
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Sheree Lopez

This is my last installment to the Fintastic newsletter in the team rep capacity. I had no idea when I agreed to do this job just one year ago that I would be the one to benefit from it. I have seen the parents and swimmers on a different level than I would have otherwise. The children are fun, bright, energetic and basically great kids. The parents are always willing to help me out with "just one more volunteer activity." You have all made lasting impressions on me. I want to take this opportunity to thank my family for graciously handing me over to FMW swim team for the past 5 months. They have been my greatest support. I think we had a great season. As Mark Hubal said to me in March, "the best record to get is 3-2. That way we stay in our division." Best of luck to the graduating seniors. Please come back and see us next year - especially for Patsy Graham relays.

Have a great fall!

Fox Mill Woods Fintastics vs. Riverside Gardens Tsunamis -July 21, 2001

Entering into the final week of the regular swim season, Fox Mill Woods took a three-meet winning streak into Division Six Riverside Gardens. The home-pool Tsunami presented a balanced opponent, with significant strength in breast and butterfly and a strong relay team. If the Fintastics were going to prevail against this upper division foe, we were going to have to keep it close through each event.

In freestyle, the Fintastics were up to the task. In 8-and-under, both **Andrew Gyenis** and **Leanne Hyer** pulled off second place finishes. In 9-10 boys, **Patrick Sullivan** also pulled in second. Then, in five of the next seven events, the

Fintastics finished first. Heat winners included **Katie Callahan, Scott Hubal, Ana Demson, Matthew Montgomery** and **Tommy Huycke**. Additional second place points were added by **Sascha Reed** and **Jennifer Dolson**. **William Byrne, Lindsay Ward** and **Austin Hyland** added valuable third place points. **Scott Hubal's** effort secured him yet another 11-12 boys freestyle record, with a 28.44. By the end of freestyle, the Tsunami held a slim 47-43 lead.

In backstroke Riverside Gardens dominated the first place ribbons, but Fox Mill Woods kept the meet extremely close with strong second and third place efforts. First place finishers included **Erica Demson, Matthew Montgomery** and **Kelly Sherman**. Second place points were added by **Andrew Gyenis, Edward Reed, Allison Pinegar, Suzanne Huycke, Hannah Cohen, Rob Burton** and **Sarah Wallace**. Third place finishers included **Dan Traxler, Leanne Hyer, Christopher Kearns, Abby Clement, Zachary Kearns, Lindsay Ward, Brian Pujanauski** and **Julia Richmond**. The Tsunami kept a slim 93-87 lead.

While the Fintastics usually pile on the points in breaststroke, the Tsunami proved worthy competitors in this event. Fox Mill Woods first place honors went to **Katie Callahan, Hannah Cohen** and **Jennifer Dolson**. Second place finishers included **Michael Hallock, Melissa Jarmas, Suzanne Huycke, Annie Brennan, Brian Pujanauski** and **Jennifer Callahan**. Third place points were gathering up by **Dan Traxler, Ben Coffinberger, Patrick Hines** and **Eliza Brennan**. Riverside Gardens build a wider lead, 146-124.

In fly, **Scott Hubal** set another team record, with a first place finishing time of 30.76. Sister

Amanda Hubal also scored a thrilling first place finish with a touch time of 34.13, beating the second place 34.34. **Michael Hallock** also took first place honors. Second place finishes were made by **Kristen Callahan**, **Ana Demson**, **Coach Tommy Huycke** and **Coach Brigid Howland**. Third place points were added by **Sascha Reed** and **Jennifer Callahan**.

In relays, the 9-10 girls, **Katie Callahan**, **Kristen Callahan**, **Melissa Jarmas** and **Erica Demson**, won with a time of 1:22.68. The 13-14 girls also won, with **Hannah Cohen**, **Amanda Hubal**, **Kelly Sherman** and **Sascha Reed** turning in a time of 1:07.69.

Including the 13-14 girls, the Fintastics won the final five events, finishing strongly.

The 15-18 boys, 200 meter medley, **Brian Pujanauski**, **Tommy Huycke**, **Austin Hyland** and **Rob Burton**, won with a time of 2:09.73. The girls, **Jennifer Callahan**, **Brigid Howland**, **Sarah Wallace** and **Jennifer Dolson**, also prevailed with a time of 2:24.41

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 2:03.86. As did the girls, **Ana Demson**, **Katie Callahan**, **Sascha Reed** and **Jennifer Dolson**, with a time of 2:18.33.

Final score, Tsunami 214, Fintastics 188. The Fintastics finished 3-2 for the season and 3-1 in the division. The record was good for second place in the division.

Coach Shelley said, "We had a great effort at Riverside Gardens and we finished strongly, especially considering we were missing some strong swimmers at this event. This was one of our best seasons, with good practices, great meets and lots of team spirit. I will remember these kids and their dedication to the sport."

Notable improvements this week: **Joey Coffinberger**, a 12 percent improvement in fly; **Abby Clement**, a 9 percent improvement in breast and **Dan Traxler**, an 8 percent improvement in breast. Congratulations to many others who significantly improved their times this week!

Monday Night Matchup: Fox Mill Woods vs. the Fox Mill Estates Foxes

Our final developmental meet of the season was a memorable one – watching Coach Shelley and all those parents swim was a blast. On top of that our swimmers achieved 39 first place finishes! Congratulations to all our participants, and thank you everyone for a successful season. We have enjoyed working with and getting to know so many of you. ---*Joan and Pat*

Freestyle

Mr. J.T. Byrne had an excellent second place finish in the boys 6 & under freestyle. Our 6 and under girls ruled the pool with these outstanding finishes: first place - **Meagan McRoberts**, second place - **Chloe Siebach**, third place - **Emily Wade**, fourth place - **Natalie Anderson**, fifth place - **Laura Brouckman**, sixth place - **Marie Tummarello**.

In the 7 and 8 year old boys event, **Dan Traxler** claimed first place, **Jimmy O'Connor**, second place, **Steven Robbins**, third place, and **Thomas Maw**, fourth place. The 7 and 8 year old girls were getting it done with **Alison Jarmas** taking first place, **Allison Brouckman**, second place, **Abby Reed**, third place and **Sarah Wall**, sixth place.

In the 9 year old boys, **Bobby Demson** swam to a first place finish, with **David Rawlins** taking third place and **Eric Sharer** grabbing fourth. The 9 year old girls competed hard and it paid off; **Allison Pinegar** got second place, **Katherine Leeds**, third, and **Lauren Angel**, fourth.

Evan Hyer never looked back as he posted a solid first place finish in the 10 year old boys heats, followed by **John Suyama** in third place and **Will Happ** in fourth place. **Kim Blauer** grabbed third place in the 10 year old girls event, followed by **Emily Chamberlin** in fourth place.

In the 11-12 boys heats, **Tom Burton** zipped in for a first place finish immediately followed by **Chris Kearns** in second and **Steven Sharer** in fourth. **Suzanne Huycke** powered in for a first place finish in the girls 11-12 with **Abby Clement** right behind in second. **Laura Duggan** touched in for third and **Rosie Montgomery**, for fifth.

Zach Kearns grabbed a second place finish in the 13-14 boys freestyle. The 13-14 girls grabbed the two top spots: **Kayley Byrne** had a great first place finish followed by **Annie Brennan** in second place.

The Fintastics continued freestyle dominance in the 15-18 boys where **Brendan Lins** took first place, **Joey Coffinberger** second place, **Mike Leeds**, third place, and **Pat Hines**, fourth place. **Eliza Brennan** showed the boys how it's done with her first place finish in girls 15-18.

Backstroke

J.T. Byrne posted a first place finish in 6 and under boys backstroke. The girls were amazing again as **Chloe Siebach** took first place, **Emily Wade**, second place, **Laura Brouckman**, fourth place, **Keelyn McLaughlin**, fifth place and **Taylor Ehrhart** sixth place.

The 7 and 8 year old boys event saw Fintastics **Steven Robbins** and **Thomas Maw** finish first and third respectively. In the 7 and 8 year old girls competition, **Sarah Wall** claimed first place, **Margaret Murphy**, third place, and **Elizabeth Osborn**, fifth place.

It was a good race in the 9-10 boys backstroke where **Evan Hyer** took first place and **Liam McLaughlin**, second place. This was followed by a great showing of our 9-10 girls where **Katherine Leeds** came in second, **Sally Wade** third, **Kimberly Blauer** fourth, **Katherine Lucas**, fifth and **Lauren Groskaufmanis** sixth .

Tom Burton had an exciting first place finish in 11-12 backstroke and **Jason Horneck** and **Dylan McLaughlin** were right behind in third and fourth respectively. In the 11-12 girls heats, **Laura Duggan** grabbed first place.

Breaststroke

Stephanie Hallock put her technique to work, taking first place in the 6 and under girls, while **Natalie Anderson** took third place.

The 7-8 year old boys event saw **Andy Putch** capture first place and **Jimmy O'Connor**, second. **Leanne Hyer** had a strong first place finish followed by **Allison Brouckman** in second place.

Bobby Demson was the first place finisher in 9-10 boys, and our strong 9-10 girls took home four of the top six spots: **Sally Wade**, first, **Allison Pinegar**, second, **Emily Chamberlin**, fifth, **Kim Blauer**, sixth.

In 11-12 boys event, **Jason Horneck** brought home second place. Another strong showing by the girls saw **Abby Clement** in first place, **Melissa Duvall** in second, **Ana Demson** in third and **Jennifer Tummarello** in fifth.

In the 13-14 age group, **Matt Montgomery** grabbed first place in boys and **Kayley Byrne**, first place in girls.

Monica Lins claimed first place in the girls 15-18 event.



Butterfly

Dan Traxler showed the crowd some strong swimming to earn the blue ribbon in the 8 and under boys. In 8 and under girls, **Leanne Hyer** took second place, **Alison Jarmas** fourth and **Abby Reed** fifth.

Our 9-10 boys were looking unbeatable as **Bobby Demson** finished first, **Liam McLaughlin** second, **John Suyama** third and **Will Happ** fourth. Not to be outdone, **Melissa Jarmas** and **Lauren Angel** finished first and second respectively in the 9-10 girls heats.

The 11-12 boys event brought a second place finish to **Chris Kearns** and a third to **Dylan McLaughlin**. **Suzanne Huycke** looked great with her first place finish in 11-12 girls.

In the 13-14 event, **Matt Montgomery** had a first place finish and **Jason Horneck**, a second place.

Individual Medley

The Fintastics had a strong showing in the IM, with a first place finish going to **Bobby Demson** in the 9 and under boys event. **Kristen Callahan** took home second place honors in the 9 and under girls, followed by **Allison Pinegar**, who swam to third place and **Leanne Hyer**, who captured fourth.

Two terrific 10 year old boys, **Michael Hallock** and **Edward Reed**, took first and second place, respectively. Three tenacious 10 year old girls swept the top spots: **Katie Callahan**, first place, **Erica Demson**, second place and **Melissa Jarmas**, third place.

The 11-12 boys did well in the IM, with **Chris Kearns** in second place, just ahead of **Jason Horneck**, who took third. Our 11-12 year old girls did us proud. **Kirsten Siebach** came up with a first place finish, **Suzanne Huycke**, third, and **Ana Demson**, fourth.

Those 13-14 boys! Scott Hubal powered past the rest of the field to first place in the IM. FMW's **Matt Montgomery** took home fourth place and **Zach Kearns**, fifth place. **Hannah Cohen** was first among the 13-14 girls, **Amanda Hubal**, second and **Kayley Byrne**, fifth in a strong effort for the Fintastics.

The 15-18 boys brought home the glory for Fox Mill Woods, taking the top four spots. The fastest finisher was **Tommy Huycke**, followed by **Brendan Lins** in second, **Mike Leeds** in third and **Pat Hines** in fourth. To cap off the evening, the 15-18 girls dominated their IM event. **Jennifer Dolson** carried away the top honors, with **Sarah Wallace** in second, **Brigid Howland** in third and **Monica Lins** in fourth.

Adult IM

Then it was the parents' turn to dive into the pool for what turned into four heats of pure swimming excitement. It was quite a grand finale - clearly we see where our young swimmers get their talent. Thanks to all who powered (or gasped) their way through the Adult IM to delight and inspire the crowd. Here are the results:

Shelley "I'm still the Best" Gesker 1:22.03

Brian "I just played 6 hours of Tennis" Tenenhaus 1:27.91

Mark "Sexy Speedo" Hubal 1:30.83

Bob "Great Tan" Cohen 1:31.88

Brett "Good Call" Pinegar 1:32.56

Hayley "Is Anybody Drowning?" DeRidder 1:32.68

Rick "Big Air" Lopez 1:34.68

Bob "Can't Swim" Demson 1:38.34

Lynn "Khaki" Happ 1:55.64

Janet "Does this count as a Volunteer Time?"
Osborn 2:12.56

Peter "The Cheater" **Kendrick** ???

Lollipop Meet Report

Tons of fun (and tootsie roll pops!) were had last Thursday night at the lollipop meet. Our youngest swimmers were trying new strokes and couldn't wait to swim IM's, both regular and modified. For many it was their first experience swimming an IM, such as **Elizabeth Osborn, Abby Reed, Stephanie Hallock, Allison Brouckman, Emily Wade, Steven Robbins** and **Natalie Anderson**. **Andy Putch** and **Dan Traxler** both tried a full IM with butterfly - we were impressed! Thank you to **Bridget Murphy** who smoothly handled the clerk of course duties and to **Kayley Byrne** and **Lindsay Ward** who timed and cheered on our swimmers. It truly was an enjoyable evening. Next year we hope to host this event at our pool.

Coaches Corner

By Shelley Gesker

Well, we survived and flourished through another week!!!! After completing all our activities ranging from practice to the Lollipop Meet to Splashdown to the Progressive Dinner....we managed to have an awesome meet against Riverside Gardens. Being that they were in Division 6, I was nervous about how the meet would go....little did I know how ready we were to swim fast and take it down to the very end. The last Monday night meet against Fox Mill Estates was a lot of fun as well, with many more best times and plenty of drama in the IM's.....especially Peter Kendricks' dramatic win in the adult IM's :) Mr. Hubal had a good showing in his Sexy Speedo (you know you loved it, Amanda)...and now we know where Hannah Cohen gets her breastroke genes from (go Bob) and Mr. Pinegar, Mr. Lopez and Mr. Demson (the 2 former butterflyers), Mrs. Osborn and Mrs. Happ making all of their children proud and showing they still have what it takes!!!! Wrapping up with the Pancake

breakfast and Gag Gifts, setting everyone up for a good finish with Divisionals and the banquet :)

Thank you to all my swimmers and parents....I really feel that we have had another successful and awesome season together!!!!

Swimmers of the Week

Brigid Howland not only has had to work with me on deck everyday, but she has had to be a swimmer and leader within the 7:30 practice. Stepping up to the plate whenever she has been asked, and being successful in juggling expectations of both coach and swimmer. What a great end to a great career here with us at FMW!!!!!! We love ya' Brig :)

Sarah Wallace has been with us for 11 years and has always been a fantastic leader and one heck of a racer with in the pool!!! Never afraid to put in the work it takes to get things done and get them done well....Sarah finished with a best time in back and a win in the girls relay!!! As always, finishing with the best!! Great job, Sarah!

Ana Demson I'm sure that many of you have seen the enthusiasm Ana brings to both practice and the meets....always willing to go that extra mile if it means that it will help the team!!! Finishing up with great races and a best time in fly...Ana stepped up in the Mixed Age Relay and got the girls out in front!!! Way to go Ana.....Chopin would be proud ..lol :)

Edward Reed is extremely conscientious and always expects the best out of himself...Edward practices very hard, always asks how to get better and pushes himself as far as he can go. All that pays off as he is a constant point scorer on Saturdays and a lift to his age group. Good work, Edward :)

Suzie "Wiggle Worm" Huycke Suzie comes in every morning with a "hello" and a hug to get things off to a good start and continues right through practice. Blowing a kiss to her dad before each race she gets herself focused on doing her best and reaching for that something extra to help her get a best time and come out on top. Her efforts paying off with good swims on Saturday...way to go Wiggly :)

Brian Pujanauski He stayed back from the beach to go to practice each day and get himself down to his goal time on Saturday....exclaiming afre the race that he will be at practice every day next year!!!! (Yes, I will hold you to it Brian!!) Stepping up in the leadership at both the rock climbing and the Progressive Dinner...the future looks good. Great job Brian :)

Thomas Burton Coming into a new situation is never easy, but Thomas took this opportunity to grow, learn to become part of a new team and a better swimmer. He has improved in all of his strokes and swam himself right into Divisionals. Nice job Thomas!!!

Jason Horneck Jason comes in with a lot of enthusiasm and tons of energy...not letting a skating accident deter him from competing. He has swum anything we've asked and even been willing to age up in a relay to help the team. Good job Jason!!!!

Katie Callahan Always willing to get out there and swim what we ask...she has worked on all of her strokes and really come through for us in free and breast, week after week. Her leadership in the 9-10 girls age group helping to make that such a cohesive group of girls and always coming through big in the girls Mixed Age Relay...a great part of this team. Swimming herself to two best times this past weekend.....Spirit Fingers, Katie :)

Evan Hyer Evan comes in quietly every day, jumps right in and gets down to work. Swimming everything from backstroke in the A-meets to IM in divisionals...Evan is there with a smile on his face and open to any suggestions to help get faster. Being willing to step up and be a leader whenever asked....way to go Evan!!!!

Steven Matthews-Rurak comes in every day and hops right in to help with the lane lines. He always has a compliment for his teammates and a polite manner around adults. He has worked really hard and improved all of his strokes, being willing to swim both backstroke or breaststroke in addition to freestyle. Keep up the hard work Steven, you've done a great job!

Volunteers of the Week:

Maggie and Creg Howland

Special recognition and thanks must go to Maggie and Creg Howland who have steadfastly helmed the chief timer and announcer positions on Saturday mornings for longer than most of us can remember. It has been such a pleasure to work with both of you and watch your children grow. Maggie, it's going to take some getting used to a new "Timers, clear your watches" voice, and Creg, we don't think there will ever be another announcer with your gift for pronunciation. (And who's going to insult Mark Hubal the way you can?) Thank you for all your volunteer hours. Promise us you'll be back to join us for coffee and bagels whenever you can.

Mark and Amy Hubal

Thanks to Amy, we will have another terrific end of year banquet. Mark has been indispensable this year, as he has done a great job training and organizing our officials.

Jane Leeds and Karen Steirman

Both of these ladies graciously offered to accompany Kathy and Sheree to the divisional seeding meeting and were a big help throughout.

Pat Ward and Joan Duvall

Who are always smiling and showing their dedication to the B-meets and swimmers, who are the future of FMW. These ladies are great!

Kathy Montgomery

For holding down the fort while Sheree slipped away for a few days R & R.

Lou Ward

Have you been checking out our swim team case regularly? Each week Lou has taken some terrific action photos of our swimmers. It has enhanced the enjoyment of our season to be able to reflect on the fun of the skits, close races and silly faces he manages to capture in pictures. Thanks, Lou, for your contributions in documenting the fun season we've had.

And remember to visit our website for the team photos Bob Cohen has been posting.

Still speaking of photos, we will be trying to review all of them and identify the swimmers (not always easy with splashes, caps, etc.). If we find your swimmer in a photo we will put it in your mailbox, so continue to check your box from time to time. Also, if you have taken photos at any swim team event and would like to share/give them to other families please bring them to Sheree or Kathy.

Reminders

- Don't forget **Divisionals** are Saturday, July 28th. Warmups begin at 8:10 (yawn!) at Walden Glen.
- Last call for the **Swim Team Awards Banquet!** Come celebrate the end of a great season on Sunday, July 29 at 5:00 p.m. Questions? Make checks out to FMWST and leave them for Amy Hubal by Friday (an earlier call with a headcount would be appreciated!). Call Amy Hubal 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.

ENJOY THE REST OF THE SUMMER!

