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# Fox Mill Woods Gazette

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## FINTASTICS SWIM TEAM NEWS

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### Team Rep Corner

*By Sheree Lopez*

A big thanks to all swimmers and their parents for getting the 2001 swim season off to a great start. Kathy and I are very proud to be involved with such a great group.

Thanks to Jane Leeds for going above and beyond with the t-shirt orders and distribution. She still has a few t-shirts for swimmers who were not at the pep rally on Friday night. Please see her at practice to pick those up.

Now that morning practices are in full-swing, please remember that parents and siblings are not allowed on the pool deck, in the office area, or in the baby pool while practice is underway. There are two reasons for this: first, the pool insurance does not cover us during practices, which are held while the pool is technically closed. Second, the swimmers need to focus their attention during practice on the instruction from Shelley, Brigid and Tommy. Please bring your morning paper and coffee and relax in the shade of the picnic area where there is a playground for younger siblings to enjoy. From that vantage point, you can watch practice and your child can give his or her full attention to the coaches.

Finally, please get those swimmer availability forms into us as soon as possible! The coaches need these to plan a roster for each Saturday's meet.

### Fox Mill Woods Fintastics vs. Poplar Tree Pirates – June 23, 2001

*By John Callahan*

The opening meet of the 2001 summer swim season was against the always-tough Poplar Tree Pirates. A meeting between the two swim powers in 2000 went down to the final relay race as the Pirates pulled out a narrow victory. Could

the Fintastics return the favor at the Poplar Tree home pool?

The weather, a damp and drizzly 62°, seemed perfect for cool-water fishy Fintastics, but the Pirates quickly jumped out to a 53-37 lead in freestyle.

Stroking up points for Fox Mill Woods, first place finishers included **Kristen Callahan, Kirsten Siebach, Scott Hubal and Lindsay Ward**. Second place honors went to **Edward Reed, Katie Callahan, Amanda Hubal, Tommy Huycke and Jennifer Dolson**. Third placers included **Leanne Hyer and William Byrne**.

The Pirates continued to pull away in the back event, leading 110-70. Finishing in first place for Fox Mill Woods were **Leanne Hyer, Michael Hallock, Erica Demson and Sascha Reed**. Gathering second place points were **Matthew Montgomery, Hannah Cohen and Allison Kendrick**. Third placers included **Alison Jarmas, Suzanne Huycke, Zachary Kearns and Kelly Sherman**.

Our lady breaststrokers continued their tradition of first-place dominance by winning every heat. First place honors went to **Kristen Callahan, Katie Callahan, Kirsten Siebach, Hannah Cohen and Jennifer Callahan**. Second place finishers in the breaststroke included **Michael Hallock, Matthew Montgomery and Jennifer Dolson**. Third place finishers were **Liam McLaughlin, Christopher Kearns and Brian Pujanauski**.

In the fly, the Fintastics created strong momentum by winning five of eight events. First place finishers were **Sascha Reed, Scott Hubal, Amanda Hubal, Tommy Huycke and Allison Kendrick**. Finishing second was **William Byrne**. Third place finishers included **Edward Reed, Erica Demson, Ana Demson, Zachary Kearns, Kelly Sherman and Austin Hyland**.

Going into the relays, Poplar Tree held a commanding 195-146 lead.

In the 8 and under 100 meter relay, the girls team of **Leanne Hyer, Stephanie Hallock, Alison Jarmas** and **Kristen Callahan** easily won with a time of 1:33.66. After dropping the next three events, the Fintastics ripped off three straight winning heats.

The 11-12 girls medley relay team of **Kirsten Siebach, Ana Demson, Suzanne Huycke** and **Sascha Reed** edged out the Pirates with a time of 1:12.26. The 13-14 boys medley relay team of **Matthew Montgomery, Zachary Kearns, Ben Coffinberger** and **Scott Hubal** also powered to victory with a time of 1:13.03. On the girls' side, the team of **Hannah Cohen, Amanda Hubal, Lindsay Ward** and **Kelly Sherman** easily bested the Pirates with a 1:08.92 time.

Rounding out a strong relays finish, the Fintastics won both mixed 200-meter freestyle relays, the winning boys included **Scott Hubal, Michael Hallock, Matthew Montgomery** and **Tommy Huycke**, swimming a 2:03.98. The winning girls included **Sascha Reed, Katie Callahan, Lindsay Ward** and **Allison Kendrick**, who delivered a 2:17.98.

With the teams splitting the relays at six wins each, Poplar Tree cruised to a comfortable win.

Coach Shelley said, " Our opening meet was very exciting and I was proud that our team fought hard right down to the last two winning relay events. We have a young team and a lot of potential for a great winning summer season. Let's practice hard this week to ensure a win this coming Saturday."

Next week's meet is Saturday, June 30<sup>th</sup> at home against Walden Glen.

### Franklin Farm Developmental Meet - June 20,2001

*By Pat Ward*

With high spirits we began our first developmental meet of the season at Franklin Farm Still Pond Pool. Franklin Farm swims in the Colonial Swim League, so our kids were excited to swim against friends they don't normally see in our league. Unfortunately,

Mother Nature had other plans and we were only able to complete about 12 events. However, we had a wonderful team turnout - it's great to see lots of young new faces - and our swimmers were prepared and looked terrific. They have us excited about the season. One memorable sight to see was Shelley walking our hand-holding string of 6 & under girls to clerk, of course. Talk about bathing beauties!! Thank you to all the dedicated parents who volunteered and those who stepped in to help when needed. It can be chaotic, particularly at the season's first meet at a new pool, and we're grateful for your patience and support. It takes a village, as they say!

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

Last Monday night, the FMW Fintastics went up against the Pinecrest Piranhas for the first official B-meet of the season. Our swimmers showed great spirit and strength while achieving many personal best times. Pinecrest, with almost 160 swimmers on their roster, is one of the largest clubs we swim against. The Fintastics are off to a fantastic start. Many thanks to all the volunteers who toiled long into the night. *Way to go, team!*

The following are some highlights of our swimmers' achievements:

#### *Freestyle*

In the boys 6 and under, **J.T. Byrne** finished sixth with a time of 39.99. FMW had a strong showing in the 7-8 event with three swimmers, **Dan Traxler, Andy Putch** and **Patrick Cary** placing fourth, fifth and sixth, respectively. **Bobby Demson** brought home a first place finish with a time of 47:04 in the 9 year old event. The ten year old heats were another success story for FMW, with **Jack Brennan** placing second, **Liam McLaughlin** coming in third and **John Suyama** finishing fourth. **Kevin Pujanauski** secured a sixth place finish in the 11-12s. **Matt Montgomery** and **Steven Matthews** contributed with fourth and fifth place finishes in the 13-14 event. Strong swimming yielded a fourth place finish for **Mike Leeds** and a fifth place for **Joey Coffinberger** in the 15-18. Good job, boys!

FMW had a superb showing in the girls 6 and under freestyle, walking away with first (**Stephanie Hallock**) and second (**Chloe Seibach**) places! In the girls 7-8 heats, **Allison Brouckman** placed fourth and **Leanne Hyer** secured fifth. The girls 9 year old event was all about the Fintastics: **Allison Pinegar** took first, **Katherine Leeds**, second, **Kimberly Blauer**, third, **Sally Wade**, fourth and **Katharine Lucas**, fifth. **Melissa Jarmas** came in second in the girls 10 level, with a time of 45:14. Two Fintastics, **Ana Demson** and **Suzanne Huycke**, turned in strong times to finish third and fifth, respectively, in the girls 11-12 freestyle. **Kayley Byrne** took third, **Lizzie Hines**, fourth and **Annie Brennan**, sixth, in the girls 13-14 competition. In the 15-18 freestyle, **Sarah Wallace** placed fourth and **Brigid Howland** took fifth for FMW. Super swimming, girls!

### *Backstroke*

In the boys 7-8 year backstroke, **Steven Robbins** took third and **Patrick Cary** took fifth. The 9 and 10 year old boys event was won by **Edward Reed**, with fourth place in this event going to **Evan Hyer** and sixth to **Liam McLaughlin**. FMW did well in the boys 11-12, taking second place (**Chris Kearns**) and fifth (**Jason Horneck**).

The 6 and under backstroke was a strong event for FMW girls. **Stephanie Hallock** secured first place, followed closely by **Chloe Siebach** in second, **Emily Wade** in fourth and **Sarah Wall** in fifth. **Kayley Byrne** recorded a time of 44:58 to place sixth in the girls 13-14 event and **Sarah Wallace** powered to a first place finish in the 15-18 heats.

### *Breaststroke*

**Dan Traxler** and **Andy Putch** brought home second and fourth places, respectively, in the boys 7-8 event. **Edward Reed** stroked to a first place finish in the boys 9-10, followed by **Jack Brennan** taking third in the same event. **Jason Horneck** brought home fourth place in the 11-12 heats and **Mike Leeds** secured third in the 15-18 category.

Not to be outdone, the girls contributed a second place finish by **Megan McRoberts** in the girls 6

and unders. **Caroline Beury** took third and **Leanne Hyer**, fifth, in the competitive 7-8 category. **Melissa Jarmas** cruised to a first place finish and **Katherine Leeds** finished sixth in the 9-10 level. **Melissa Duvall** grabbed fifth place in the 11-12 breaststroke while, in the 13-14 event, **Anna Clement** took third and **Annie Brennan**, fourth. Rounding out the girls' effort, **Grace Hyland** took home fourth place honors in the 15-18 event.

### *Butterfly*

The Fintastics boys came up with solid performances on the 'fly, placing second (**Bobby Demson**), third (**John Suyama**) and fourth (**William Happ**) in the 9-10 event. **Kevin Pujanauski** secured second place in the 11-12 level and **Matt Montgomery** did the same in the 13-14s. **Joey Coffinberger's** efforts meant a third place finish for him in the 15-18 event.

**Allison Jarmas** headed the pack to finish first with a time of 27:87 in the girls 8 and under 'fly. The Fintastics were strong in the 11-12 event, with **Suzanne Huycke** bringing home second and **Melissa Duvall**, third. **Brigid Howland** and **Sarah Wallace** placed second and third, respectively in the 15-18 event.

### *Individual Medley*

**Michael Hallock** bested the field to take first place in the 9 and under IM. **Edward Reed** grabbed third place in the 10 year old event. **Chris Kearns** took fifth and **Kevin Pujanauski** took sixth in the 11-12 heats. Not to be outdone, **Matt Montgomery** brought home third and **Zack Kearns**, fifth, in the 13-14 event. **Tommy Huycke** powered to a first place finish in the boys 15-18 category.

The girls proved to be a force to be reckoned with, taking first (**Alison Jarmas**) and second (**Leann Hyer**) in the girls 9 and under. **Erica Demson** delivered a strong performance, taking second in the girls 10 year old IM. **Kirsten Siebach** finished second and **Suzanne Huycke**, third, in the 11-12 levels. **Hannah Cohen** secured second, **Lindsay Ward**, fifth, and **Sascha Reed**, sixth for the 13-14 years. **Allison Kendrick** gave a strong performance to finish second for the Fintastics in the 15-18 event.

Next week's meet is Monday, July 2<sup>nd</sup> at home against Hiddenbrook.

### **Coaches Corner**

*By Shelley Gesker*

For the past 3 weeks we have been working on getting back into the swing of things and working together as a team. With the little ones we have done a lot of review of the basics--drills and kicking. With the older swimmers we have reviewed the drills and also played some Ultimate Frisbee as a team-building activity outside the cold water.

Now that we are back into the morning routine, practices have settled down a bit and are going quite smoothly--everyone is in a good mood and working extremely hard :) )

### **Swimmers of the Week**

To all of our new 8 & unders (**Natalie Anderson, Laura Brouckman, J.T. Byrne, Patrick Cary, Taylor Ehrhart, Christina Gill, Keelyn McLaughlin, Meagan McRoberts, Margaret Murphy, Elizabeth Osborn, Steven Robbins, Mary Stoney, Marie Tumarello, Emily Wade and Sarah Wall**). As always, they make up the bulk of our team, as well as the future of the team. Brigid, Tommy and I are excited to welcome so many new ones again this year and are very happy with all of their hard work and determination (especially since the water has been so cold). They haven't been deterred and have already begun to reap the benefits of their practicing, as their times have dropped between the time trials and the portion of the meet we completed against Franklin Farm.

**Scott Hubal**- for setting a new team record in 50 back at the Time Trials, as well as always being so willing to "age up" in Saturday meets for the good of the team!

**Jennifer Tumarello**- (also brand new member of the team) for being willing to work so hard, not being afraid of trying all that is asked, especially learning a flip turn and competing in this past Saturday meet (dropping 9 seconds from Time Trials) Congrats!!!

**Jennifer Leeds**- for being a positive influence/leader, leading by example on

Saturday, when offering to swim the 50 fly to help the team, although it isn't her favorite stroke.

### **Volunteer News**

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

**Volunteer of the Week: Jane Leeds** for all her work on the t-shirts and volunteer sign-ups and **Trisha Demson** for wearing "whites" Monday night and helping us time.

### **Reminders**

Pep Rally this Friday, June 29 at 6:00 p.m. Come get psyched to take on Walden Glen on Saturday and Hiddenbrook on Monday!

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 (usually Rebecca Jarmas or Maggie Howland) 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](mailto:janet.osborn@hewitt.com). Submissions for the newsletter are due (preferred by email) by noon on Wednesdays.

### **Swim Team Celebrities**

Happy Birthday to:

**Bridget Lins** - June 23<sup>rd</sup>

**Laura Dugan** - June 25<sup>th</sup>

**Natalie Anderson** - June 28<sup>th</sup>