

Senior's Fly through Fall Season!

The Senior 1 and 2 Groups are off to a fantastic start to the short course season this fall. With more difficult practices, swimmers have stepped up to new challenges and are racing towards upcoming mid-season meets. Here's a re-cap of where we've been so far this season!



CHAPPY'S BIG RACE

In the first meet of the fall our group saw tons of best times. 13 swimmers had perfect meets, swimming all best times. Congratulations to Ruben, Michael Giannotti, Sarah G., Joey, Delaney, Alec, Richard, Dana, John, Jackson, Austin, Veronica, and Claire on your perfect meets.

There were some really outstanding races during the weekend. Vance did very well in his 200 freestyle, taking almost 4 seconds from his personal best. Megan W. did a great job in her first 1000, swimming a 500 point swim and just missing the Senior Met cut. Her 50, 100 and 200 freestyles were also best times. Claire worked very hard in September and October and it showed as she took off 30 seconds in her 6 events. Her 200 fly was a best by 11 seconds! Ryan had a great meet. He took off almost 40 seconds in his 1000 swimming a very consistent race, holding his pace to the tenth the entire way. Veronica swam outstanding in her first meet with LIAC. She swam right into the 500 club with her 50 free! Austin proved that he has what it takes to be a good swimmer. He took off 15 seconds in just 2 events, his 200 breaststroke and freestyles! Jackson, another one of our perfect meet swimmers, dropped 36 seconds total. His 50, 100, and 200 put him on the plane to Buffalo! Conor Spinella also qualified for Buffalo with his

swims in the same events. TJ had a great swim in his 1000 and his 50, swimming best times in both, proving he can sprint! Ben also sprinted his way to a best time in the 50 free. Natasha dropped time in her 1000, swimming 15 seconds faster than last year. Allison had a great meet, taking off time in 5 events, and more than 3 seconds in her 200 IM. Meaghan was another swimmer ready to race. She looked great as she swam to a 2 second drop in her 200 free.

John showed everyone he loves to race, swimming all best times. His 200IM stunned everyone as he took off almost 7 seconds. Amelia had a great 100 free and 200 back, racing smooth the entire way. Dana dropped 15 seconds over the weekend. Her 200 free and 200 IM were amazing swims. Sarah M. also did outstanding in those two events taking off 8 seconds total. Richard's perfect meet included a 7 second drop in his 200 breast. Brooke was very consistent on the weekend, taking an average of 2 seconds off in every single race! Alec was another stud, swimming in his last meet as a 12 year old he had a 700 point swim in his 50 and an almost 4 second drop in his 100 free. Delaney started his season with a bang, taking off more than 36 seconds over the course of 6 events. His 200 free and 200 fly were drops by 10 seconds each. Joey's perfect meet included 4 second drops in his 200 free, breast, and IM! Sarah G. proved she knows how to get aggressive and race hard. She took off more than 3 seconds in each of her favorite distances... the 200s!

Michael Giovaniello took off almost 5 seconds in a great 100 fly swim and raced very well in his 1000. The other Michael G. (Giannotti) took off 24 seconds over the course of 5 events swimming to new silver cuts in 2! Nicolette did very well in her first 1000, just missing the Buffalo cut, but qualifying for Sr. Mets in the process. Her 100 and 200 Butterflies were also outstanding. Kieran swam very well. Both of his backstrokes were very even swims and new best times. His sister Aileen had outstanding swims in her 100 free and 200 backstrokes. Steph showed herself back in racing form, especially during her 200 free, where she took it out strong and went for it the entire way. Philip had great swims in his

50 free, 100 and 200 fly, taking off more than 8 seconds total. In his first meet with the Senior group, Hajin dropped 6 seconds in his 100 fly... nice job! Elizabeth had some great swims, but she looked very strong in her 200 back, where she dropped 3 seconds. Katrina swam a terrific 200 freestyle, proving to herself it's not such a bad event. Nate rounded out the group with best times in 5 of 6 events. His 100 and 200 breast were great as he took off a total of 6 seconds in the two events.

National Age Group Challenge



The senior group sent seven 13-14 swimmers to the National Age Group Challenge meet in Maryland. Of the 28 races they swam, Senior swimmers placed in the top 10 in 10 races against some very tough competition. Congratulations to Delaney who swam to the groups highest finish, 4th in the 200 breaststroke. He had another

perfect meet, dropping time in every event! Alec swam a fantastic 200 freestyle taking more than 5 seconds from his best time, placing 14th in his first meet as a 13 year old! Joey took off another 4 seconds in his 200 breaststroke. Philip's 50 freestyle was a best time and a 600 point swim. Congratulations to Nate, Philip, Joey, Delaney, Julia, Alec, and Jasmine on a great meet. We are so proud of the way you represented LIAC and the Senior Group!

VIKING CLASSIC

In mid November a group of Seniors headed up to



Montgomery, NY for the Viking Classic. We saw 2 more perfect weekends from Austin and Michael Giannotti. We also saw new silver cuts, best times, and a few great relays.

We actually started the weekend with a Time Trial for the 500 freestyle and 400 IM's. Aileen, Brooke, Genna, Richard, Sarah M, Dana, John, Jackson, Austin, Veronica, and Ryan combined to drop 105

seconds in their events... that's 1 minute and 45 seconds! Great job!

Once we got up to Montgomery Brendan was almost perfect in his second meet of the season. Taking off another 2 seconds in all but 2 events. His 100 fly, 100 free and 50 freestyle just missed qualifying for Buffalo and were all fantastic swims. Hajin swam another 4 second drop in his 100 breaststroke. Aileen was on fire inas she took of 10 seconds in just 4 events! Caroline had a great 200 backstroke taking off 3 seconds from her personal best. Michael's perfect meet was highlighted by another drop in his 50 free... just missing the 500 point club. Genna's 100 back was a best time as well. Chris found great rhythm in his breaststroke for the first time, which led him to a 3 second drop in the event. TJ enjoyed racing in a stacked heat for his 100 fly and dropped another second. Jackson's 100 back was a best time by 4 seconds. He also took off time in 4 other events. Will kept his head back for the first 25 yards of his 100 back, leading him to a best time. Austin Closed out the group taking off 10 seconds in 4 events. His 50 free and 100 breaststroke were great races and new silver cuts.



THANKSGIVING THROWDOWN

The Thanksgiving Throwdown proved to be the tightest match up ever as the Buttery Biscuits, Sticky Yams, and Stuffed Turkeys battled it out for LIAC bragging rights. The scores in the 150,000 range for all teams were separated by 14 points for first and second, and the third place team was only 125 points behind them. In the end it came down to the final swimmer and the Yams came away with the title! Congratulations to all of the Senior swimmers who were members of the Sticky Yams!

Delaney and Veronica really flew through the weekend. They each had the highest point totals in the group, Delaney with a total of 2961 hy-tek points and Veronica with a total of 2764.

Caroline, Richard, and Veronica each had perfect meets. Conor, Saaior, Philip, Michael Giannotti, Michael Giovaniello, Joey, Delaney, Alec, and Brooke were all one event shy of being perfect.

The Senior group also had 52 top 10 finishes. Congratulations to Katrina, Nate, Rachel, Philip, Elizabeth, Aileen, Nicolette, Sarah G., Delaney, Julia, Alec, Brooke, Hannah, Genna, Bridget, Jasmine, Julie, Natasha, Caryn, Austin, Veronica, Claire, and Megan on your top 10 finishes. In competition with the rest of LIAC and our other local rivals these are great accomplishments!

Excellent Group, Excellent Work!

I am so proud of the terrific work from all of our swimmers so far this year. While we are swimming about the same amount of yards on a regular basis that we did last year, the intervals are faster, and the number of swimmers making the more difficult times is greater. With that in mind, those of you who have been attending practice regularly and joining in the group effort to improve should see some fantastic time drops in the next few weeks at your mid season meets. During the Christmas break we have the opportunity to train doubles this year and I look forward to watching all of you hit the pool and train harder than ever this December!

Often our focus seems to be just on times, but we are also so proud to produce well-rounded people too! How has dedicating yourself to be more committed to swimming changed you and helped you grow so far this year? Are you getting what you hope for out of your experience? Many of you have taken on the added responsibility of volunteer work, jobs, and adding an organized dryland/lifting routine to your week. I hear only great things about your school work and lives and I expect nothing less from you. I encourage all of you to continue working hard to achieve your goals, whatever they may be.

I am so happy and proud of the group we have working right now and I look forward to continuing this fantastic season with all of you. Keep it up!

SWIMMERS OF THE MEET



Congratulations to the following swimmers on achieving swimmer of the meet recognition for the first 4 meets of the year. Swimmer of the meet is based on the athletes performance in the meet and their dedication, attendance, and perseverance in practices leading up to the meet.

Chappy's Big Race – Claire Villani, Brooke Kaplan, Jackson Sugarman, and Delaney Hall

Viking – Michael Giannotti, Austin Toth

National Age Group Challenge – Alec Huang

Thanksgiving Classic – Caroline Germano, Veronica Trezciak, Richard Law, Joey Guglielmo

SENIOR STATS

96% of Senior 1 and 2 swimmers have qualified for Silver Champs – Record for the past 4 years!

31 Senior Swimmers have already qualified for JO's.

26 Senior Swimmers have achieved Zone Qual times.

28 Seniors are headed to Buffalo next week to compete in the Star Invitational, which LIAC won last year.

The Senior Group sent 8 girls to High School states this fall. Genna, Sarah G, Alexa, and Elizabeth swam on relays while Megan W., Bridget, Erika, and Rachel each swam individual events. Congratulations on your accomplishments ladies!