

LIAC SENIOR GROUP MAKES A SPLASH AT CHAPPY'S!

October 24 & 25 2009

Nassau County Aquatic Center

Congratulations to the Boys for Winning the Boys Vs. Girls Challenge!



It was a close race between the boys and the girls the whole meet, but the last event was really the clincher for the boys, who came out ahead dropping more than 450 seconds over the weekend. In the 200 IM alone the boys dropped 147 seconds! Swimmers who stood out were Eric (13secs), Nicky (14), Nicko(11), Adam B.(16) and Barry who dropped almost 43 seconds! Wow, make sure to thank those guys for helping to win the Pizza Party!

The boys also dominated the 200 freestyle, dropping more than 100 seconds in the first event of the meet. Phillip Decker stood out, qualifying for a third Buffalo cut and speeding to a 9 second improvement! Also adding to the boys bank of time drops were Tim, Jake, Ryan, Tarik, TJ, Chris, Michael G, Richard, and John R. !

The 100 back saw some outstanding swims as Tim, Ken, Brendan, Anwar and John P. sprinted to best times! In the 200 breast, Kieran swam to a 650 point swim and Gary qualified for Silvers in his first time swimming the event! Austin, Saaior and Eric were among others swam best times in the 100 fly. The meet saw great racing by all. Now back to work before the ladies get their revenge!

Senior Girls drop more than 300 seconds at Chappy's!



While their 200 Freestyles and IM's weren't quite as stellar as the boys, the girls were more consistent in dropping time over the weekend. The time they took off across their events proved that their hard work so far this year has been worth it. The 200 free did see a host of new Buffalo qualifiers, as Katrina, Dina, Meaghan R, and Jaime all made the cut.

The 200 breast saw swimmers dropping time left and right. Maryellen, Dina, Julie, Alexa, and Nicole all posted best times and swam fantastic races.

The 100 fly was a great event for the girls as they dropped more than 20 seconds. Michaela, Elizabeth, Genna, Nicolette, Linda, and Amelia all posted best times!

The 1000 was a big event for the girls with Bridget taking off 35 seconds from her previous best time. Elizabeth, Genna, and Natasha all combined to drop more than 25 seconds in the event. On the shorter side of things, Loren and Isabel had fantastic swims in their 50 frees, both sprinting to best times.

The 200 back was also outstanding for the ladies who improved their times by over 28 seconds. Katrina, Kyle, Ellyshia, Alexa, Jordan, Genna, Jaime, Rose, Alex, and Amelia all swam to personal bests in the event.

Keep working hard girls.. I think the boys really enjoyed all that pizza!

SWIMMERS OF THE MEET

Each meet a Swimmer of the Meet is selected based on their performance. Swimmers who drop time, race hard, and have demonstrated their commitment during practice will be considered.

Congratulations to Senior 1 Swimmers of the Meet Barry Yang and Meaghan Rush. Barry proved that hard work and good attendance really does make a difference as he dropped more than 70 seconds in 5 events... wow! Meaghan showed that she was ready to race as she qualified for her first 3 Buffalo cuts as a 13-14 in the 50, 100, and 200 freestyles! Great Job!

Congratulations to the Swimmers of the Meet in Senior 2: Tim Genovese and Nicolette Gibbons. Tim qualified for four events at Buffalo and swam to a Senior met cut in the 200 back! His 100 back was a best time and just missed the cut. Nicolette swam faster

than she thought possible, posting best times left and right. Her outstanding swims qualified her for the National Age Group meet in Maryland as well as Buffalo!

Thanks Parents!

Thanks to all the parents who volunteered and made the meet such a success! See you at Thanksgiving for the Thanksgiving Throwdown where the Buttery Biscuits and Stuffed Turkeys will fight to take back the title from the Sticky Yams!



Congratulations to all swimmers! It was great to finally see you all race. The underwaters were good... but I know we can go farther!