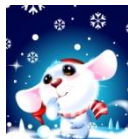




January Joust

The great swimming continues to the January Joust swim meet at Ward Melville High School. Matthew Alonso dropped over eighteen seconds in his 100 breast, swimming a 1:45.46. That was a great swim Matthew, great job! Ruben Cerri-Droz had a very nice meet, with a great job in his 50 free, swimming a 30.33. Ruben also dropped time in his 100 free making another silver cut with the time of 1:11.08. Way to go Ruben!!

Samantha Darling swam her first 400 point swim in her 50 free with the time of 33.54, awesome swim Samantha! Dropping almost fifteen seconds, Dara Davison swam a 3:48.82 in her 200 IM, fantastic job. Cara Heaney continued her great swimming from last week and did best times in her 50 back and her 100 fly, great job Cara, keep it up. Eamonn McNicholas had a fantastic swim meet. Eamonn dropped over three seconds in his 50 fly and over seven seconds in his 100 breast making silvers in his breast. Eamonn also swam his first 100 fly and did a great job!



Swimmers of the Meet

For the boys, Michael Giannotti was the swimmer of the meet. Michael has been doing a great job in practice and it shows at every swim meet. Michael continues to keep dropping time in all of his events. At the January Joust meet he did best times in all of his events. Michael swam the 200 breaststroke for the first time and swam a 3:05.96.

Michael made silvers in the 200 breast, and was close to the JO cut. Great Job Michael!!

For the girls', Jessica Guglielmo was the swimmer of the meet. Jessica swam all best times, making three new silver cuts. Jessica made silvers in her 50 free, 50 fly and 50 back. Jessica's 50 fly was a great swim, she took off close to four seconds swimming a 43.45. Jessica now has six silver cuts all together. Great meet Jessica, let's keep up all the hard work!!!