
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Kathy Montgomery

The 2003 swim season is coming into the home stretch! Our first loss this past Saturday to Highlands Swim was a disappointment, but we handled it like champs. The fast team from Mclean really pushed us... resulting in many of our swimmers posting personal best times that day. Also that day, I'm sure that many of you noticed the NVSL brass visiting our pool. **Pam Reed** was being observed for an official's patch. I am happy to report that she passed her test with flying colors...Congratulations Pam! Speaking of congratulations, four of our relay teams made it into the All-Star Relay Meet. Be sure to congratulate **Justin Forsyth, Scott Hubal, Mike Hallock, Andrew Gyenis, J.T. Byrne, Jack Traxler, Greg DeRosa, Jen Dolson, Jen Callahan, Allison Kendrick, and Julia Richmond!** Great job!

I'll bet the families new to the Fox Mill Woods Swim Team didn't realize the versatility of our swimmers. They're not just great in the water, they take the stage with authority, showing their talents for dancing, singing, rapping, costume design, etc. The proof was in last Friday's lip sync night, which was a total success! The audience grows each year...with more and more people attending that do not even belong to the swim team. Always a highlight of the season—many thanks to the participants and to our organizers, **Carol Byrne** and **JoAnne Richmond.**

On Friday night at the pep rally, I will be taking orders for the **after meet lunch** being catered by Red, Hot and Blue this Saturday. If you would like to enjoy lunch at the pool after we swim against Daventry, see me on Friday night. I will not be collecting money, just getting an estimate

of the amount of food we'll need to order. Thanks!

Last Regular Practice

Next Tuesday morning after all the practices we will have donuts and juice for the team. That is also the last day of practice for all swimmers that do not go on to Individual Divisionals. For the Divisional meet, teams may not enter more than two swimmers per individual event. Paris will begin informing swimmers, and discussing event choices for Divisionals on Monday.

Volunteers 2004

Thank you to the many people who have already "re-upped" their volunteer assignments for 2004. Please begin to give this some thought and let us know if you would like to continue your 2003 role or try something new! Several important jobs are coming open next year, including meet set up and tear down (speak to Don Huycke for details); assistant concessions director (get details from Nancy Robbins); volunteer coordinator (of course this is Jane Leeds).

Next week's newsletter will have a complete list of volunteer job vacancies and more information about how to indicate your preferences.



Patsy Graham Ribbons

We have been hearing that some swimmers did not receive ribbons for events they swam at the Patsy Graham meet and that other swimmers received ribbons for events they did not participate in. If you fall into either of these categories, please put a note (or the incorrect

ribbon) into Kathy Montgomery's mailbox. We will work to correct the situation and issue new ribbons.

Fox Mill Woods Fintastics vs. Highlands Swim Club -July 12, 2003

by John Callahan

The Fintastics went into the fourth swim meet of the summer season facing the Highlands Swim Whomping Turtles, the toughest test of the year. The Turtles, like Fox Mill Woods, were undefeated. And they were carrying a full roster of swimmers, with everyone healthy and available. The Fintastics, on the other hand, were still battling a variety of injuries, viruses and scheduling conflicts that kept a number of Saturday regulars away from the pool.

Scott Hubal, holder of numerous Fintastic team records, continued to swim at a rarified level at this meet. He broke two records, in 50-meter freestyle and butterfly, and continued to be an example of grace and style in the pool to the swimmers on both teams.

The Fintastic freestylers swam valiantly to lead off the meet. Finishing first were **Gregory DeRosa, Stephanie Hallock, Andrew Gyenis** and **Scott Hubal**. Scott, as usual, swam magnificently, and set still another team record, finishing the 13-14 50 meter freestyle heat with a time of 26.55. Second place finishers included **Suzanne Huycke, Justin Forsyth** and **Jennifer Dolson**. Finishing third were **Edward Reed, Katie Callahan, Thomas Burton** and **Matthew Montgomery**. The score at the end of free was Highlands Swim 56, Fox Mill Woods 34.

Our backstroke racers continued their strong finishes and prevented the Turtles from establishing a more significant lead. First place went to **Stephanie Hallock, Leanne Hyer, Michael Hallock, Suzanne Huycke** and **Allison Kendrick**. Second place points were won by

Jack Traxler, Andrew Gyenis and **Matthew Montgomery**. Third place finishers included **J.T. Byrne, Alison Jarmas, Edward Reed, Allison Pinegar** and **Thomas Burton**. The Turtles were still ahead, 102-78.

In breaststroke, the Turtles widened the lead. Finishing first for Fox Mill Woods were **Gregory DeRosa, Leanne Hyer, Liam McLaughlin** and **Jennifer Callahan**. Second place finishers included **Emily Wade, Steven Robbins, Katie Callahan** and **Rob Burton**. Finishing third were **Liana Pendleton, Alina Suyama, Rosie Montgomery, Michael Leeds** and **Jennifer Dolson**. The Fintastics now trailed 154-116.

The Fintastics continued to battle in butterfly. In fact, **Scott Hubal** battled so hard he broke the record in 13-14 50 meter 'fly, with a time of 29.76. Other first place finishers included **Alison Jarmas, Michael Hallock, Rob Burton** and **Allison Kendrick**. Second place laurels went to **Brendan Lin**. Finishing third were **Melissa Jarmas** and **Melissa Duval**. Going into relays, Fox Mill Woods trailed 190-134.

In the 8-and-under 100-meter freestyle relay, the boys' team, consisting of **J.T. Byrne, Jack Stoney, Jack Traxler** and **Gregory DeRosa**, won easily with a time of 1:32.11. The girls 9-10 100-meter medley relay team of **Leanne Hyer, Emily Clark, Alison Jarmas** and **Alina Suyama** prevailed with a time of 1:24.52.

The 15-18 200-meter medley relay events provided a huge amount excitement after a string of narrow FMW defeats. The boys' team of **Justin Forsyth, Michael Leeds, Rob Burton** and **Matthew Montgomery** won with a time of 2:07.24. With the crowd screaming themselves hoarse, the girls, including **Allison Kendrick, Jennifer Callahan, Sascha Reed** and **Jennifer Dolson**, won by an eyelash, or perhaps a heartbeat, by one hundredth of one second, in a time of 2:21.08. All the girls swam hard,

including Sascha, who still competed even though she had a sore shoulder.

The final score was Highlands Swim, 235, Fox Mill Woods, 167. The Fintastics fell to 3-1 in Division 6 but have a strong chance to finish second.

Coach Paris said, "I am very proud of these kids. Can you believe that 50 swimmers achieved a new personal best in this meet? Everyone gave it everything they had. We fought hard in every heat and in every relay. We swam very well against extremely tough competition. Well done!"

Notable improvements this week: Making moves against the Turtles were **J.T. Byrne**, a 10 percent improvement in back; **Jeffrey Siebach**, an 8 percent improvement in 'fly; **Lauren Angel**, an 8 percent improvement in 'fly; **Emily Edwards** and **Jennifer Tummarello** both posted 7 percent improvements in freestyle.

**Fox Mill Woods:
Proud to be 3 and 1!**

The Monday Night Match-up: Fox Mill Woods vs. the Herndon Hammerheads

by Pat Ward

MONDAY NIGHT SHOCKER--Fox Mill Woods families home by 9:00 p.m.! Must have been due in part to the fast swimming going on, as the Fintastics brought home an astonishing 31 blue ribbons and earned 61 personal bests. Our swimmers just keep amazing us with their abilities. The results were as follows:

Freestyle

Nate Duvall started us off with his first place finish time of 34.25 followed by **Jimmy Bailey** in third and **Connor Irwin** taking fifth in the boys 6 and under. The girls then came on strong as **Amy O'Connor** took second place, **Brianna Lottchea**, third, **Charlotte Edwards**, fourth,

Jackie Trautman, fifth and **Madelynne Norton**, sixth place.

In the 7 and 8 year olds we watched as **Jack Traxler** earned a second place, **Daniel Paddock**, a fourth, and **Jack Stoney**, sixth. FMW ruled the girls' event with **Emily Edwards** grabbing first with a time of 22.06, closely followed by **Meagan McRoberts** in second, **Laura Brouckman** in third, **Liana Pendelton** in fourth, **Paige Humphrey** in fifth and **Natalie Anderson** in sixth place.

Our 9-year-old boys were looking strong as **Patrick Cary** zoomed in for first place with a time of 43.29, followed by **Chris Fertal** in second, **Harper McGrath** in fourth, **Josh Christenson** in fifth and **Jacob Rosenberg** in sixth. Once again FMW girls dominated their event as **Catie Humphrey** grabbed first with a time of 47.55, closely followed by **Jennifer Bailey** in second place, **Margaret Murphy** in third, **Catherine Muncy** in fourth, **Leeann Muncy** in fifth and **Mary Stoney** in sixth place.

In the 10-year-old event **Chris Paddock** grabbed the blue ribbon with a time of 44.90. The girls swept another event as **Allison Brouckman** took first place with a time of 49.51, followed by **Emily Clark** in second, **Caroline Beury** in third, **Dani Barlow** in fourth, **Elizabeth Osborn** in fifth and **Madison Fosse** in sixth place.

Our 11-12 year olds took top honors in both events. **Jack Brennan** raced in for first with a time of 37.76, with **David Rawlins** taking second, **Evan Hyer**, fourth and **Joseph Maguire**, sixth place. Then **Danielle DeRosa** claimed first (37.41) for the girls, closely followed by **Katherine Leeds** in second, **Kristen Callahan** in third, **Allison Pinegar** in fourth and **Lauren Angel** in sixth place.

In the 13-14 age group **Johnny Maguire** swam in for second place in the boys' event. **Ana Demson** grabbed first place (34.86) as **Melissa Duvall** followed in second, **Rosie Montgomery** took third and **Jennifer Turmarell**, sixth place.

Lindsay Ward claimed first place (33.18) in the girls 15-18 event.



Backstroke

In the 6-year-old event **Nate Duvall** snagged his second blue ribbon of the night with a time of 43.24 as **Ben Christenson** followed in second place and **Connor Irwin** in third. Our dominating girls charged in once again with **Jackie Trautman** grabbing first place (38.58), **Charlotte Edwards** earning second, **Claire Rosenberg** third, **Emma Savino** fourth and **Olivia Lebolt** fifth place.

Dan Paddock took second place, **Jack Stoney** fourth, **Jimmy Bailey**, fifth, and **Mark Fertal**, sixth in the 7-8 year old boys' event. What a race, as again our 7-8 year old girls swept their event with **Elizabeth Dubois** splashing in for first (25.64), very closely followed by **Emily Edwards** in second, **Michaela Gaughan** in third, **Liana Pendleton** in fourth, **Laura Brouckman** in fifth and **Laura Matthews** in sixth place. You go, girls!

Kirby Vitek grabbed a blue ribbon in the 9-10 boys with a time of 1:09.34 while **Timmie Rawlins** took second place. Our girls turned in another strong showing as **Dani Barlow** claimed second place, **Caroline Beury**, third, **Leann Muncy**, fourth, **Jennifer Bailey**, fifth and **Madison Melton**, sixth place.

Joseph Maguire took first place (1:04.71) in his 11-12 event. **Danielle DeRosa** looked good in her first place finish (45.16), with **Jenny Rau** taking second, **Emily Chamberlin** third and **Catherine Murphy** fourth.

In 13-14 boys' **Johnny Maguire** claimed a second place finish.

Anna Clement grabbed first place (40.42) in the 15-18 girls' event.

Breaststroke

Our 7-8 boys looked great as **Will Savino** finished first with a time of 36.00 and **Mark Fertal** finished in second place. The 7-8 girls again took everything with **Chloe Siebach**

grabbing first place (32.84), **Meagan McRoberts**, second, **Allie Delgado**, third, **Keelyn McLaughlin** (Oh, Lucy you're so fine...), fourth, **Natalie Anderson**, fifth, and **Katie Fosse**, sixth.

It was a near sweep in both the 9-10 boys' and girls' events as **Dan Traxler** claimed first place (57.52), **Patrick Cary** took second, **Harper McGrath**, third, **Chris Fertal**, fourth and **Josh Christenson**, fifth. **Margaret Murphy** raced in for first place (56.77), followed by **Allison Brouckman** in third, **Catherine Muncy** in fourth, **Madison Fosse** in fifth and **Mary Stony** in sixth place.

Jack Brennan stroked in to a first place finish in 11-12 boys with a time of 51.08. Our girls looked strong with **Kristen Callahan** taking the blue ribbon (47.80), **Katherine Leeds** grabbed second place, **Allison Pinegar**, third, **Emily Chamberlin** fourth and **Kimberly (Happy Birthday!!) Blauer** took fifth place.

Jennifer Tumarello claimed first place in the 13-14 girls' event with a time of 57.27.

Anna Clement took second place in her 15-18 event.

Butterfly

Dan Traxler flew in to a first place finish in the 9-10 boys with a time of 23.35. **Catie Humphrey** grabbed second place in the girls' event.

Jenny Rau took the blue ribbon in the girls 11-12 event with a time of 51.13.

In the 13-14 girls we saw **Ana Demson** take second place and **Stacey Forsyth**, third.

Individual Medley (not in the dark!)

Speedy **Andrew Gyenis** took first place in the boys 9-and-under event with a time of 1:37.88. Then in the girls' event **Stephanie Hallock** and **Chloe Siebach** finished third and fourth, respectively.

Steven Robbins looked great in his first place finish (1:44.84) in the boys 10 year olds. In the girls' event **Leann Hyer** swam in for a first

place (1:41.56) and **Allison Brouckman** took fourth.

Our 11-12 boys were very strong with **Michael Hallock** grabbing first place (1:24.71), **Edward Reed** taking second, **Bobby Demson**, third, and **Jeffrey Siebach**, fourth. Another near sweep for our 11-12 girls as **Katie Callahan** came in second place, **Kristen Callahan**, third, **Erica Demson**, fourth, **Katherine Leeds**, fifth and **Allison Pinegar**, sixth.

In the 13-14 age group **Suzanne Huycke** sped in for first place (1:24.53), **Kirsten Siebach**, second, and **Ana Demson**, fifth place.

In the 15-18 events **Michael Leeds** and **Allison Kendrick** both claimed second place finishes.

Swimmers - We saw terrific sportsmanship throughout this meet on behalf of almost all our swimmers. Congratulations to you on being respectful toward and supportive of all those who participate.

Notable Improvements

Some of the biggest improvements this week in freestyle times were seen by **Jimmy Bailey, Ria Bhatia, Kimberly Blauer, Josh Christenson, Nate Duvall, Charlotte Edwards, Laura Matthews, Madison Melton, Madelynne Norton** and **Kira Zimney**. Backstrokers who dropped significant time were **Caroline Beury, Emily Chamberlin, Paige Humphrey, Laura Matthews, Madison Melton, Catherine Murphy, Allison Robbins, Emma Savino, Emma Stoney** and **Jack Stoney**. In breaststroke, Mark Fertal and Margaret Murphy saw big improvements. In butterfly we saw **Dan Traxler** achieve a significant drop in time as did **Katherine Leeds** in the IM. Congratulations to all swimmers for their continued efforts!

Final B-Meet

Our next Monday meet is July 21st at Fox Mill Estates. Please arrive about 5:00 pm to be ready for our 5:20 warm-ups. Remember, parents, this is your opportunity to have your children cheer

for you! All swimmers over the age of 18 are welcome to swim in the adult relays – if you can make it across the pool you are qualified! The sign-up sheet is posted at the front of the guardhouse. Families, remember to stay until the end to watch the fun and cheer on FMW



adults!

Pep Rally

Friday, July 18, is our final pep rally of the season. All swimmers report to the pool at 6:00pm as usual. However, our swimmers ages 13 and older won't stay long. They'll visit for a while, and then head off to the annual FMW Progressive Dinner. Don't despair, 12 and unders! There are exciting things planned that evening after the big kids leave!

Volunteers of the Week

Sandy and Charlie Cary

Thank you to the Cary Team. Sandy and Charlie have been a big help timing and working at the tables and before those jobs even start at a meet, they help in Concessions. We always appreciate the extra steps our volunteers take to make a meet run smoothly.

Relay Carnival Volunteers

Thanks also to those who stepped up and worked at the Divisional Relay Carnival on July 9th. **Mary Wade** and **Sandy Cary** were Timers and **Jim Leeds** as a Relay Take Off Judge and Timer. We also had **Mary Jo Huycke** as the Head Timer and **Holly Traxler** was the Marshall. Tables once again called out to **Laurie Dolson**, and **Pat Ward** completed the FMW staff. Our other awesome Officials

included **Tara Gyenis** and **Pam Reed**. Thank you all for your hard work.

Book Donation

Thanks to everyone who brought books to the pool for donation. Our last home meet is this Saturday and it would be great to make our last book drop our biggest. If you have not already donated books - please consider bringing some new or gently used children's books to the guard station. Starbucks has been very generous to donate free coffee for our "A" Meets in return for our support of the Reston Reading Connection. Questions? Contact **Nancy Robbins**.

