

Smoke Signals May/June 2011

The 2010-2011 short course season is officially in the books and once again the championship meets were full of team achievements and highlights. Below we've provided a quick review from each meet, divided into senior level and age group level sections. We've also provided a preview of the 2011-2012 coaching staff, as ownership is turned over to Dave this coming August.

Otherwise, please see the Practice Schedule and Meet Schedule sections in order to stay informed of practice changes or cancellations and to review upcoming meets. Thanks to everyone for their cooperation and contribution to another incredible short course season.

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SHORT COURSE CHAMPIONSHIPS - SENIOR LEVEL

High School Metro & MD State Championships 2/25-27

We had arguably our best high school showing in team history, with our deepest field of qualifiers and superb individual performances. Individual achievements were highlighted by Spencer Sterling who dominated 100 Butterfly, finishing within one tenth of a second of the county record, and Colin Schwartz, who took 100 Freestyle by fending off a furious charge in the race's final length. Not only was it the first junior national cut for Colin, but it marked the first time FGAC has had two event winners in the same Metro Championships.

We also had several swimmers contribute on event winning relays in Metros. Considering this is one of the most competitive high school meets *in the country*, this is no small feat. Morgan Dailey, Moira James, and Joey Devlin, all swimming for Our Lady of Good Counsel, helped their teams to exciting victories. They were also part of a large number of finalists for both meets, including several swims resulting in Sectional qualifications.

**Women finalists - Katherine Cleary, Morgan Dailey, Moira James, Jessica Schipani, Kylie Sheapp*

**Men finalists - Alejandro Chavez, Daniel Chavez, Joey Devlin, Sean Gallagher, Sam Jaffe, Colin Schwartz, Spencer Sterling*

**Sectional Qualifiers - Katherine Cleary, Morgan Dailey, Kylie Sheapp, Alejandro Chavez, Sean Gallagher, Sam Jaffe*

**Junior National Qualifiers - Colin Schwartz, Spencer Sterling*

**Senior National Qualifiers - Spencer Sterling*

PVS Short Course Senior & Junior Championships 3/10-13

Two weeks after the conclusion of the high school season, our senior level swimmers turned their attention to PVS's Junior and Senior Championships. Though our overall entry was light, with many swimmers instead focusing on the Junior Nationals and Speedo Sectionals yet to come, both meets yielded great results. Many personal records were broken and several new national and sectional qualifications were achieved, including both the women's and men's 400 Medley and Freestyle relays.

Perhaps the most notable individual highlight came from Andrew Latona, who in an inspired finals performance, dropped nearly 6 seconds in 200 BK and came within .08 of qualifying for Junior Nationals.

**Senior Champs Women Top 16 - Katherine Cleary, Moira James, Jessica Schipani*

**Senior Champs Men Top 16 - Daniel Chavez, Michael Cleary, Andrew Latona, Colin Schwartz, Spencer Sterling*

**Junior Champs Women Top 16 - Rachel Jaffe, Kaitlyn Sheapp, Kaitlyn Toth*

**Junior Champs Men Top 16 - Stefan Sigwalt, Kieran Broder*

**Sectional Qualifiers - Moira James, Jessica Schipani, Women's 400 FR Relay (Katherine Cleary, Rachel Jaffe, Moira James & Kylie Sheapp), Daniel Chavez, Michael Cleary, Andrew Latona*

**Junior National Qualifiers - Men's 400 FR Relay (Spencer Sterling, Alejandro Chavez, Sean Gallagher & Colin "The General" Schwartz*

NCSA Junior Nationals 3/15-19

Merely hours after PVS Senior and Junior Championships concluded Coach Haines and 6 swimmers hopped on a flight for NCSA Junior Nationals in Orlando, Florida, to compete against some of the best 18 & unders in the nation. Again rising to the occasion in the biggest meet of the year, **Spencer Sterling was nothing short of awesome. Not only did he make finals in both 100 and 200 Butterfly and very nearly in 100 Backstroke, but his 6th place finish in 100 Butterfly was the highest ever for an FGAC swimmer at a national meet!**

Congratulations to Alejandro Chavez, Joey Devlin, Sean Gallagher, Sam Jaffe, Colin Schwartz and Spencer Sterling

Speedo Southern Sectionals 3/24-27

Our final senior meet of the season was Speedo Southern Sectionals hosted by the H2okie Aquatic Club in Christiansburg, VA. We had the largest group of qualifiers in club history competing against swimmers from all reaches of the east's southern section of USA Swimming. Despite being the final meet of a long and challenging championship season, we competed well and acquired some valuable regional championship meet experience in the process.

Individual achievements were highlighted by Katherine Cleary and Andrew Latona, who finaled in 200 IM and 200 Backstroke, respectively.

Congratulations to all who participated: David Altobelli, Alejandro Chavez, Daniel Chavez, Katherine Cleary, Michael Cleary, Rachel Jaffe, Moira James, Andrew Latona, Jessica Schipani, Kylie Sheapp

SHORT COURSE CHAMPIONSHIPS - AGE GROUP LEVEL

With our senior level busy racing at various local, regional and national meets, our age group swimmers were competing in Mini Champs, Junior Olympics and Spring Finale. It was a whirlwind of meets with 52 out of a possible 58 swimmers competing overall. Because we consider participation to be a prime measuring stick for success at the age group levels, we were psyched by how the events unfolded.

Mini Championships 3/12-13

Fittingly it was our Level 1 swimmers who got things going at Mini Championships, with coaches Ryan and Kevin supervising a fun meet of nearly 100% best times and numerous point scoring swims. It can be a long season for 8 & unders, enduring cold water and late evening practices while learning the basics of our sport, so it was wonderful to see them gettin' it done.

Thanks to the following swimmers for a great meet: Dylan Brown, Nora Collins, Molly Gray, Kathleen McCullough, Jake Redman and Jonik Surprenant

PVS Junior Olympics 3/17-20

The following weekend we had the long but exciting Junior Olympics, where 6 out of our 7 qualified swimmers competed. With such a high level of competition from teams in our LSC and qualifying times that just keep getting faster and faster, just making the meet is an accomplishment. Not only did we have a solid meet of approximately 75% best times, but we had 6 top 16 swims from our 11-12 year old girls alone!

Congratulations to qualifiers: Marcela Chavez, Liam Cleary, Olivia Plihal, Margarita Ryan, Jake Ryan, Rachel Sigwalt and Kristen Toth

Spring Finale 3/25-27

Our final championship meet of the year was the RMSC Spring Finale where we had 38 swimmers compete in over 200 swims. Having entered the last meet of the season, these team members get the benefit of more training time but also the added pressure of having to wait while other championship meets are taking place.

Nevertheless this group wrapped up the short course season in superb fashion, producing numerous breakthroughs and personal records broken. The final tally posted 70% lifetime best swims with many swimmers taking advantage to race in events for the first time.

Thank you to the following swimmers who represented FGAC in the final championship meet of the season:

Peter Ahlers, Ben Ailinger, Michelle Bloyd, Miles Brown, Riani Carr, Deanna Chirigos, Lindsey Collins, Dan D'Amico, Rachel Devore, Sofia Eliseeva, Noah Ferguson, Ryan Gallagher, Sean Gray, Natalie Holmes, Jake Kalen, Madi Kalen, Faven Kassa, Amanda Kassa, Caroline Kelly, Keara Lindsay, Ariel Markel, Ksenia Markel, Elan Markel, Kira Myers, Maddie Petrusky, Olivia Petrusky, Livi Plihal, Griffith Potts, Max Redman, Sophia Ryan, Ashley Sheibaniagdam, Brittany Sickinger, Jenna Sminkey, Emily Stutzman, Simon Stutzman, Sunil Surprenant, Alex Toth, Abigail Willis

PREVIEW OF 2011-2012 COACHING STAFF

With the transition of ownership rapidly approaching we wanted to offer a preview of the personnel changes and how the new coaching roles will affect the overall organization going forward:

Owner & Head Coach - Dave Hardy

As new owner and Head Coach Dave will take over supervision of the club in every aspect, overseeing the organization and methodology of all training levels and coaching each on a weekly

basis to ensure a cohesive technical and philosophical foundation. He will take over the senior level and unlike the current structure, remain as primary coach to Level 4. As owner and representative of the club, Dave will make all final administrative decisions and be the primary liaison to PVS and USA Swimming.

Head Age Group Coach & Assistant Head Coach - Chuck Webb

As Dave vacates his current Head Age Group Coach position, he will be replaced by Chuck Webb, who is being reinstated into the position which he previously held with the organization for 4 years from. He will work predominantly with Levels 1-3, infusing the age group program with his patented energy and enthusiasm. Having coached with Dan over many years (and Dave in the last decade) and establishing himself successfully in other venues, Chuck brings an intimate understanding of the sport and the philosophy and methods of FGAC. In addition, he will serve as Assistant Head Coach, providing a sounding board for Dave and helping to make administrative decisions.

Assistant Coaches - Rob Smith, Ryan Hardy & Kevin Vallario

Our assistant coaching staff will remain largely intact. Rob will continue to work with Levels 2 and 3 and will help cover practices during meet weekends. Ryan will carry on as assistant to mainly Levels 3-4 and look to increase his meet coverage duties. Kevin will continue in his role assisting Levels 1 and 2 and may begin to help out periodically with Levels 4 and 5.

PRACTICE SCHEDULE

Sunday 5/8 - **Practice at Takoma** (due to meet at Fairland) on the following schedule:

Levels 4 & 5 11:00-1:00 pm

Levels 2 & 3 12:30-2:00 pm

Sunday 5/29 - **No practice all levels** due to Memorial Day weekend

Monday 5/30 - **No practice Level 3** due to Memorial Day holiday

Monday 5/30 - **Practice for levels 4 & 5 only** 5:30-7:30 pm @ Fairland

Sunday 6/12 - **No practice all levels** due to meet at Fairland

Thursday 6/16 - Last day of Spring Long Course practice for Levels 2 & 3

Sunday 6/19 - Last day of Spring Long Course practice for Level 4

Sunday 6/19 - **Practice at Takoma** (due to meet at Fairland) on the following schedule:

Levels 4 & 5 11:00-1:00 pm

Sunday 6/26 - **No practice all levels** due to meet at Fairland

MEET SCHEDULE

MD State Meet 6/3-5 @ Montgomery Aquatic Center - NST - *Entries due 5/15*

AG/Senior LC I 6/12 @ Fairland - Open - *Entries due 5/29*

PVS LC Distance Meet 6/18-19 @ Takoma - *Coach Select*

AG/Senior LC II 6/26 @ Fairland - Open - *Entries due 6/12*

NEWS & NOTES

1. Swimmers who are not registered for summer long course may not compete in any meets after the AG/Senior I on Sunday 6/12.
2. The Senior Level Training Trip which is scheduled for Friday 6/17 - Friday 6/24 to Blacksburg VA, will be officially announced this week. It will be offered on a first come, first serve basis in the following order:
 - Level 5 swimmers available for entire trip
 - Level 4 swimmers available for entire trip
 - Level 5 swimmers available for partial trip
 - Level 4 swimmers available for partial trip

**Spots are limited to 13 and will likely fill with those swimmers eligible for the entire trip. Anyone who wishes to go should plan ahead and clear their schedule accordingly.*

3. Thanks to all who helped time at the Early Bird meet this past weekend. As always, we take note and appreciate very much your contribution.

End of email
DCH

Want to make it to the top? Start climbing.