

Mar. 23

# Senior Group Speeds Through Championship Season

## Swimmers of the Meet

Congratulations to the Swimmers of the meet during the Championship season. The ZONE QUALS swimmers of the meet were Natasha and Kieran. Natasha swam best times in every event. She had two 4<sup>th</sup> place finishes and one 6<sup>th</sup> place finish swimming to 2 new 600 point swims! Congratulations all of your hard work paid off. Kieran swam best times in 6 of 7 events and swam to a new 700 point club swim. Great job!

The SILVER CHAMPS swimmers of the meet were Rose and Saaior for Senior 1 and Jordan and Philip for Senior 2. Rose dropped time in 4 of her 5 events. Her 100 back earned her a 2<sup>nd</sup> place finish overall and earned 17 points for LIAC. Saaior had his 2<sup>nd</sup> outstanding meet in a month swimming best times in every event. It was great to watch him race his hardest every time he stepped up on the blocks. Jordan wrapped up her final full short course meet with LIAC with 6 best times. Her 400 IM was a new JO cut. She placed 2<sup>nd</sup> in that event and 3<sup>rd</sup> in the 100 fly. Philip had his 3<sup>rd</sup> awesome meet in a row. He swam 6 best times and had a new JO cut in the 50 free. His time of 24.60 is a 598 point swim! Congrats to all of you!

The JUNIOR OLYMPIC swimmers of the meet were Dina and Tim. All of Dina's hard work this season paid off as she made finals in both breaststroke events, earning a second place finish in the 100! Her time of 1.07.74 was a new 700 point swim and a SECTIONAL qualifying time. Tim proved once again that hard work works as he swam to a perfect meet with best times in every event. He dropped more than 2 seconds in both backstroke events and was also a valuable member of 3 relays and led them off with best times.

Congratulations to all of you on earning swimmer of the meet this short course season!

## Zone Quals

With just a few Senior Athletes attending this meet it was refreshing to see so many best times. Katrina swam an outstanding new best time in her 100 backstroke. Tim earned his first 600 point swim with his best time in the 200 back. Genna had a great 200 fly dropping almost 2 seconds. Erika swam a best time and new JO cut in the 200 freestyle. Vance had an awesome 200 fly dropping more than 5 seconds to earn a new 500 point swim and a new JO cut in the event. Congrats to Maryellen who qualified for the zone meet in the 100 breaststroke and 100 butterfly. Her 400 IM was also a best time by more than 2 seconds. Good luck at Zones Maryellen!



## Silver Championships

Silvers was a phenomenal meet for the Senior group as we saw many swimmers earn new JO cuts and swim tons of best times. In the competition between the Sailfish and the Makos, the Makos took home the title dropping a combined 115.24 seconds. Swimming perfect meets and dropping time in every event were Saaior, Juliette, Bridget, Allison, Dina, and Kevin. Bridget and Dina both qualified for JOs in their 400 IMs! Alexa, Brendan, Sarah, Rose, Jack, and Kyle weren't far

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behind them with almost perfect meets, swimming best times in all but one event each. Earning new JO cuts were Alexa, Jordan, Brendan, Philip, Ken, Bridget, Isabel, TJ, Dina, Ryan, and Vance. Other notable swims were Ryan's 200 fly where he dropped more than 7 seconds to qualify for JOs, TJ's 2 first place finishes in the 200 free and 200 back, Kyle's 7 second drop in the 200 breast and her more than 3 second drop in the 200 free, Nicole's almost 3 second drop in the 200 IM. Isabel took off more than 7 seconds in the 200 IM, Amelia's 100 back was more than 4 seconds faster than her previous best, Gary had a great 100 breast taking off more than 3 seconds and Alex dropped more than 4 in her 200 back, and Brendan had an awesome swim in the 400 IM taking off more than 12 seconds to qualify for JOs in the process.

## Junior Olympics

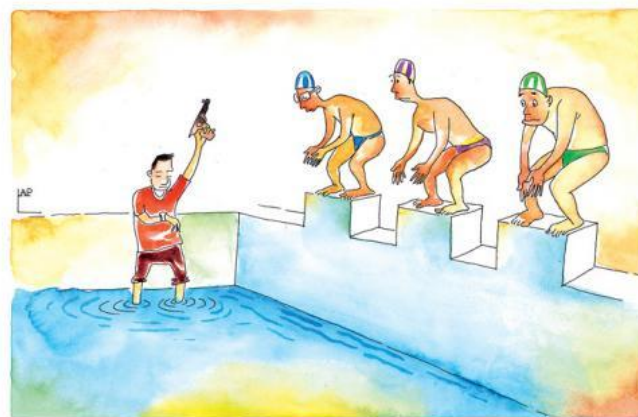
The 2010 Junior Olympics were an outstanding success for LIAC as we placed first in the overall combined meet and in each of the combined age-groups. Swimmers in the Senior Group did a fantastic job contributing to the team total points finishing with **30** individual top 10 finishes and were members of the Meet Record setting 400 Free relay!

Congratulations to Emily Tan who won the 3<sup>rd</sup> place High Point award for 15-18 girls. Emily placed 2<sup>nd</sup> in the 100 free, and 3<sup>rd</sup> in the 50. Her time in the 100 was a personal best as were her times in the 100 and 200 backstrokes. Great work!

Brendan swam very well in both breaststrokes taking more than 2 seconds off his 100 time. Elizabeth swam best times in the 400 IM, 200 fly, and 500 freestyle. Her swim in the 400 IM was a 4 second drop and earned 10<sup>th</sup> place. Rachel had another nice meet. Her 200 fly was a phenomenal and surprising swim dropping 4 seconds to earn 3<sup>rd</sup> place. Rachel took home the silver in the 100 fly and the 50 free, both in best times. Michael stepped up and raced very well in his first JO

meet. He took off 4 seconds from his previous LIAC best to finish with a new 400 point swim. Genna had a perfect meet dropping time and posting 500 point swims in both butterfly events. Ken also had a perfect meet dropping time in both backstroke events. Bridget did well in her 200 fly, taking off an astonishing 6.8 seconds. She also swam a best time in the 500 free earning 7<sup>th</sup> place. Jack was another swimmer to take off time in both butterfly events.

Isabel had another awesome meet dropping time, qualifying for consolation finals, and swimming 2 new 600 point swims in the backstrokes. Her 200 back was a best by more than 2 seconds. Kyle was another backstroker who shined, earning 9<sup>th</sup> place in the 100 and dropping just under 2 seconds from her previous best. Natasha blew away the competition in her events as she dropped more than 7 seconds from her 400 IM, just over 6 seconds from her 200 fly, and more than 3 seconds from her 200 IM. Her 400 IM and 200 breast were both 5<sup>th</sup> place finishes. She was on fire! Caryn must have caught some of that flame in her 400 IM as she dropped more than 12 seconds from her best! Her 200 back and 50 free were also best times.



TJ had a great meet swimming best times in 5 of his 6 events. His 400 IM was a best by more than 5 seconds. Ryan started the meet out well with a best time by just under 3 seconds in his 400 IM as well. Megan earned a 1<sup>st</sup> place finish in her 100 breast and swam best times in

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her 200 IM, 100 and 500 freestyles. Will did well dropping more than 7 seconds from his best in the 500 earning him a 10<sup>th</sup> place finish. He also swam best times in the 400IM, 200 breast, 200IM, 200 and 100 fly. Great job! Erika and Vance rounded out the group with best times in multiple events. Erika took off 4 seconds in her 1000 and 3 seconds in her 500 free earning 4<sup>th</sup> and 8<sup>th</sup> respectively. Vance was outstanding in his 200 IM and 100 fly dropping more than 2 seconds in each event.



The Senior group were also valuable members of many of the relays that helped LIAC earn its title. The team of Emily, Michaela, Linda, and Rachel set a new meet record and brought home the gold in the 400 free relay. The same relay team also took home the gold in the 200 free relay, just missing the LIAC and meet records. Caryn combined with girls from the national group to take the silver in the 400 free relay and teamed up with Alexa, Megan and Cady to bring home the bronze in the 200 free relay. In the Medley relays Emily, Megan, Michaela, and Rachel brought home silver in the 200 and the team of Emily, Maryellen, Michaela, and Rachel took home gold in the 400. In that same 400 Medley relay Caryn and Genna from seniors teamed up with

Gabby and Cady of the national group to bring home the bronze. Isabel and Dina combined with Trudi and Kerry to bring home the 200 Medley relay title for the 13-14 year olds. Isabel, Dina, and Trudi teamed up with Lindsay to take the silver medal in the 400 medley relay.

**It was wonderful to watch so many of you race your hardest and swim fast this championship season.**

**Senior swimmers have achieved success in sprint and distance freestyle, backstroke, breaststroke, butterfly, and IM. We have new Silver qualifiers and new Sectional qualifiers.**

**All of the training you've done this year has paid off. We are so proud of you and we look forward to a fun and fast long course season!**