
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Kathy Montgomery

I just finished entering swimmers for Saturdays meet into the computer, and noticed that there are several swimmers on the meet sheet this week, that have not been to an A-meet this year. **Please** be sure to check the bulletin board on Thursday's to see if your child is swimming in the upcoming A-meet. Make this a weekly routine. While Paris does announce the names of swimmers at Thursday's practice, don't rely on that alone. The surest way to know whether or not your child is swimming is to read the board every Thursday. Thanks.

We swim our toughest competitors this Saturday! The team from Highlands is also undefeated. **So**, this means one team is going to come away from this meet experiencing the first defeat of the season. Let's remember that no matter what the outcome, we will have done our best, had fun and maintained outstanding sportsmanship throughout.

We've started a baby pool! No, not construction of a new facility ...but a fun way for the kids to get excited and interested in Paris's new baby. There is a box by the mail folders where our swimmers can guess the sex, DOB, and weight of Baby Jacobs. We'll announce the winner on the website in November or December! One guess per swimmer, please.

Next time you drink a cup of Starbucks coffee,



remember our **literacy campaign**. Families that have not yet brought in books can still do so.

Finally, don't forget that Friday's pep rally is our Lip Sync night. Sign-up is at the front desk. The sign-up helps JoAnne Richmond estimate the number of prizes to buy. See you there!

Fox Mills Woods Fintastics versus Country Club Hills Sharks, July 5, 2003

By John Callahan

The July 4th weekend swim meet lived up to its star-spangled promise as emerging Division 6 powerhouse Fox Mill Woods played host to Division 5 Country Club Hills in pleasant early summer heat and bright blue skies. The two teams looked evenly balanced and observers felt the meet could be decided in the final relays. The Fintastics were determined to keep their winning record unblemished going into the third test of the season. The Country Club Hill Sharks did not want to lose to a lower division rival.

While the Fintastic freestylers have enjoyed early season success, these heats were more closely contested and Fox Mill Woods was not able to build an early lead. First place finishes were accomplished by **Andrew Gyenis, Leanne Hyer, Edward Reed, Scott Hubal** and **Matthew Montgomery**. Finishing second were **Gregory DeRosa, Sascha Reed and Zachary Kearns**. **Dan Traxler, Emily Clark, Stacey Forsyth and Jennifer Dolson** finished third. Fox Mill Woods trailed the Sharks, 51-39.

The Fintastics rebounded nicely in the backstroke and even managed to sweep in the 11-12 boys and 15-18 boys' events. Grabbing first place were **Andrew Gyenis, Stephanie Hallock, Leanne Hyer, Michael Hallock,**

Thomas Burton and **Justin Forsyth**. Second place points were added by **Gregory DeRosa**, **Patrick Cary**, **Edward Reed**, **Erica Demson**, **Suzanne Huycke**, **Zachary Kearns** and **Allison Kendrick**. Finishing third were **Andy Putch**, **Alison Jarmas**, **Bobby Demson**, **Allison Pinegar**, **Stacey Forsyth** and **Matthew Montgomery**. Fox Mill Woods had surged to the lead, 96-84.

In breaststroke, the seesaw nature of the swim meet continued. By working hard, the 9-10 girls and the 15-18 boys were able to sweep and build up critical points for the team. Finishing first were **Stephanie Hallock**, **Alina Suyama**, **Liam McLaughlin** and **Rob Burton**. Piling on three points each for second place were **J. T. Byrne**, **Caroline Beury**, **Katie Callahan**, **Kirsten Siebach**, **Michael Leeds** and **Jennifer Dolson**. Finishing third were **Jack Traxler**, **Paige Humphery**, **Steven Robbins**, **Catie Humphrey**, **Melissa Jarmas**, **Christopher Kearns**, **Suzanne Huycke**, **Patrick Hines** and **Jennifer Callahan**. While first place gets the glory, and deserves it, our third place finishers in this event added nine points, which were huge. Often, third place finishes can mean the difference between a win or a loss in the overall meet. Keep fighting for those points, swimmers! The Fintastics were still leading, 143-127.

The Fintastics secret weapon, butterfly, continued to payoff as Fox Mill Woods gathered a wee bit of breathing room going into relays. Finishing first were **Alison Jarmas**, **Michael Hallock**, **Scott Hubal**, **Sascha Reed**, **Justin Forsyth** and **Allison Kendrick**. Second place laurels went to **Christopher Kearns** and **Rob Burton**. Finishing third were **Kristen Callahan**, **Kirsten Siebach** and **Hannah Cohen**. Going into relays, Fox Mill Woods was ahead 182-160. Remaining undefeated was definitely within reach.

In the 8 and under 100-meter freestyle relay, the boys, consisting of **J.T. Byrne**, **Jack Stoney**, **Jack Traxler** and **Gregory DeRosa**, swam

valiantly and held on to narrowly win with a time of 1:30.51.

The girls' team of **Leanne Hyer**, **Abigail Reed**, **Alison Jarmas** and **Alina Suyama** prevailed in the 9-10 100-meter medley relay with a time of 1:26.86. In the 11-12 boys' event, **Michael Hallock**, **Liam McLaughlin**, **Bobby Demson** and **Edward Reed** won with a time of 1:12.91.

In the 13-14 event, both the boys and the girls Fintastics won, and clinched the overall event win for Fox Mill Woods. For the boys, **Thomas Burton**, **Christopher Kearns**, **Scott Hubal** and **William Byrne** won with a time of 1:06.11. For the girls, **Suzanne Huycke**, **Kirsten Siebach**, **Sascha Reed** and **Stacey Forsyth** won with a time of 1:05.92.

Swimming in the 15-18 200-meter medley relay event, **Justin Forsyth**, **Michael Leeds**, **Rob Burton** and **Matthew Montgomery** won with a time of 2:06.99. In the mixed age 200-meter medley event, the boys' team of **Michael Hallock**, **Andrew Gyenis**, **Scott Hubal** and **Justin Forsyth** easily won with a time of 2:02.84.

Fintastics win again: 217 to 185!

Now 3-0 in Division 6!

Coach Paris said, "It was great to finally swim in our home pool. The week of practice really paid off with a nice win against a strong upper division team. We are now 3-0 and will need to stay focused to ensure a strong finish to the season. We face one of our biggest tests next week. Thanks to the swimmers, the parents and all the volunteers who are helping to make this a Fintastic – I mean fantastic – summer sports experience.

Notable Improvements

Making moves included **Jack Traxler**, an 18 percent improvement in breaststroke; **J.T. Byrne**, an 14 percent improvement in

breaststroke; and **Dan Traxler**, an 11 percent improvement in breaststroke.

The Monday Night Challenge: Fox Mill Woods vs. Pinecrest

by *Beth McNamara*

Thunderstorms and lightning threatened to end the Fintastics Monday night face-off with Pinecrest before the meet even got started. But some much-heralded, late-breaking sunshine at the five-o'clock hour ensured that the contest would continue ... and continue it did with the Fintastics literally taking our neighboring Pinecrest by storm, with the FMW boasting a whopping 28 first places, and many of our Fintastics swimmers boasting personal bests.



Freestyle

Amy O'Connor (26.68) claimed the first blue ribbon of the evening for the girls 6 and unders, with **Brianna Lottchea** taking third, and **Jackie Trautman**, fifth. The boys 6 and unders stroked their way to third (**Patrick Gyenis**), fourth (**Tommy Lopez**) and fifth (**Nate Duvall**).

The girls 7 and 8 year olds nearly swept their event, with **Elizabeth Dubois** grabbing the gold with a 23.22, followed by **Emily Edwards** (second), **Liana Pendleton** (third), and **Laura Brouckman** (fourth). **J.T Byrne** cruised to a second for the boys, with **Jack Traxler** coming in fourth.

The Fox Mill Woods 9's were tough to beat, with **Patrick Cary** claiming second, **Timmie Rawlins**, fifth, and **Chris Fertal** sixth; and **Abigail Reed** splashed her way to third, **Mary Stoney** fourth, and **Catie Humphrey** sixth. **Amanda Bailey** snatched a second place for the

girls 10, with **Allison Brouckman** taking home sixth.

The Fintastics dominated the boys and girls 11-12, 13-14, and 15-18 events, claiming top honors in all six races. For the Fintastics 11 and 12 year olds, **Jack Brennan** (first; 37.22) and **David Rawlins** (second) and **Katherine Leeds** (first; 37.94) and **Danielle DeRosa** (second) pulled off top honors. **John Suyama** came in a strong fourth, and **Evan Hyer**, sixth.

Suzanne Huycke propelled herself to a first place finish with a time of 34.22, followed by **Ana Demson** in second and **Jennifer Tummarello** in fourth. **William Byrne** snatched the first for the boys with a quick 32.51 swim. **Steven Matthews** (33.53) and **Lindsay Ward** (32.85) repeated these first places for the 15-18s, and **Hannah Cohen** swam to a fourth.

Backstroke

The Fintastics proved fearless in the girls 6 and under backstroke, taking home nearly every prize: **Brianna Lottchea** got first (32.45), **Amy O'Connor** second, **Madelynne Norton** third, **Charlotte Edwards** fifth, and **Emma Savino** sixth. **Connor Irwin** swam to an impressive third for the boys.

Jack Traxler wowed us with a 25.42 first place finish, and **Will Savino** claimed fifth for the boys 7 and 8 year olds. For the girls, **Michaela Vaughn** swam to a strong second, **Emily Edwards** third, and **Elizabeth Dubois** fifth.

Jacob Rosenberg came in second for the boys 9-10, and **Amanda Bailey** fourth for the girls.

The girls 11-12 knocked our socks off, with **Melissa Jarmas** speeding to a 42.58 first place, followed by **Allison Pinegar** (second), **Kristen Callahan** (third), and **Jenny Rau** (fourth).

Matt Montgomery “got the gold” with his 33.83 finish for the boys 15-18 back.

Breaststroke

Liana Pendelton proved tough to beat, swimming to a 31.55 first place in the girls 7-8 event, followed by **Allie Delgado** in third, **Jacqueline Angel** in fourth, and **Keelyn McLaughlin** in sixth. **Greg DeRosa** cruised to a second, **Brett Barlow** fifth, and **Jack Stoney** sixth in the boys’ 7-8 race.

Our 9-10s turned in strong showings, with **Josh Christenson** taking third, **Jonathan Nicols** fourth, **Kyle Delgado** sixth, and **Allison Broukman** sixth.

Jack Brennan was super with a 49.55 first place finish for the boys 11-12, with **Evan Hyer** walking away with third. **Katherine Leeds** came home with a second place, **Sally Wade** third, and **Danielle DeRosa** a fourth for the girls 11-12.

The Fintastics 13 and 14 year olds were a force to be reckoned with, with **Rosie Montgomery** claiming first, **Melissa Duvall**, second, and **Jennifer Tummarello**, third. Not to be outdone, **Steven Matthews-Rurak** stroked his way to first with a time of 47.76 for the boys 15-18.

Butterfly

The Fintastics flyers flew to five first places, with **Greg DeRosa** kicking off the butterfly events with a 21.20 first place win for the boys’ 8 and unders. **Catie Humphrey** repeated the first place in the girls’ 9-10 with an impressive 23.95 finish. Keeping pace, **Andrew Gyenis** took first place in the 9-10 boys ‘fly.

Melissa Jarmas cruised her way to a 42.65 top stop for the 11-12 girls, followed by **Allison Pinegar** in second. **Suzanne Huycke** claimed top honors with her 38.74 first place finish for

the girls 13-14, and **Ana Demson** was a close second.

Steven Matthews-Rurak flew his way to first, with a time of 37.52 for the boys 15-18.

Individual Medley

Our fabulous, focused Fintastic IMers stayed long past everyone else to turn in some amazing performances! **Andrew Gyenis** (1:32.82) and **Stephanie Hallock** (1:53.66) swam their way to first for the 9 and unders, and **Patrick Carey** took home a fifth place.

Steven Robbins (1:43.81), and **Leanne Hyer** (1:39.34) repeated the Fintastic first place finishes for the boys and girls 10 year old category.

The Fintastic 11-12s got our full attention with **Michael Hallock** taking top prize with a 1:23.17 finish, followed by **Bobby Demson** in fourth and **Liam McLaughlin** in fifth. **Katie Callahan** continued our first place winning streak, turning in a time of 1:29.54. Teammates **Melissa Jarmas** got third, **Kristen Callahan** fourth, and **Allison Pinegar** fifth.

The girls 13-14 swept their event, with **Kirsten Siebach** taking top honors (1:24.94), followed by **Suzanne Huycke** in second, **Stacey Forsyth** in third, and **Ana Demson** in fourth.

Our 15-18s ended the night strong, with **Allison Kendrick** propelling herself to a 1:18.35 first and **Hannah Cohen** taking home sixth place. **Matt Montgomery** claimed the silver, **Zach Kearns** a third, and **Michael Leeds** a sixth.

Notable Improvements

Our swimmers continue to work hard and earned 79 personal bests this week. Eye-popping results in freestyle came from **Amanda Bailey**, **Kyle Delgado**, **Nate Duvall**, **Tommy Lopez**,



Jonathan Nichols, Madelynne Nichols, Amy O'Connor and Emma Stoney. In backstroke some big improvements went to **Lindsey Bolger, Laura Brouckman, Emily Clark, Michaela Gaughan and Madelynne Norton.** In breaststroke Brett Barlow, Gregory DeRosa, Allie and Kyle Delgado, Evan Hyer and Abby Reed impressed us with their times while significant butterfly time improvements were achieved by **Gregory DeRosa and Catie Humphrey.** The IM crowd came on strong with big improvements for **Katie Callahan, Leanne Hyer, Liam McLaughlin, Allison Pinegar and John Suyama.**

Our next Monday night meet is July 14th at **Herndon.** Plan to be at their pool about 5:00 p.m. to be ready for our 5:20 warm-ups.

The July 4 Lollipop Meet at Pinecrest

The FMW Fintastic 8-and-under crew celebrated our nation's Independence Day in patriotic fashion at the annual Lollipop meet, held this year at Pinecrest. Five other teams attended. The meet was a "for fun only" with swimmers winning lollipops at the end of every race. It is agreed that the "coolest" race by far was the co-ed kickboard relay.

No one knows for sure what our youngest Fintastic swimmers enjoyed more: indulging in the lollipop treats after each event or playing the games and winning prizes. Our swimmers went from their races to playing at the Betsy Ross Tattoo Parlor and winning red, white and blue prizes at Piranha Joe's Fishing Game and Uncle Sam's Bean Bag Toss. Way to go to all of our FMW 8-and-unders that swam at this year's "sweetest" event.

Lip Sync Pep Rally- this Friday!

Attention All Swimmers: Have you picked out your music for the fourth annual Lip Syncing Pep Rally? It all starts at 6:00 this Friday, July 11th, in the pavilion. Rumor has it there will be

several very entertaining performances. Remember to bring your music on a CD (no cassette tapes) or, to make things even easier for our technical crew, email your music selection to peter@the-kendricks.com by Friday noon and we'll have it ready for you. If you choose to bring a CD, be sure to write your name and the track number you're using on the CD case. Prizes for everyone that performs! Parents, bring along extra chairs and cameras, as some of these performances are video-worthy. Really. ☺

Coaches Corner

By Paris Jacobs

Swimmers,

Just a quick note to tell you how proud I am of EVERYONE. Just when I think that you have shown me your best you take it one step further. I cannot believe that we are more than half-way through the season. Remember as we continue to work hard (Division Champs???) we have lots of fun activities coming up with Splash Down on Thursday and Lip Syncing on Friday at the Pep Rally!

Finally, I am so proud of everyone's display of sportsman-like conduct. I know that our parents have notice how we shake hands and stay in the water till ALL swimmers are finished but the other teams notice as well...lets keep it up!

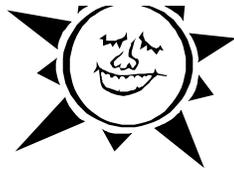
See you at the pool--- Paris.

Volunteers of the Week

Pasta Moms

Several moms pitched in at the last minute to serve our divisional relay swimmers a yummy pasta dinner on Tuesday night. Thank you to **Nancy Robbins, Margaret Hyer, Liz Brouckman, Sandy Cary, Deb Suyama, and Karen DeRosa.** The kids loved it!

Rainy Relay Helpers



Many, many thanks to those who helped at the Patsy Graham Relays in the pouring rain. **Alison Bailey, Rebecca Jarmas, Shon Beury, Pat Ward** and **Tara Gyenis** all timed and were more wet than the swimmers themselves. **Janet Maguire, Lisa Tummarello** and, of course, **Laurie Dolson** worked at tables for the entire meet and didn't see their families until after 10 o'clock. We even pressed **Jennifer Leeds** and **Tommy Huycke** into service as Clerks of Course. They had never done it before, but a quick lesson from **Marianne McLaughlin** and they met the challenge. Thank you all for your help.

A few last items

Participant Ribbons

A "Participant" Ribbon is given out to our 8 & under swimmers for each event they swim on a Monday night (B-Meet) unless they have place 1st through 6th in that particular event that night. Our young swimmers have been working very hard this season and we want to make sure each child receives recognition for their effort. If you have any questions regarding Monday night ribbons, please contact Joan Duvall via folder or at 453-0456.

Get ready, adult swimmers!

Looking ahead to our final B meet of the season - it will be at Fox Mill Estates on July 21st. For the last few years we have enjoyed some heats of adult IMs with FME at the end of our meet. This year they have many adults interested in swimming relays. This would be fun (and easier!) There will be a signup sheet posted at the guard desk. Please add your name if you would like to swim in an over 18 relay that night or let Joan or Pat know. We look forward to cheering for you!

Newsletter

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.