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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*

We are halfway through our season! I cannot believe how quickly the summer is going by. I think the swimmers are having a great time. Congratulations to FMW for winning the Patsy Graham relay carnival for the fourth consecutive year! This week we have the Divisional Relay Carnival on Wednesday July 11.

Shelley will inform your son or daughter at Tuesday's practice if they are swimming in this meet. Saturday we host our last home A-meet of the season against Hiddenbrook. Even if you don't have a son or daughter swimming come on down to the pool and cheer the team on. Thanks to all the parents who continue to volunteer even though they have already met their commitment. It is volunteers like you that really keep this swim team going. Have a great week!

### Fox Mill Woods Fintastics vs. – the Arlington Forest Tigers -July 7, 2001

*By John Callahan*

The scrappy Fox Mill Wood Fintastics went into Week Three of the summer swim season looking for back-to-back wins and a chance to up their record to 2-1. The opponents were the visiting Tigers of Arlington Forest, a dangerous, well-balanced competitor.

Like well-trained racing fish, the Fintastics jumped to an early lead in freestyle. First place finishers included **Andrew Gyenis, Leanne Hyer, Michael Hallock, Sascha Reed, Scott Hubal, Lindsay Ward** and **Tommy Huycke**. Piling on second place points were **Katie Callahan, William Byrne, Kirsten Siebach, Steven Matthews-Rurak, Amanda Hubal** and **Jennifer Dolson**. Third placers included **Jack Brennan, Melissa Jarmas, Dylan McLaughlin, Rob Burton** and **Sarah Wallace**. It was all Fox Mills Woods, 58-32.

In the back event, the Tigers clawed back with seven first place finishes, but the Fintastics swarmed the opposition with lots of second and third place points. Our first placers included **Edward Reed, Erica Demson** and **Hannah Cohen**. Gathering second place points were **Leanne Hyer, Bobby Demson, Christopher Kearns, Suzanne Huycke, Matthew Montgomery, Kelly Sherman, Rob Burton** and **Allison Kendrick**. Third placers included **Andrew Gyenis, Alison Jarmas, John Suyama, Allison Pinegar, Kevin Pujanauski, Ana Demson, Zachary Kearns, Kelly Sherman** and (whew!) **Austin Hyland**. That's right, nine out of 10 possible third place finishes! That's why finishing hard is so important. By gathering up so many second and third place points, the Fintastics actually widened the lead to 105-75.

Coach Shelley had her fishies darting from one end of the pool to the other. A strong breaststroke event would put the Tigers back in their cages. And that is just what happened! First place honors went to **Michael Hallock, Katie Callahan, Kirsten Siebach, Hannah Cohen** and **Jennifer Dolson**. Second place finishers included **Dan Traxler, Melissa Jarmas, Suzanne Huycke, Kevin Pujanauski, Brian Pujanauski** and **Jennifer Callahan**. Third place points were gathering up by **Caroline Beury, Liam McLaughlin** and **Dylan McLaughlin** (tie), and **Patrick Hines**. The Fintastics had pulled away to a very commanding 152-116 lead.

Next, our strong butterflyers took wing, leaving Tigers in our wake. In first place were **Edward Reed, Kristen Callahan** (first butterfly as a newly-minted nine year old), **Sascha Reed, Matthew Montgomery** and **Amanda Hubal**. Finishing second were **Bobby Demson, Scott Hubal, Melissa Duvall, Zachary Kearns, Coach Tommy Huycke** and **Allison Kendrick**.

Third-place points were added by **Coach Brigid Howland, Austin Hyland** and **Kelly Sherman**.

Going into the relays, Fox Mill Woods ruled, 198-141.

In the 8 and under 100 meter free relay, the boys team of **Andy Putch, Patrick Cary, Dan Traxler** and **Andrew Gyenis** won with a time of 1:39.72.

Beginning with the 9-10 medley relay, the Fintastics powered to seven straight winning relay events.

In 9-10 boys, the team of **Jack Brennan, Edward Reed, Liam McLaughlin** and **Michael Hallock** won with a time of 1:27.43. The girls, **Katie Callahan, Kristen Callahan, Melissa Jarmas** and **Erica Demson**, won with a 1:25.66

The 11-12 boys, the team of **Christopher Kearns, William Byrne, Dylan McLaughlin** and **Scott Hubal** won with a 1:14.53. The girls, **Suzanne Huycke, Kirsten Siebach, Ana Demson** and **Sascha Reed** won with a time of 1:14.50.

The 13-14 boys medley relay team of **Jason Horneck, Matthew Montgomery, Zachary Kearns** and **Steven Matthews-Rurak** won with a time of 1:20.03. On the girls' side, the team of **Kelly Sherman, Amanda Hubal, Lindsay Ward** and **Hannah Cohen** beat the Tigers with a 1:08.37.

The 15-18 boys, 200 meter medley, **Brian Pujanauski, Tommy Huycke, Austin Hyland** and **Rob Burton**, won with a time of 2:11.96. In the mixed 200 meter free relay, the boys team of **Scott Hubal, Michael Hallock, Matthew Montgomery** and **Tommy Huycke** easily won with a time of 2:05.87.

Final score, Fox Mill Woods 243, Arlington Forest 156. The Fintastics are now 2-1 for the season.

Coach Shelley said, "We had a great effort and I especially liked all of those strong second and third place finishes. Those points really added up. Our team continues to make great progress. Let's have a good week of practice and try for our third win of the summer."

*Notable improvements this week:* **John Suyama**, a 17 percent improvement in backstroke; **Kristen Callahan**, a 13 percent improvement in fly; **Dan Traxler**, a nine percent improvement in back; **Lauren Angel**, a seven percent improvement in fly and **Steven Matthews-Rurak**, a seven percent improvement in back. Congratulations to many others who significantly improved their times this week!

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

Practices must be paying off, because Fox Mill Woods had a total of 61 personal bests on Monday night! Many swimmers are feeling confident enough to try different strokes and to push their limits. It is very gratifying to see their growing development and love of the sport. The team was spirited and cheering with great gusto. And wasn't it nice to have an evening meet that wasn't too cold? Congratulations to our swimmers and their strong efforts against a tough Oakton team. Keep up this great work. Results of the meet:

#### *Freestyle*

J.T. Byrne started us off with a fifth place finish in the boys 6 & under (over a 6% improvement in his time!) Once again our 6 & under girls came in strong with a first place to Stephanie Hallock, second place to Chloe Siebach and fifth place to Laura Brouckman (over 6% time improvement).

#### *Backstroke*

Our 7 & 8 year old boys had great finishes with first place going to **Dan Traxler** (nearly 10%

improvement!), third to Jimmy O'Connor and 6th to Steven Robbins. Alison Jarmas took fifth place in the girls 7 & 8 year olds.

Bobby Demson swam a powerful freestyle in the 9 year old boys, taking first place and improving his time by 11%! The 9 year old girls did very well, with second place going to Allison Pinegar, third to Lauren Angel and fourth to Katherine Leeds.

Our 10 year old boys were working hard with Liam McLaughlin capturing first place, Evan Hyer taking third, John Suyama grabbing fourth and Will Happ placing fifth.

In the 11-12 boys, Chris Kearns took third place, and Jason Horneck placed fifth, both with new personal bests! Not to be outdone, our 11-12 girls Ana Demson (third place) and Laura Duggan (fifth place) also turned in new personal best times!

In the 13-14 boys event fourth place went to Zach Kearns and fifth to Ben Coffinberger. Our 13-14 girls were looking fantastic with Kayley Byrne powering to first place (nearly 5% improvement in her time!), Lizzie Hines grabbing third place, and Bridget Lins and Anna Clement taking fifth and sixth respectively.

The 15-18 boys were looking good with second place going to Brendan Lins, fifth place to Mike Leeds, and 6th place to Patrick Hines (over 4% improvement in time). Our Julia Richmond represented the 15-18 girls well with a third place finish.

### ***Backstroke***

J.T. Byrne again improved his time and took a fourth place in the boys 6 & under backstroke. Our 6 & under girls swept their event with first place going to Chloe Siebach, second place to Laura Brouckman and third place to Keelyn McLaughlin.

The 7 & 8 year old boys did well with Dan Traxler powering to a first place and Steven Robbins taking fourth place. Katie Roberts matched his fourth place in the 7-8 year old girls. She improved her time 11%!!

The 9-10 boys looked solid with Jack Brennan taking second place and Liam McLaughlin with fifth place. Our 9-10 girls also looked solid with Melissa Jarmas claiming second place, Emily Chamberlin finishing in fifth place (over 5% improvement) and Katherine Lucas finishing in sixth place.

In the 11-12 boys Thomas Burton had a strong second place finish. Abby Clement and Laura Duggan secured second and third places respectively in the 11-12 girls.

**Julia Richmond** had a powerful second place finish in the 15-18 backstroke.

### ***Breaststroke***

In the 7-8 year old girls Leanne Hyer claimed second place and Allison Brouckman fourth place.

Katherine Leeds swam a solid effort and took third place in breaststroke, followed by Allison Pinegar who improved her time and took fifth place.

Steven Sharer improved his time nearly 15% in breaststroke and took fourth place in the 11-12 boys. Our 11-12 girls swam hard to a third place finish

for Melissa Duvall and 6th place for Rosie Montgomery.

Our 13-14 girls were again strong, with Anna Clement taking first place and Kayley Byrne finishing third.

Mike Leeds represented us well with a new personal best in the 15-18 boys and third place. Eliza Brennan powered in to a first place finish in the 15-18 girls.

### ***Butterfly***

Fine performances were recorded by Alison Jarmas and Leanne Hyer, finishing second and third respectively in the 8 & under girls.

The 9-10 boys butterfly resulted in Will Happ grabbing third place. Our Lauren Angel grabbed fifth place in the 9-10 girls event.

A very strong showing was turned in by our 11-12 boys as **Jason Horneck** took first place, **Thomas Burton**, second, and **Dylan McLaughlin**, fourth. **Suzanne Huycke** represented our girls with a fourth place finish in butterfly.

Good swims were turned in by **Bridget Lins** with fourth place and **Lizzie Hines** with fifth in the 13-14 girls event.

**Brendan Lins** looked super with his big first place finish in the 15-18 race.

### *Individual Medley*

In the 9 & under boys **Bobby Demson** took a dominant first place finish, as did **Kristen Callahan** in the 9 & under girls.

**Erica Demson** and **Melissa Jarmas** looked terrific in their first and second place finishes in the 10 year old girls event.

**Willy Byrne** grabbed second place and **Chris Kearns** fourth in the 11-12 boys. In the 11-12 girls **Kirsten Siebach** continued her strong IM performances with a first place finish and **Suzanne Huycke** dropped her time more than four seconds with her fourth place finish.

In the 13-14 boys **Matt Montgomery** and **Zach Kearns** took fourth and 6th places. **Hannah Cohen** and **Lindsay Ward** both had personal bests in their respective first and second place finishes.

In the 15-18 boys **Tommy Huycke** swam tough competition, but rose to the occasion and grabbed a personal best and third place.

The 15-18 girls resulted in **Jen Dolson** in second place and **Jen Callahan** in fourth. **Amanda Hubal**, aging up, took 6th place and dropped her time nearly 4%.

### **Lollipop Meet**

The Lollipop Meet for our youngest Fintastics will be held at 6 p.m. on Thursday, July 19 at Oakton pool. FMW warm-ups will be at 5:00.

Here are the guidelines we will follow for this meet:

The meet is open to all swimmers aged 8 and under. Each swimmer can choose two events plus a modified Individual Medley (no butterfly). A swimmer may NOT choose a stroke he regularly swims in A meets, even if he has not placed. Events will be broken down into age groups (5, 6, 7, 8). Heat winner ribbons will be awarded for every heat and lollipops distributed to each swimmer. There will be no stroke and turn judges, so no DQ's! Times from the Lollipop Meet will not be used to determine eligibility for A meets.

Every team has been asked to provide three timers and a clerk of course. Teenagers are welcome to time. We'd like to have extra volunteers, so people can trade off during the meet.

There will be a sign-up sheet at the lifeguard desk area soon for swimmers as well as volunteers.

### **Coaches Corner**

*By Shelley Gesker*

Well, yet another successful week....many fast times at our B-meet (including the fastest B-meet against Oakton ever recorded!!!!!!), a win against Arlington Forest and a victory at Patsy Graham Relays!!!! All the swimmers' hard work and dedication is paying off. We have focused on fine tuning our skills...finishes, turns, streamlines and stroke follow thru.

### **Swimmers of the Week**

**Melissa Duvall** had a rough start to her 50 fly on Saturday, losing her goggles right away (as if the 50 fly isn't hard enough), but she remained persistent-not missing a beat or kick- and ended up placing second :) She also showed what good character she has by getting her haircut and donating it to a cancer foundation to make wigs for those who lose their hair due to their sickness...you've got a good heart Melissa!

**John Suyama** came into the season a bit apprehensive, he has taken the pool by storm-

with plenty of determination and a willingness to work....he has now made the A-meets in free, back and fly doing consistent best times...and making good friends with the other 9-10 boys in the process!!!! Keep it up, John :)

**Will Byrne-** His determination and fight are apparent to any that watch him

swim...FMW is lucky he continues to put hockey on the back burner during the summer! He has continued to set a good example by working hard, racing hard and finishing on a positive note (with best times to boot!) Eye of the Tiger- go Will!

**Andrew Gyenis** has come back from Paris to get back into the FMW swing of things this summer...and he has given a welcome boost to the 8 & under boys. Within two weeks of coming back he has worked hard, gotten right into the A-meets and scored in both free, back and the boys relays :) Welcome back, Andrew!!!!!!

**Allison Kendrick** is presently on a slow boat to China (just kidding, she took a plane!). Before leaving, she was successful in being a positive leader to the little ones in her mentoring group, as well as on the Mixed Age Relay. She was able to age up and contribute to the 15-18's without missing a beat :) Good job Allison :)

**Matt Montgomery and Zach Kearns-** On Saturday they knew that there was no way they wouldn't score...there were only 3 swimmers in their event, the two of them and one opponent. At the end of the 50 fly, Matt and Zach finished first and second and their opponent was still swimming. In a fantastic show of good sportsmanship, they both waited and cheered him on shaking his hand when he finished. A good lesson in sportsmanship for all of us...good job Matt and Zach :)

**Bobby Demson-** His hard work, determination and enthusiasm payed off big on Saturday with a

best time in fly and a second place finish....then continued on Monday night with a 6 second drop in his 50 free and a big drop in his 100 IM as well !!!! Way to go Bobby!!!!

**Kirsten Siebach-** gets in quietly every morning, works hard, never complains, and looks for feedback after every race...what more can a coach ask for? Oh yeah, she's a fierce competitor! Her smile says it all...great job, Kirsten :)

**Melissa Jarmas** has gotten in and worked hard...dropping time almost every race of the season. She has swum herself onto the 9-10 girls relay and races her heart in the free and breast. Keep up the hard work and persistence Mellissa!!!!

**Alison Jarmas-** Realizing the good example set by her sister, Alison has come in blazing!!! She is the first one to ask if she can do more, does the 100 IM every Monday (right after the 25 fly) and comes to give me a hug before she leaves any meet. She comes with a smile and a "work hard" attitude!!! Great job Alison :)

**Leanna Hyer** has stepped up to the plate and become a real leader for the 8 and under girls. In practice she always smiling and cracking jokes, but still works very hard. She accompanies Alison in the fly and IM on Monday nights as well. She is swimming fast and having fun....go Leanne !!!!

### 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:*

#### **Frances Chamberlin**

Frances orchestrated an awesomely fun treasure hunt at the pep rally Friday night. Thank you,

Frances, for all the thought and preparation it took - the kids had a blast!

### **Pam and Aaron Reed**

Pam and Aaron were lifesavers at the Patsy Graham meet. Pam was kind enough to pull double duty - officiating and swimming!! And without being asked, Aaron showed up in his whites and timed for the entire evening.

### **Janet and Mike Osborn**

Janet, with major assistance from her husband Mike, has been producing and distributing our beautiful, informative weekly newsletter. She has transformed some of the basic information she receives into enjoyable articles. Janet manages this while working a very demanding full-time job. The Osborns, whose children are 8 & unders Elizabeth and John, are brand new to swim team this year, but seem like old pros with the newsletter. Speaking for all the families, we really look forward to reading the news every week and greatly appreciate all your effort. (Aw, shucks -Ed.)

### **Marianne McLaughlin**

As Clerk of Course, Marianne was truly tested Monday night with that big Oakton team. She handled all those kids so professionally - the meet ran smoothly and finished in great time, especially considering the large number of swimmers. The Oakton reps were very complimentary of Marianne's organizational ability. Thanks for keeping us straight, Marianne!!

We can't get through a season without extraordinary contributions like these. When you see these parents, please express your gratitude!!

### **Reminders**

The final Monday night meet of the season (July 23) will be a home meet against Fox Mill Estates. The last event of the evening will be an adult IM, open to any adults who wish to participate. Come out and compete!

Pep Rally this Friday, July 13 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!!

Saturday's Meet is \_\_\_\_\_ against \_\_\_\_\_.

Monday's Meet is at Herndon Rec.

Get your checks and order forms for the **Swim Team Awards Banquet** in to the Hubals' file! Only \$5.00 each and a potluck dish buys you an evening of good food and fun on Sunday, July 29 at 5:00 p.m. Questions? Call Amy at 703 689-4915.

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.