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# Thanksgiving Week Wrap-Up

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November 21-22, 2009

LIAC Thanksgiving Meet

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## Stuffed Turkeys Take the Thanksgiving Throwdown

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Congratulations to all of the swimmers who participated in the Thanksgiving Throwdown. For the second straight year the Stuffed Turkeys took home the prize scoring the most points. The following senior swimmers were members of the Stuffed Turkeys and will receive a "get out of the main set free" card which can be used any time from December 10<sup>th</sup> – December 23<sup>rd</sup>.

Adam, Alexa, Barry, Ben, Brendan, Bridget, Chris, Diana, Elizabeth, Ellyshia, Eric, Horace, Jasmine, Kyle, Nicko, Rebecca, Sarah E., TJ, Victoria F. and Victoria M.

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## Thanksgiving Invitational

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The Thanksgiving meet saw fast swims and great times across the board. Katrina was perfect, dropping time in all of her events. She swam the 200 fly for the first time, and took off more than 10 seconds for a 500 point swim in the 400IM. Also swimming to perfect meets, dropping time in all of their events were Chris, Dina, Allison, Will, and Erika. Richard had some great swims. He dropped 15 seconds over the course of 4 events and demonstrated he

knows how to race. Gary also had a tremendous meet, dropping 10 seconds from his 100 back time, and 20 seconds in his 100 fly! Wow! Speaking of Butterfly, Victoria F. completed her first 200 fly like it was no big deal, and Victoria M. dropped more than 5 seconds in hers. Horace stepped up in the 200's dropping more than 7 seconds in his 200 free and 1M. Nicole had a great race in her 200 breast taking off almost 2 seconds. Michaela swam her 200 fly much smarter and dropped almost 5 seconds from the Chappy meet. Also swimming a great 200 fly was Amelia who dropped 6 seconds from her best. Katie was impressive posting multiple best times and a 500 point swim in her 50 free. Austin dropped time in almost every event on Sunday... and this is only his 2<sup>nd</sup> meet! Congratulations to all swimmers on a job well done. We're looking forward to fast times at AGUA and in Buffalo over the next few weeks.

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## Swimmers of the Meet

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Once again it was a tough choice for swimmer of the meet this weekend. For Senior 1 Juliette and Austin are swimmers of the meet. Competing in her first USS meet ever, Juliette swam outstanding. In her last event of the weekend she proved she'll follow in her brother's sprinting wake, swimming to a Buffalo cut and a 500

point swim in her 50 free! Austin, competing in only his second ever USS meet dropped more than 4 seconds over 3 events qualifying for Silvers in the 100 fly. He just missed the cuts in 3 other events. Keep up the great work! The swimmers of the meet in Senior 2 were Erika and Ryan. Both of these swimmers were on a mission to do their best. Erika had the highest overall point score in the Senior group scoring 3485 points! She placed 3<sup>rd</sup> in the 200 free, 400 IM, 200 IM and 100 back and 4<sup>th</sup> in the 200 back. Ryan dropped time in 4 events. He broke 2 minutes in his 200 free, just missing the Buffalo cut. His 400IM was outstanding as he dropped more than 17 seconds. Congratulations on a fantastic meet!



**Good Luck to everyone at  
AGUA and Buffalo in the  
next 2 weeks! We're  
ready for some Winning  
and Wings!**

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### **Thanksgiving Practices a Success**

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Special shout out to all of the swimmers who made the commitment to attending the triple practice over Thanksgiving break. It was a challenge but you all did a great job! Also, thank you to all of those swimmers who helped out with the Stroke Clinic Mini Meet. You were a HUGE help and the kids loved having you there to help them! Thanks again!

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