
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Kathy Montgomery

Our kids' times are dropping, the weather is cooperating, and everyone seems to be having fun! With two new swimmers added to our roster last week, we have 129 swimmers and 75 families on the FMW team this year.

Thank you, Moms and Dads, for all of your volunteer hours and positive attitudes! It is a pleasure working with such willing parents.

It has been a hectic week, but I hope our swimmers have been able to prepare a routine for Friday's pep rally.

Brian has agreed to be our disk jockey again this year at our banquet. Start collecting your favorite tunes to bring that night.

Fox Mill Woods Fintastics vs. the Hiddenbrook Hurricanes -July 6, 2002

By John Callahan

Fox Mill Woods played host to the Hiddenbrook Hurricanes under clear blue skies and cool breezes in week three of the summer season. Everyone was excited about the opportunity to get two wins back to back. In order to secure a victory, Coach Shelley felt the 8 and under boys and girls needed to step up.

In freestyle, the younger swimmers wasted no time. **Andrew Gyenis** placed first for the 8 and under boys and the girls swept, with **Stephanie Hallock** finishing first, **Catherine Humphrey** finishing second and **Abby Reed** gaining third. Other first place finishers in freestyle included

Kristen Callahan, Stacey Forsyth, Scott Hubal and **Justin Forsyth**. **Bobbie Demson, Christopher Kearns** and **Lindsay Ward** earned additional second place points. Other third place finishers included **Andy Putch, Sascha Reed** and **Jennifer Dolson**. The Fintastics were off to a strong start and a narrow 46-44 lead.

The Fintastics continued with another strong performance in backstroke, with all age groups contributing points. The boys 9-10 backstrokers swept their event with **Michael Hallock** taking first with a team record 36.82, **Dan Traxler** taking second and **Steven Robbins** finishing third. Other first place finishes were earned by **Andrew Gyenis, Stephanie Hallock, Leanne Hyer, Edward Reed, Matthew Montgomery** and **Rob Burton**. Other second place honors went to **Abby Reed, Alison Jarmas, Christopher Kearns, Stacey Forsyth, Zachary Kearns, Lindsay Ward** and **Allison Kendrick**. **Rosie Montgomery** added a third place finish. This flood of backstroke points helped Fox Mill Woods rush out to a 107-73 lead.

In breaststroke, the Fintastics found strong contributors in all age groups. Just as our swimmers swept at least one event in free and back, the trio of **Kirsten Siebach**, with a first, **Melissa Duvall**, taking a second and **Anna Clement**, finishing third, added a Fintastic sweep in breast. Other first place honors were earned by **Alina Suyama, Michael Hallock, Sally Wade, Suzanne Huycke, Scott Hubal** and **Brian Pujanauski**. Second placers included **Emily Wade, Liam McLaughlin, Katie Callahan, Melissa Duvall** and **Patrick Hines**. Third place points were gathered up by **Harper McGrath, Dan Traxler, Caroline Beury** and **Jennifer Callahan**. The Fintastics were finding themselves in a fun place, ahead 162-108.

Fox Mill Woods was now gliding around the pool like a powerful predator fish and the butterfly event gave them another opportunity to gobble up points. First place finishers included **Kristen Callahan, Edward Reed, Jason Happ, Rob Burton** and **Allison Kendrick**. Second place Fintastics included **Bobby Demson, Suzanne Huycke, Matthew Montgomery, Sascha Reed** and **Amanda Hubal**. Finishing third were **Andy Putch** and **Justin Forsyth**. Score, Fox Mill Woods, 204-135.

The Fintastics continued to feast on the competition during the relays, winning nine of 12 events.

The 8 and under girls, **Catherine Humphrey, Alina Suyama, Abby Reed** and **Stephanie Hallock**, took the 100 meter freestyle relay with a time of 1:35.62. We won both 9-10 100-meter medleys. The boys, including **Dan Traxler, Bobby Demson, Andy Putch** and **Michael Hallock**, triumphed with a time of 1:29.11. The girls, including **Sally Wade, Kristen Callahan, Alison Jarmas** and **Leanne Hyer**, won with a time of 1:28.81.

The 11-12 boys, including **Edward Reed, Liam McLaughlin, Kevin Pujanauski** and **Christopher Kearns**, won with a time of 1:18.63. Both 13-14 medley teams took first. The boys, including **Matthew Montgomery, Jason Happ, Scott Hubal** and **Zachary Kearns**, took first with a time of 1:04.66. The girls, with **Kirsten Siebach, Lindsay Ward, Kayley Byrne** and **Sascha Reed**, won with a time of 1:08.65.

The 15-18 200 meter medley boys team, including **Brian Pujanauski, Rob Burton, Patrick Hines** and **Justin Forsyth**, won with a time of 2:13.58. In the mixed age 200 meter freestyle relays, both boys and girls teams ruled. In the boys' heat, the team of **Christopher Kearns, Michael Hallock, Scott Hubal** and **Justin Forsyth** coasted to a big win with a time

of 2:05.34. In the girls heat, the swim meet ended with a thrilling finish. The girls, **Stacey Forsyth, Kristen Callahan, Sascha Reed** and **Jennifer Dolson**, prevailed with a time of 2:15.05, just nipping the Hiddenbrook time of 2:15:12. Fox Mill Woods had completed another fantastic meet, winning 249-145.

Coach Shelley said, "I want to thank the swimmers for practicing hard this week and turning in strong performances against Hiddenbrook. I especially want to shine the spotlight on our 8 and under swimmers who swam hard in all events and who are coming on strong. Let's keep the momentum going for the next meet!" Fox Mill Woods is 2-1 for the campaign.

Our notable improvers this week included **Caroline Beury**, with a 14 percent gain in freestyle and a 7 percent improvement in breaststroke. Congratulations to many others who significantly improved their times this week!

The Monday Night Contest: Fox Mill Woods vs. the Oakton Otters

by Pat Ward

Well, we didn't turn into pumpkins, but it was a long night at Oakton on Monday. Luckily it paid off, though, because our swimmers achieved a record 90 personal bests! We have been watching them work hard at practice and it's great to see the results. Here's how we did against tough Division 3 swimmers:

Freestyle

We saw **Jack Traxler** take sixth place in the six and under boys with a 14% improvement in his time. **Liana Pendleton** claimed fourth and **Natalie Toma**, sixth, in the girls event.

J.T. Byrne grabbed sixth place in the 7 - 8 year old boys' event, while **Mary Stoney** improved her time and took third place for the girls.

Our 9-year-old boys came on strong with first place going to **Dan Traxler**, second to **Steven Robbins** and fifth to **Charlie McRoberts**. In the girls' event, **Alison Jarmas** brought home sixth place.

In the 10-year-old event, **David Rawlins** took fourth for our boys, while **Lauren Angel** zipped in for second place, followed closely by **Kimberly Blauer** for third in the girls' event.

Liam Mclaughlin and **Jack Brennan** swam to a photo finish in the boys 11-12 freestyle, with second place going to Liam and third to Jack. Welcome back, Jack! Our 11-12 girls are getting faster every day - this tight race saw **Abby Clement** take second place and **Katie Callahan**, third, both with time improvements.

Steven Matthews-Rurak swam to a first place finish in the 13-14 boys freestyle. This great result was the challenge our dynamic group of girls needed to sweep the top four spots! **Melissa Duvall** claimed first place, followed by **Anna Clement** in second, **Elizabeth Hines** in third and **Annie Brennan** in fourth. (Annie, it's good to have you back!)

In the 15-18 freestyle, **Hannah Cohen** brought home fifth place.

Backstroke

Our young "Jacks" were swimming their best times as **Jack Traxler** grabbed second place and **Jack Stoney**, third, in the boys' six and under event.

Alina Suyama and **Elizabeth Dubois** improved their times nicely as Alina took first and Elizabeth second in the girls' 7-8 event.

The **Demson** team was looking good in the 11-12 girls as **Ana** claimed first and **Erica** fourth.

Breaststroke

Andrew Gyenis continues to improve his time in this 7-8 event and claimed first place. In the girls' heats we saw some great breaststroking with **Julia Horowitz** taking second place, **Meagan McRoberts**, fourth, and **Catherine Muncy**, sixth.

Andy Putch had a nice time improvement as he swam to a third place finish in the boys' 9-10 event. **Charlie McRoberts** claimed fifth place. In the girls' event, **Lindsay Toma** took fifth place.

Our boys looked good in the 11-12 group as **Jack Brennan** took fourth place, **Jeffrey Siebach** grabbed fifth and **Will Happ** took sixth. **Rosie Montgomery** and **Melissa Jarmas** had personal bests as Rosie took first place and Melissa took sixth in the girls event.

Our strong 13-14 girls raced in for first, second and third to **Lindsay Ward**, **Annie Brennan** and **Elizabeth Hines** respectively.

Hannah Cohen took first place in the 15-18 girls' event.

Butterfly

Andrew Gyenis earned a blue ribbon in the 8 & under butterfly. **Dan Traxler** claimed second place in the 9-10 boys, while **Lauren Angel** took third and **Kimberly Blauer** fifth in the girls event.

In boys' 11-12 **Liam Mclaughlin** grabbed a third place finish. **Melissa Jarmas** had a nice improvement in time and a second place finish for the girls.

Lindsay Ward achieved a personal best and first place in the 13-14 girls' butterfly.

Lindsay Pujanauski also improved her time and brought home a third place finish in the 15-18 group.

Individual Medley

We believe all the swimmers of the IM (and their parents) deserve recognition for sticking with it on a long night in order to improve their strokes and speed. The IM's ended at 10:05!!

In the boys' 9 & under 100 IM, **Andrew Gyenis** claimed first place followed by **Andy Putch** in second. **Leanne Hyer** earned first place in the girls' event.

Michael Hallock swam to a strong first place finish in the 10-year-old boys' event. **Bobby Demson** finished in second place.

Our 10 year old girls looked good as **Kristen Callahan** swam in for second place, **Katherine Leeds** claimed fifth and **Allison Pinegar** took sixth.

Chris Kearns took second place in the 11-12 boys and **Jeffrey Siebach** took sixth. In the 11-12 girls, **Katie Callahan** finished with fifth place and **Ana Demson**, sixth.

In the 13-14 age group, **Matt Montgomery** took third place followed by **Zach Kearns** in fourth in the boys' event. **Lindsay Ward** took first followed by **Melissa Duvall** in second in the girls' event.

Rob Burton claimed third place in the 15-18 boys' event, while **Allison Kendrick** grabbed second place and **Jennifer Dolson**, fourth, in the girls' event.

Next Monday, July 15th, our meet will be at Herndon. Plan to be at their pool at 5:15 to be ready for warm-ups.

Lollipop Meet

Munchkins and fairies presided over our fourth of July morning as we welcomed the youngest swimmers from FMW and five other teams to swim for lollipops and fun. It was a great opportunity for many of them to try new strokes and even IM's for the first time. The crowd cheered as **Tommy Lopez** swam breaststroke and **JT Byrne** mastered butterfly. Special congratulations go to **Allison Robbins** and **Scarlett Forrest** who both successfully completed the 75 IM. Way to go, girls!! **Abby Reed** and **Andrew Gyenis** looked fantastic in their regulation IM's.

In particular, we'd like to thank the many talented young people of our team who made the morning so special. **Rosie Montgomery, Suzanne Huycke, Stephanie Hallock** and **Alina Suyama** performed a fun dance to the munchkin song. **Amanda Hubal** graced us with a wonderful rendition of the *Star Spangled Banner* while **Will Byrne, Zach Kearns** and **Chris Kearns** swam our flag and symbolic lollipops across the pool. Many other young people helped our meet be a success: **Kayley Byrne, Joey Coffinberger, Melissa Duvall, Alison Jarmas, Melissa Jarmas, Matt Montgomery, Sascha Reed, Kirsten Siebach, John Suyama, Sally Wade** and **Lindsay Ward**. It was really fun to hold an event where the younger set could be involved. Many of them performed multiple tasks (and actually asked for work!!) We would also like to thank another "young" person, **Peter Kendrick** for his lively announcing (and hugging and swimming). Peter really knows how to raise the notch on the fun meter, which is what this meet was all about.

Coaches Corner

By Shelley Gesker

As a group we survived and enjoyed one heck of a week--only to start another this week! In

looking back at it, we have once again outdone ourselves! Not only did we come out of Hiddenbrook successfully, we came out of Oakton alive and before 11 PM! Tuesday night, we were even able to get the York stroke clinic in right before the rain and thunder! Many thanks, again, to **Pat Ward** and **Joan Duvall**, the Lollipop meet was an incredibly memorable event! (**Suzie, Rosie, Stephanie** and **Alina**, you did a great job with your skit :)

I would also like to thank those older swimmers who have continued to give their time to help out with the other practices and get to know their younger teammates! (**Lindsay Ward, Allison Kendrick, Jennifer Callahan** and **Mike Leeds**) If you have not been able to, but are interested, please let me know!

The hard work and positive attitudes have continued to show throughout the practices, as well as the time drops at the meets. As a team we have come a long way and still have so much to enjoy together. We, the coaches, can't say enough about how much you have accomplished thus far, how excited we are to see your continued success in the upcoming weeks and our sheer delight at your effort and enjoyment of all activities. Whether it be water polo, diving boards, balloon toss', sets of 50's freestyle, 75's of kick or just hanging out together playing UNO while waiting for your event and cheering on your teammates. Keep it up....we are over half way through the season and it will be over before you know it!

Swimmers of the Week

Michael Hallock

If you saw Michael before the meet on Saturday started, you knew he was on a mission. If you know Michael personally, you know he ages up on Friday. Putting 2 and 2 together, it was easy to see that the focus was driving him to have a successful last A meet as a 9-10! Indeed, his hard work and willingness to push a little harder

paid off. Upon the completion of the 9-10 boys 50M backstroke, Michael was able to report he had just swum a 36.82, a new team record! He has also been an incredibly valuable part of the boys Mixed Age Relay, as well as the relay of his own age group. Michael is always one of the first swimmers in the pool and striving to get faster each week, which will help make the transition to the 11-12's a bit easier :) Congratulations Michael!

Charlie Mc Roberts

This is Charlie's first season with FMW, and at the beginning it was a bit overwhelming. But, through hard work and persistence, he has shown that if you put your mind to something you absolutely CAN do it! Since Charlie swam through his nerves at time trials, he has conquered the freestyle flip turn, dropped his time significantly in freestyle and breaststroke and is enjoying practice :) Good job Charlie, keep it up!!!

Kevin Bolger

This is also Kevin's first season with FMW. Within the first few weeks it has been easy for the coaches to see that Kevin is willing to do what is asked and learn along the way. He has been asked many a time to swim breaststroke and backstroke on Saturdays, despite the fact that Saturday meets are a whole new world to him. Each time he has approached it with a positive attitude and given it everything he has. Kevin's strokes are improving with each swim, as are his times! Congratulations Kevin :)

Bobby Demson

What can I say about Bobby?? He has asked me if we can have a "bed-head" contest and continues on to ask me if I have gel to keep his bed-head in good condition while he swims...lol But, if you know Bobby, you know that when it comes time to race he is one heck of a competitor. He is not easily defeated or ever convinced that he can't win. When beaten by a young man in the 50 free on Saturday, he replied

simply...."Shelley, I'll get him in the fly." Not only does Bobby enjoy bugging his sisters, he loves to laugh and get everyone in his lane laughing along (while working hard of course). He definitely helps you to see that there is in fact a time and place for everything..... you can work hard at something and enjoy it at the same time. Here's to the bed-head, Bobby :)

Elizabeth Osborn

Elizabeth comes in and out of practice quietly, but not unnoticed. She has worked hard and plugged away at learning the 50, the flip turn and what it takes to make that transition to the world of the 9-10 (as I said last week.....a big difference from 8 & unders). Since the start of the season she has lowered her freestyle time 3 seconds, done the backstroke with a legal turn and is being persistent in getting that breaststroke thing tackled. When you see Elizabeth on the deck, you see her with a look of happiness and content. We could all learn a bit from Elizabeth.....life is good!

Caroline Beury

Caroline came back from vacation rested and ready to go....little did she know she was going to be going right into an A-meet :) Getting back into the swing of things and getting herself psyched to compete on Saturday, Caroline was definitely ready to take advantage of the opportunity in front of her and step up to the plate for her team. In doing so, she got rid of the wiggle in her freestyle, practiced that turn and got the stretch going in her breaststroke. All of that resulting in a 9-second drop in her 50 free and a 5-second drop in breaststroke. Closing out the week with a third place finish in breaststroke on Saturday, I'd have to say Caroline, honey, you didn't miss a beat!

Volunteer News

Thanks to all of our volunteers who continue to pitch in to make our meets, pep rallies and practices so much fun.

Volunteers of the Week

Peter and Debra Suyama

Many thanks go to Peter and Debra Suyama who stepped in as our Marshals at Saturday's A Meet. It's great to count on our parents who just keep on helping out even after the 6 volunteer times have been completed.

Karen Muncy

Another volunteer who goes the extra mile on many occasions is Karen Muncy. At the Lollipop Meet and this past week's A Meet, Karen stepped in to help with concessions even though it was not her assignment. We all have her to thank for having "breakfast" ready and then moving on to her "Timer" position on Saturday. Nancy Robbins was truly grateful for the extra support Karen, thank you.

Don Huycke

Thanks to his thoughtfulness and advance preparations, the team areas were both equitable and comfortable for the Lollipop Meet. Don was very involved in all aspects of the planning of this meet, including concessions, and a key reason it went off without a hitch! We love you, Don!

Rebecca, Alison & Melissa Jarmas

With no swimmer to be there for, these lovely ladies voluntarily worked the entire HOT Lollipop Meet when they could have been relaxing on a holiday. Alison and Melissa did an excellent job of seeing that every swimmer received their lollipops while Rebecca kept the timers on track as substitute and relief timers kept coming and going. Having your involvement meant a lot to the smoothness of this meet!

Linda Fertal

Think of a party with 120 kids under age 8 and you have to organize them! That was Linda's situation on the Fourth of July. We seem to be

mentioning her name often this season, but she has worked tirelessly in the hectic job of clerk of course. Anyone familiar with the position knows that the Lollipop Meet is the supreme challenge, but she handled it masterfully. Linda, we just can't thank you enough!

Trish Demson

Trish, mother of all concessions, who had no swimmer at the Lollipop, planned to stay "a little while", but she remained until the end of the final clean up. Trish, what can we say? Your dedication is showing!

Noni Delgado

Noni is responsible for the variety of delicious food we've been having at the pep rallies. She is trying new things and getting deals for the team at the same time. Anyone who can please the hungry masses deserves a thank you!

Carol Byrne

Carol has been keeping our pep rallies popular - the place to be on Friday evening! Thanks to Carol, all the kids have have a fun outlet to be together when not in the water. Carol, you have perfected pep rallies - thanks for all your hard work!

Reminders

Pep Rally this Friday, July 12th at 6:00 p.m. This is your chance to grab the mike and do some **Lip Syncing**. Please plan to participate – no reasonable efforts will be refused!!

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.

Jokes

Q: What did Tennessee?

A: Whatever Arkansas.

Q: Where do you find elephants?

A: It depends on where you lost them.