his 50 fly time as well. Careful repetition of drills, turns and sprints has added to his determination to not only swim fast, but swim well. Good job Edward :)

### **Catherine Humphrey**

Catherine is one of the new additions to the FMW swim team in the 8 & under age group, and immediately grabbed our attention with her height .....an advantage to capitalize on at any age :) Since the start of the season she has continued to catch our attention with her continued improvements in freestyle, most dramatically, as well as in the other strokes! Catherine may come across very quiet, but her swimming speaks volumes....as evidenced in the girls 8 & under relay on Saturday and again on Monday night, dropping her time to a 21 :) With her continued hard work, we look forward to watching Catherine and letting her swimming speak for her :)

### **Harper McGrath**

Harper is one of the new additions to the 8 & under boys of our team. While he was getting comfortable with the "lay of the land" we noticed the fact that Harper had a legal breaststroke! So, Harper let us fine tune his breaststroke skills, only to have us then ask him to do it at a Saturday meet! Nervous, but ready to accept the challenge, Harper has swum this event for us the first 2 Saturday meets, and placed third this past weekend against Herndon, while lowering his time 2 seconds! Good Work Harper....keep it up :)

### **Allison Brouckman**

Allison is one of our girls that has had to make the transition to the 50 world, and has also done it with a smile on her face. Feeling that she could successfully do the flipturn, she has practiced it daily and doesn't remember what it is that had her so nervous about it before :) Adjusting to the rigors of the 50 in workout has not left her intimidated, but proud that each day she is improving and getting a bit better. Well, Allison, you are right....you have gotten better, with a 3 second improvement in your 50 free since time trials, a 5 second improvement in backstroke and a swim in an A-meet with a 3

second drop last Saturday! You should be proud of yourself :)

### **Will Savino**

Will is a young man with plenty of questions :) Each practice is actually started off with a ? As we've seen over the past few weeks though, Will's questions are paying off! He asks for clarification on drills, what stroke the practice will be focusing on.....as well as more important questions like, "Shelley, when will be going off of the diving board again?" Persistence is obviously no issue here, and Will has shown that asking questions helps you to focus in on what it is you'd like to do. For example, in his pursuit of the "right" way to do things, Will has improved his freestyle 4 seconds and his backstroke 8 seconds since the start of the season! Now I have a question for you Will? How much faster would you like to go?

### **Volunteer News**

Thanks to all of our volunteers who pitched in to make our first meets a success.

#### ***Volunteers of the Week:***

#### **Dave Savino**

A volunteer that is always there when needed is Dave Savino. At the B meet at home on June 24, he started out helping at the grills, arriving early and then moved into Timing position when the announcement went out that we were short a timer. Dave was only supposed to time for the second half. Then again on the July first B meet, Dave stepped in when one of our Timers was caught in traffic and we were short again. What would we do without you Dave?

Retroactively, thanks go out to **Francine Vitek** who stepped in last week and helped at concessions even though she was not scheduled to do so and **Ed Jarmus** who helped to replace **Linda Fertal** in her timing position so that Linda could be the clerk of course in training. Flexibility like that keeps everything working!

### **Patsy Graham Meet Volunteers**

The Patsy Graham is a long meet in the middle of a very busy week and the FMW Fintastics not only brought great swimmers but also great volunteers. Many thanks to **J.R. Robbins** who stepped in to time at the last minute. **Laurie Dolson** who kept score at the tables for the entire meet. Then there are our A and B Team Reps **Kathy Montgomery** and **Pat Ward** who did double duty by helping with Tables and Clerk of Course. **Mary Wade** was clerk of course for the last half of the meet and **Sue Pendleton** and **Jan Coffinberger** worked their fingers to the bone writing ribbons. Last but not least, thank you to the rest of our "Old Timers" who helped so no one had to stand for the entire meet. These included: **MaryJo Huycke, Kathy McRoberts, Rick Lopez, Marion Kendrick, Noni Delgado, and Pat Montgomery.**

I (Jane) would also like to thank all those who go the extra mile to help the volunteer coordinator out. I can't list all of your names, but I hope you all know who you are and how much you are appreciated. It isn't easy always giving up your time, and I know I am always relying on your generosity, but without you, we couldn't pull off these meets or pep rallies. Thank you.

### **Reminders**

Pep Rally this Friday, July 5 at 6:00 p.m!

**Special thanks** to the following restaurants for helping us offer a little variety to the Pep Rally food this year and keep within our budget!

KFC Herndon on Elden Street for Friday, June 28<sup>th</sup>, SUBWAY at Fox Mill Center on John Milton Drive for Friday, July fifth and BAJA FRESH, Plaza America in Reston for Friday July 12<sup>th</sup>.

### **Jokes**

Q: In what state was Abraham Lincoln born?

A: Naked and screaming like the rest of us.

Q: How do you recognize old rabbits?

A: By the grey hares!

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/758-9150 or [janet.osborn@hewitt.com](mailto:janet.osborn@hewitt.com). Submissions for the newsletter are due (preferred by email) by noon on Wednesdays.