

---

# Fox Mill Woods Gazette

---

Volume 5, Issue 6

July 18, 2001

---

## FINTASTICS SWIM TEAM NEWS

---

### Team Rep Corner

*By Sheree Lopez*

Another great week for the Fintastics! Starting off with a spirited lip-syncing competition at Friday's Pep Rally and continuing with terrific swimming on Saturday and Tuesday! The grand prize winners were Elliott Ward who wowed the crowd with "Rocky Road" and Suzanne Huycke (and dad) for a spirited rendition of "Proud Mary." There were many other awesome acts, with costumes, props and MTV-style choreography. Who knew all these people were great swimmers and great entertainers? We will definitely be doing this event next year, so keep practicing!

Congratulations to FMW representatives to the 2001 All-Star Relays. In the boys mixed age relay, **Scott Hubal, Michael Hallock, Matthew Montgomery** and **Tommy Huycke** competed Wednesday night against some of the best in the NVSL. FMW also sent a team to All-Star girls 13-14 medley. The team included **Kelly Sherman, Hannah Cohen, Amanda Hubal** and **Sascha Reed**.

### Fox Mill Woods Fintastics vs. Hiddenbrook - July 14, 2001

In a tightly contested meet on Saturday, the Fox Mill Wood Fintastics prevailed over Hiddenbrook by a two-point margin to improve their season record to 3-1.

The Fintastics racked up points early in freestyle, with first place finishes in the boys 8 & under (**Andy Putch**), boys 9-10 (**Edward Reed**), 11-12 (**Scott Hubal**) and 15-18 (**Tommy Huycke**). **Leann Hyer** gave a boost to the team with her first place finish in the girls' 8 & under free.

Second place finishers in the freestyle included **Andrew Gyenis, Matthew Montgomery,**

**Stephanie Hallock, Kirsten Siebach** and **Sascha Reed**.

Grabbing more points for the Fintastics were freestyle third placers: **Jennifer Dolson, Lindsay Ward, Ana Demson,** and **Liam McLaughlin**.

In the backstroke events, the Hiddenbrook swimmers gave chase, but the Fintastics bagged top honors in four categories. First place finishers were **Andrew Gyenis, Michael Hallock, Leann Hyer** and **Kirsten Siebach**.

Second places were awarded to **Dan Traxler, Matthew Montgomery, Stephanie Hallock, Suzanne Huycke** and **Hannah Cohen**. Third place finishers (**Andy Putch, Bobby Demson, Christopher Kearns, Rob Burton, Allison Pinegar,** and **Kelly Sherman**) kept the score close.

Five first place finishes in the breaststroke helped the Fintastics to keep Hiddenbrook at bay. Finishing first for FMW were **Dan Traxler, Michael Hallock, Brian Pujanauski, Katie Callahan** and **Kirsten Siebach**. Determined stroking brought second place honors to **Liam McLaughlin, Ben Coffinberger, Rob Burton, Caroline Beury, Melissa Jarmas, Suzanne Huycke, Hannah Cohen** and **Jennifer Dolson**. Touching in for third place points in the breaststroke were **Michael Leeds, Alina Suyama** and **Katherine Leeds**.

In the butterfly event, FMW swimmers **Edward Reed** and **Scott Hubal** took first place. **Melissa Duvall, Kristen Callahan** and **Tommy Huycke** came in second and **Brigid Howland, Erica Demson, Brendan Lins** and took third place in their age groups.

In the 8 and under 100 meter free relay, the boys team of **Putch, Robbins, Traxler** and **Gyenis** seized first place with a time of 1.38.84. Not to be outdone, the 8 & under girls (**Hallock, Brouckman, Jarmas** and **Hyer**) posted a

1.35.51 time enroute to their win in the 100 M free relay.

Other relay winners included the 9-10 boys team of **Demson, Hallock, McLaughlin and Reed**, and the 9-10 girls: **Demson, Callahan, Callahan and Jarmas**.

Winning the 11-12 girls relay for FMW was the **Huycke, Siebach, Duvall and Demson** squad. The girls 15-18 team of **Dolson, Howland, Callahan and Wallace** also prevailed with a time of 2:27.66.

The mixed age relay team of **Hubal, Hallock, Montgomery and Huycke** posted an "All Star" time of 2:09.12.

**Final score, Fox Mill Woods 202, Hiddenbrook, 200.** Results of this meet were featured in the Washington Post sports section under NVSL news.

*Notable improvements this week:* Twenty-seven new personal bests were recorded this week at the Hiddenbrook meet. **Julia Richmond** and **John Suyama** saw significant improvements, dropping their times 4.5% and 5.1%, respectively. Other swimmers posting personal bests were **Evan Hyer, Jennifer Leeds** and **Ben Coffinberger**. Great job, everybody!

### **The Tuesday Night Thriller: Fox Mill Woods vs. the Herndon Hammerheads**

*by Pat Ward*

Despite the rescheduling of the meet with Herndon, our swimmers looked very strong and brought home first place honors in 30 events for the night.

Thank you to all who rearranged their evenings to swim and/or volunteer at the meet. Several of our parents stepped in to help when Herndon was short-handed, and there were others who appeared in white just in case.

Clearly we've got the greatest families at our club! Here are the meet results:

### *Freestyle*

**J.T. Byrne** was looking good in his first place finish in the 6 & under boys freestyle, which was followed by a big sweep of the 6 & under girls event with finishes of first to **Stephanie Hallock**, second to **Chloe Siebach**, third to **Meagan McRoberts**, fourth to **Natalie Anderson**, fifth to **Emily Wade** and sixth to **Laura Brouckman**. Great swimming!

Our 7 & 8 year old boys were also taking over with first place going to **Dan Traxler**, second to **Jimmy O'Connor**, fourth to **Steven Robbins** and fifth to **Thomas Maw**. In the 7 & 8 girls, fourth place was claimed by **Allison Brouckman** and **Mary Stoney** took sixth.

In the 9 year old boys, first place went to **John Suyama** and second to **David Rawlins**. In a close race in the 9 year old girls, **Allison Pinegar** came in first and **Lauren Angel** took second.

First place honors in the 10 year old freestyle went to **Evan Hyer**, and **Catherine Murphy** took first in girls with **Kimberly Blauer** taking third.

In boys 11-12 freestyle **Tom Burton** was #1. **Steven Matthews-Rurak** grabbed top honors in the 13-14 event.

In the 13-14 girls **Kayley Byrne** and **Annie Brennan** added to their ribbon collections with second and fourth place finishes, respectively.

**Eliza Brennan** looked terrific in her first place finish in 15-18 girls.

### *Backstroke*

Our beautiful backstroking 6 & under girls claimed the majority of ribbons in this event with first place to **Emily Wade**, second to **Chloe Siebach**, third to **Christina Gill**, fifth to **Laura Brouckman** and sixth to **Taylor Ehrhart**.

**Steven Robbins** secured a first place finish in the 7-8 year old boys, and, again our 7-8 year old girls came on strong with first place to **Sarah Wall**, second to **Alina Suyama**, fourth to **Mary Stoney**, fifth to **Caroline Beury** and sixth to **Allison Brouckman**.

**Liam McLaughlin** and **Evan Hyer** powered their way to first and second place finishes respectively in the 9-10 boys. **Sally Wade** swam to a first place finish followed by **Lauren Groskaufmanis** in third in the 9-10 girls.

**Tom Burton** claimed another blue ribbon with his first place backstroke finish in 11-12 boys.

### *Breaststroke*

**Natalie Anderson** was the first place winner in girls 6 & under breaststroke, which was followed by boys 7-8 year olds where **Andy Putch** claimed first and **Andrew Gyenis** second. In girls 7-8 year olds second place went to **Leanne Hyer** and third to **Abby Reed**.

Our 9-10 breaststroking girls were super with finishes of first to **Sally Wade**, second to **Allison Pinegar**, third to **Emily Chamberlin**, fourth to **Kimberly Blauer** and sixth to **Lauren Groskaufmanis**.

Both **Steven Matthews-Rurak** and **Kayley Byrne** took first place finishes in 13-14 boys and girls breaststroke.

**Eliza Brennan** also came in first in the 15-18 girls breaststroke.

### *Butterfly*

The Andrews dominated 8 & under boys butterfly with **Andy Putch** claiming first and **Andrew Gyenis** taking second. In the girls 8 & under, second place went to Leanne Hyer and third to Abby Reed. In boys 9-10 butterfly John Suyama took second place followed by Liam McLaughlin in third.

### *Individual Medley*

Our team had very strong finishes in IM, with **Andrew Gyenis** placing third in boys 9 & under and **Kristen Callahan** placing first in 9 & under girls. FMW ten year olds were tops in the IM: **Michael Hallock** took first in boys events and **Katie Callahan**, first in the girls. **Willy Byrne** contributed a second place finish 11-12 boys and

**Kirsten Siebach** set the pace with a first in 11-12 girls. **Matt Montgomery** came in first in 13-14 boys and **Joey Coffinberger** did the same among 15-18 boys. First, second and third places went to the Fintastics in the 15-18 girls IM as **Jen Dolson** took first, **Sarah Wallace**, second and **Jennifer Callahan**, third.

Our swimmers had 41 personal bests in the Herndon meet, with very significant drops in time going to **Natalie Anderson**, **Eliza Brennan**, **Christina Gill**, **Evan Hyer**, **Liam McLaughlin**, **Elizabeth Osborn**, **Andy Putch**, **David Rawlins**, **Mary Stoney**, **John Suyama**, **Marie Tummarello**, **Sally Wade** and **Sarah Wall**. Congratulations to all our swimmers on their achievements this week!!

### **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. All 8 & unders are welcome – no DQ's or turn judges, just lollipops!

### **Coaches Corner**

*By Shelley Gesker*

This past week has been another successful one for FMW. We had a good run at the Relay Carnival (3rd), a blast at the Lip Sync, a fantastic win on Saturday (by 2 points), rock climbing at SportRock with the older group, one of the quickest B-meets ever at Herndon and 2 great results at the All-Star Relay Carnival :)

Along with all that, we have squeezed in some pretty hard work in the pool.....water polo aside, we have worked hard with our kick, and focused on free and breast....and even threw an entire fly day in there :) All this with hopes of a great finish to a great season!!!

### **Swimmers of the Week:**

**Lindsay Ward** is always at practice and meets with a smile on her face and a positive attitude! Not only does she work hard, but she appears to enjoy it as well :) Lindsay is always willing to

lend a helping hand and encourages her teammates as well. You are a great asset to our team.....go Lindsay!!!

**Boys Mixed Age Relay: Tommy Huycke, Matt Montgomery, Scott Hubal and Michael Hallock:** Each of these boys has had a great deal to do with the success of their age groups through leadership and racing....and they put it all together in their relay and placed 8th in the NVSL on Wednesday!!!! Great job guys :)

**13-14 Girls Medley Relay: Kelly Sherman, Hannah Cohen, Amanda Hubal and Sascha Reed** All of these girls have added to the depth of our team....always being counted on to place well, go for a sweep and lead by example. They too put together an awesome swim on Wednesday night...even beating some of their cross town rivals :) Well done ladies!!!

**Andy Putch, Jimmy O'Connor, Andrew Gyenis and Dan Traxler:** Not only are they our returning group of 8 & under boys, but they are full of personality and energy :) They have fun, but work extremely hard very morning....(whether it's playing "Rabbit" or our kicking snake :) They are continuing to drop time and never, ever give up!!!! Good Work boys....Momma Raddish, I mean Momma Rabbit is proud :)

**Kimberly Blauer** is there every day...ready to work hard, and make whatever changes she needs to do to improve. Always polite and positive....she even looks out for fellow teammates to make sure they make it up to the tennis courts on time for their other "favorite" sport :) All that hard work is paying off.....keep it up Kimberly!

**Rob Burton** joined a new team at 16 (which we know is never easy) and added even more depth to our 15-18 boys. He was also a part of their second place division finishes at Relay Carnival last Wednesday!!!! He works quietly and very politely...we are glad to have him with us. Welcome Rob and keep up the hard work!!!

**Abby Clement:** This is her first experience on a swim team, and she has fit right in....working

hard, keeping Ana D. calm (lol) and always coming in with a smile :) Her hard work has paid off, as she swam herself into an A-meet last week. We are happy you and your sister have joined! Keep smilin' Abby :)

**Annie and Eliza Brennan** both come in each morning very quietly and hop into the lane with Anna and Lizzie. But, their hard work doesn't go unrecognized or unappreciated!! They continue to come back to us each summer and are a great addition to the quality of our team. Great job, ladies :)

**Kayley Byrne** has always worked hard...and now even hops in early to help with the lane lines...(we always love that :) Deciding on a goal and going after it is something that Kayley very good at. She was even able to do a best time in breaststroke after rock climbing on Tuesday!!!! Great job Kayley...keep it up :)

**Stephanie Hallock:** rolls into practice with her cap that says "Sleepy"...she's wide awake and working hard by the time we are finished with warm-up :) She is always prepared with "Fun Friday", even bringing her joke book last week!! Good effort and plenty of fun....go Stephanie!!!

**Abby Reed** is always ready with a good joke and plenty of positive words for her teammates!!! She comes to practice every day ready to work, improve and go faster!!! All that effort is helping her to get better and better....doing two best times on Tuesday....including her first attempt at fly!!! Go Ab-Dab!

### 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:*

#### **Jo Anne Richmond**

Jo Anne stole the show as master of ceremonies at the lip-syncing pep rally with her performances, introductions and words of encouragement. She also organized prize

categories, purchased all the prizes as well as the pizzas (and managed to squeeze everything into that lovely car). Jo Anne, you make everything more fun with your enthusiastic, positive personality. It is a pleasure to work with you!

### **Paul Siebach**

Did you see that tired referee on Saturday? After a long and arduous Friday night drive from New York State, Paul was on duty with a smile early on Saturday. Rather than extend their stay with family and enjoy a leisurely ride home, the Siebachs returned in a hurry for Paul to meet his commitment to the team. To Paul and family - we greatly appreciate your dedication!

And thank you to the many other dedicated volunteers who just say yes when asked to help out.

### **Linda O'Connor**

Linda had the clever idea of moving concessions under the awning of the baby pool area, where it has been very well received. They are away from the trash dumpster and more a part of the action. Not only does Linda show up and work hard, she even THINKS about things!

### **Kay Roberts, Amy Rawlins and their families**

Kay and Amy and many of their family members have shown such dedication and willingness to pitch in in all aspects of the team. In particular they have worked far above and beyond their duties when it comes to concessions. They are always hauling, lifting or moving something! To top it off, they're always smiling and upbeat! Kay and Amy really stand out when it comes to teamwork.

### **Reminders**

- Come on out to **Splashdown** with the team on Friday, July 20 for a fun filled day of tubing and waterslides. Look for details at the pool or call Kathy Montgomery at 716-0994.
- **Pep Rally** Friday, July 20 at 6 p.m. Be there or be square!
- The next (and 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 show your kids how its done!

- Our last practice for those not participating in divisionals will be Tuesday, July 24. Following each of the July 24 practices, there will be a yummy **pancake breakfast**. To volunteer to flip pancakes or to lend a griddle, please contact Sheree Lopez at 703 715-2515.
- Saturday's meet is at Riverside Gardens. Divisionals will be held on July 28 at Walden Glen.
- 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.

