

## LIAC at Burgdorff Invitational

“Who is that guy Cerra?” Was a question asked to Dave about a half a dozen times at the Burgdorff Invite. The answer is, Nick Cerra is just another talented guy from Long Island who decided to commit to the national level training program at LIAC. Nice to be noticed Nick for your great swimming. As he attempts to go from a no-name to a top tier swimmer in the midst of national rankings Nick brings a commitment and sense of purpose that are sure to make him a success in the pool and beyond. It was great to watch him dropping 5-10 seconds off his previously best times at a meet that is one of the fastest in the east.

The great thing about Burgdorff though, was that it wasn't just the Nick Cerra show or any one person show for that matter. It was a solid team effort by everyone coming off the challenging work of December.

Jack Wagner won both the 50 and 100 Free, with the 100 coming 10 minutes after a great second place swim in the 200 back. Jack finaled in seven events. Erica Derlath continues to improve. As a graduating H.S. senior she opened the meet with a best time in the Women's 800 Free taking third in a star studded field and getting real close to an Olympic Trial cut. She continued her high level of performances all weekend long. Sean Lane and Jonathon Derlath represented our distance lanes well, swimming tough and competing well throughout the meet against rested and shaved swimmers.

It was great to see Nick Spinella in his first meet as a fifteen year old. He didn't show any signs of a letdown as he finaled in both backstrokes and swam personal bests all weekend long. And how much fun was it to watch quiet Sean Sullivan, (aka. Pup) decide he wanted to be one of the big boys and swim a fantastic 200 Fly on the last day. His 2:13.73 200 Fly was a 13-14 team record and a seven second drop from the summer. Memo to Sean: Don't wait so long to show your stuff. Finally, limited the week before with a back injury; Megan Zarriello not only swam well, but hit a number of best times in the process. Courage and performance in the face of adversity are so important to becoming a champion. We look forward to more form all our swimmers. Great Meet keep up the good work.