

# Seniors Splash into the New Year

## Remember our Virtual Club Championships goal?

Top 10! It looks like it will be very difficult to crack into the top 10 this year. LIAC is still the top Metro team, and the top team in the New York area. We are currently in 15<sup>th</sup> place with 200,267 points... the 10<sup>th</sup> place team now has 214,171...



The Senior Group is doing our part to help the team move up. Back in December when discussing our goals, we talked about our group earning enough points to move us into what would have been 11<sup>th</sup> place at the time. We set the goal to earn 5,250 more points and we are on our way.



## How close are we to the Pool Party?

Members of the Senior group scored a total of 54,006 points from September through December and after 4 January meets we are now at 56,301. Only 2,955 points to go until we reach our goal!

## MLK wrap up... Let's go bell heat!

MLK was a fun weekend with lots of opportunities for swimmers to race fast. We had a lot of improvements in our 500 freestyles. In the 500 Conor Spinella took off 25 seconds from his best time, Alexa dropped 20 seconds, John took off almost 15 sec., Brooke and Richard were both 12 seconds faster, Aileen took off 10 sec., Joey swam 8 seconds faster, and Jackson, Claire and Michael Giovaniello dropped 5 seconds each.

The boys really stepped up to race this weekend as Hajin, Brendan, Joey, Jackson, and Vance all swam very well, with best times in 4 or more events each. Phillip and Richard both had perfect meets with all best times.



Vance took home swimmer of the meet honors. His performances were outstanding in every stroke. His 200 breast was a best time by almost 3 seconds. His lead off swim on the B-400 freestyle relay beat the A-relay, and was an astonishing best time by 1.46 seconds. Great job Vance!

The LIAC coaches also stepped up, and despite overcoming a false start, were 3<sup>rd</sup> in the coaches relay! (shhh don't tell anyone there were only 3 teams 😊)



## Cera-Ve Invitational – enjoy your moisturizer!

Our senior swimmers who attended the meet at Rutgers swam very well. With only two days of long course training under their belts this meet was certainly a challenge and our swimmers really stepped up. Nate and Delaney both had perfect meets, dropping time in every event they swam. Delaney's 200 breast stroke was a 10 second drop and a 763 point swim! We will all be cheering for him this summer as he tries to earn an 800 point swim (and a new sweat shirt!) Both Nate and Delaney were outstanding in their 400 IM's dropping significant time and placing well.

Swimmer of the meet goes to Julia. She has been very dedicated in practice all year, and it was exciting to see her swim so many best times. Congrats to all of you and thank you for representing our group and our team so well!

## The JOUST! - ahhh Three Village we've missed you ☺

As usual the January Joust was a great preparation meet for Silvers. It gives our swimmers the opportunity to race fast and highlights what we will need to work on for our Championships in March. Everyone had a chance to compete, bring home some hardware, and earn some new Silver or JO times.



Congrats to the following swimmers who earned top 12 finishes in one or more events: Nate, Ruben, Brendan, Phillip, Aileen, Michael Giannotti, Joey, Delaney, Julia, Alec, Richard, Sarah M., Jasmine, Ellyshia, Amelia, TJ, Conor, Jackson, Austin, Veronica, and Vance.

Some memorable races were Austin's 500 freestyle, where he took off more than 11 seconds, Vance's 200 IM, Conor's much improved 100 butterfly, and his new 600 point swim in the 50 freestyle. John's 200 back and 200 fly were both terrific. Alec saw huge drops in his 500 free (25 seconds) 200 breast (4 seconds) and 200 back (almost 3 seconds). Julia had a great race in her 200 breaststroke, swimming very confidently to a new best by 3 seconds. Aileen had a long awaited 2 second drop in her 200 backstroke... we knew it was in there all along Aileen!

Swimmer of the Meet honors went to Ruben this time. He took off time in 4 events and had three new personal best high point swims for himself. His 200 breast stroke was a best by 3 seconds and we all know he has more in there to swim even faster. Congrats Ruben and all of you who swam so well out at Three Village. We know our turns need to be even more aggressive and our bodies more hydrated the next time we go out there in March! Great job!

### Condors NCAA Invitational

In what is usually a very strong meet for us, our swimmers performed well at Felix Festa last weekend. Swimmers who have been struggling to reach their best times all season got much closer. We had a lot of season best times and a few personal bests to round out a weekend of fast racing. This meet gets faster every year and it is always nice to see you all get up to race faster competition.

Hajin and Sean went head to head a few times, pushing each other to their racing limits. It was very exciting to watch them try to beat each other and race with so much Fire! Ryan and Will both started the weekend off with a bang... dropping 4 and 5 seconds respectively in their 400 IMs. Will's time was a new Senior Met cut... Congratulations! Erika, Natasha, and Caryn swam season best times in the event on Friday night as well.

Swimmer of the meet goes to Alexa. She came in ready to race, and for the first time really executed her race plan in every event. Her swims were all in the 500 point range, and her 200 breast stroke was a best time by almost 2 seconds. Congratulations!

**"Really it comes down to your philosophy.  
Do you want to play it safe and be good  
or do you want to take a chance and be great?"  
~ Jimmy Johnson**

*To all of you that have been practicing hard and racing tough, Congratulations and keep it up. There is still about a month before our big championship meets begin which is plenty of time to really pick up your efforts in practice, make a few more cuts, and focus on little things like aggressive turns, good technique, and fast hand speed. Let's get those 2,955 points we have left to reach our goal! Let's not play it safe... take a chance on giving it your all and see what happens... you may even surprise yourself!*