

**Swimming Newsletter
Norwich @ Watertown 11/21/09**

We saw some great swimming this weekend against Watertown. BUT...we only had 31 swimmers, we need swimmers if we want to win. Thank you to all who made the haul. The Results are:

TEAM SCORES

	Norwich	Watertown	Record
E Girls	35	38	1-1
E Boys	14	54	1-1
D Girls	30	40	1-1
D Boys	10	55	1-1
C Girls	22	44	1-1
C Boys	16	50	0-2
B Girls	23	47	0-2
B Boys	9	42	0-2
A Girls	33	38	1-1
A Boys	<u>11</u>	<u>47</u>	<u>0-2</u>
Totals	203	455	1-1

STATE QUALIFIERS

Junior Team

Andrea Dempsey	100 IM, 25 Fly	Aidan Collins	25 Breast
Elizabeth Eddy	50 Breast	Triniti Myers	25 Free
Lauren Llewellyn	50 Free		
Melissa Stroh	100 Free, 50 Free		
Skylar Wenzel	25 Free, 25 Breast		

Senior Team

Erin Gawronski	200 IM, 500 Fr	Kristina Reynolds	100 Back
Nick Mooney	100 Breast	Daniel Zieno	200 IM, 50 Fr, 200 Fr,
Trey Ostrom	50 Fr, 100 Fr, 200 Fr		50 Fly
Talon Schroeder	200 Fr, 500 Fr	Taylor Zieno	100 Fly
Gregory Todd	200 Fr, 500 Fr, 50 Fr		
	100 Fr, 100 Back, 100 Fly		
	200 IM		
Marybeth Ward	200 IM, 50 Fr, 200 Fr, 50 Fly		

MEET METIONABLES

1. 3 new swimmers qualified for the state meet in Buffalo, congrats to Aidan Collins, Triniti Myers and Kristina Reynolds.
2. Adding to their line up for the state meet were Andrea Dempsey, Trey Ostrom, Gregory Todd, Marybeth Ward and Daniel Zieno.
3. 10 swimmers are within 2 seconds of qualifying for the state championship. Aidan, Liz, Triniti, Trey, Danika, Talon, Eamon, Daniel Zieno, Rachel Zieno, Taylor Zieno - Keep working guys, its right there!
4. We had 78 personal bests and first time swims!
5. Hannah Collier took 11.11 seconds off her 500 free! Nice Job!
6. John Ballard took 5.46 seconds off his 25 free. Way to go John!
7. Elliott Bartlett took 5.03 seconds off his individual events. Looking good Elliott.
8. Andrea Dempsey took 3.47 seconds off her 25 fly to qualify for the state meet. Another Butterflyer ☺
9. Daniel Zieno took 2.33 seconds off his 100 free and 0.7 seconds off his 50 free. See Dan, practice really does pay off!
10. Taylor Zieno swam the 200 free and is within one second of a state time. AFTER saying but Coach, I'm not a distance swimmer. ☺ You'll be seeing that again.
11. And again... Stop breathing every 3 strokes in 50's and 100's! I smell some lung busters coming!

REMINDERS

December 12th - Home Tri meet Warmups at 11:45 meet starts 12:45. We can not run a home meet without help from parents, please sign up for a job on the filing cabinet.

Booster meeting Wednesday December 2nd at 6:30pm.

NEW ITEMS

Beginning next Tuesday, December 8th, there will be an optional Junior practice from 315-415. We will be stretching and conditioning for injury prevention. It is optional, but all juniors are encouraged to attend, there have been many complaints about shoulder pain!

Please remember to check your mailbox and the website regularly.

Feel free to call me with any questions
371-2040
Coach Wilson

Ability may take you to the top, but it takes character to stay there.