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# December = Dedication, Determination, and Domination

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December 20, 2009

NYC and Buffalo, NY

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## Holiday Qualifier at AGUA

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After braving through snow and meet delays LIAC senior swimmers stepped up to race at the AGUA Holiday meet in early December. The Bouzourene boys combined to drop more than 18 seconds in just one day at the meet. Jack toughed it out through a difficult meet and dropped 14 seconds in his thousand, the last event of the weekend. Nicole, Loren, Jake, and Gabby T. all dropped time in their 200 freestyles. Barry, Austin, John R, and Nicky were in heats racing each other all weekend and traded wins back and forth. Rose, Anwar, Sarah, and Vance, also all dropped time.

### Swimmers of the Meet

On the ladies side, Kyle Sanders ran away with the Swimmer of the Meet title. She dropped time in 4 events, and had two new 500 point swims in the 100 and 200 backstrokes. Her time in the 200 backstroke was a Zone Qual meet cut time and is just 2 seconds away from a Senior Met Cut. Congratulations Kyle.

For the men's events John Rotolo was Swimmer of the Meet. His times in the 100, 200 breast, and 200 IM were just off of Silver qualifying times. Keep up the hard work John and you'll get those cuts!

## Star Invitational - LIAC Wins!

It was well worth the trip up to Buffalo as many swimmers had perfect meets, scored points on relays and in finals, and swam best times. Congratulations to all of you on a fantastic job. Thursday nights events were postponed due to Blizzard conditions but everyone enjoyed a fun night hanging out at the hotel and carbo loading at the team dinner. Alexa had a perfect meet, dropping time in all of her events, and swimming into the 500 point club in both breaststroke events. She also stepped up and did a fantastic job on relays throughout the meet. Jordan also had a perfect meet earning herself a spot on a relay the last day of the meet. Her 1650 was a best time by 17 seconds and a fantastic swim. Katrina took off more than a second in her 200 back, swimming in finals to a 16<sup>th</sup> place finish. She missed the Sr. Met cut by less than .10! Maryellen was outstanding dropping time in almost every event she swam. Her 100 breaststroke was a 4<sup>th</sup> place finish, put her in the 700 point club and just missed qualifying for Junior Nationals! Elizabeth swam multiple best times and had 6 500 point swims. Linda's 50 and 100 freestyles were best times and earned her 19<sup>th</sup> and 16<sup>th</sup> places respectively. Rachel demonstrated that her hard work is paying off as she swam to a best time and 9<sup>th</sup>

place finish in her 100 fly. Rachel also placed, 2<sup>nd</sup>, 5<sup>th</sup>, and 9<sup>th</sup> in her 50, 100 free, and 200 fly respectively. Nicolette swam to best times in her 50, 100, and 200 freestyles and did an outstanding job on relays for LIAC. Sarah just missed qualifying for the 500 point club with her best time in the 50 free. Diana did best LIAC times and proved she was ready to race. Genna was another swimmer with an outstanding almost perfect meet, dropping time in all but one event. Her 100 fly and 1000 free earned her 15<sup>th</sup> and 16<sup>th</sup> place respectively. Genna also had six 500 point swims... Great Job! Alex proved she had earned her spot in Buffalo as she dropped more than 9 seconds in just 3 events! Her 200 fly earned 17<sup>th</sup> place and was almost a 500 point swim. Bridget... we'll get to you later. Ellyshia dropped time in 2 events. Michaela was another swimmer with a fantastic meet. She scored 600 points in 4 events and dropped time in all but 2. Michaela was valuable on relays and her 50 freestyle led her to an 8<sup>th</sup> place finish. Meaghan proved she was ready to race as she dropped time in 3 events. Katie was back to her old self swimming fast and racing to 4 best times and three 500 point swims. Natasha also stepped up to race with an almost perfect meet, dropping time in 5 out of 6 events and swimming to three 500 point swims. Caryn swam well with six 500 point swims and 8 best times! Her 100 backstroke earned a swim at night and 23<sup>rd</sup> place finish. TJ... ahh I knew we brought some boys to Buffalo... TJ had a good meet. His 100, 200, and 500 freestyles were all best times. Dina swam through being sick all weekend, and swam to a best time and 7<sup>th</sup> place finish in her 100 breaststroke. Emily was

another swimmer who proved that hard work works. Her 50 free earned her 3<sup>rd</sup> place, was 700 points and was just off qualifying for Junior Nationals. She swam best times in 6 events and had five 600 point swims. Keep it up! Ryan swam to a 21<sup>st</sup> place finish in his 200 breast and improved from prelims to finals. Megan had 5 best times and four 600 point swims. Her 100 and 200 breaststrokes were 13<sup>th</sup> and 11<sup>th</sup> place respectively. Erika had a tough meet but stuck it out to swim a best time in her final event the 1000 free. Her 29 second drop earned 23<sup>rd</sup> place, and 563 points. Kevin finished up the meet with two best times in his 50 and 100 freestyles. Whew... What a fantastic job you all did... we are so proud and you should be too!

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## **Swimmers of the Meet - Buffalo**

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For the second time this season, the men's swimmer of the meet was Will Wendt. He swam a best time every time he jumped in the water, and was valuable on multiple LIAC relays. Will had six 50 point swims and swam to a 21<sup>st</sup> place finish in the 100 breast! Keep up all the hard work Will! On the ladies side it was an extremely tough decision to choose a Swimmer of the Meet. Ultimately Bridget Moody's fantastic weekend earned her the honor. She dropped time in every event and swam to her first three 600 point swims! Her freestyles were outstanding as she placed 11<sup>th</sup> in the 200, and 9<sup>th</sup> in both the 500 and 1000. Bridget dropped 20 seconds in her 500, 21 seconds in her 1000 and 1 minute 19 seconds in her mile! Congratulations Bridget!

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## 6 Perfect Meets!

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Congratulations to Alexa, Jordan, Alex, Bridget, Caryn, and Will on swimming best times in every event at Buffalo!

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**Happy Holidays to all swimmers and their families!**

Remember this break from school is also a great time for you to get in some extra hard work in the pool. Mornings are fantastic, and you don't have any homework at night ☺ I look forward to outstanding attendance in the next 2 weeks! The work will be difficult but the rewards in February and March will be big!

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## Did You Know?

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LIAC won the Star invitational for the first time ever this year!

In one weekend (Dec 13-15) LIAC earned 21,000 points in the Virtual Club Championship!

Last year LIAC ended the entire short course season last year in 44<sup>th</sup> place with 186,060 points... We're only halfway through this season with 190,177 points for 14th in the Virtual Club Championship!

The Senior group sent 30 swimmers to Buffalo this year... which is 28 more than last year!

The Senior group had **126** best times, **75** 500 point swims, **29** 600 point swims, and **4** 700 point swims **all in Buffalo!**

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**Congrats on a great year of hard work and racing everyone! We're looking forward to an even faster and more fun 2010!**

