

**Swimming Newsletter**  
**Auburn & Oneonta @ Norwich 1/9/2010**

Great races and great times!! I love to see how much all of you have improved throughout the season. I can't wait to see your times at districts!

The Results are:

**TEAM SCORES**

	<b>Norwich</b>	<b>Oneonta</b>	<b>Norwich</b>	<b>Auburn</b>	<b>Record</b>
E Girls	<b>51</b>	10	37	<b>38</b>	5-2
E Boys	<b>31</b>	12	29	<b>42</b>	4-3
D Girls	<b>49</b>	21	<b>39</b>	38	6-1
D Boys	29	<b>34</b>	21	<b>50</b>	2-5
C Girls	33	<b>34</b>	26	<b>32</b>	3-4
C Boys	19	<b>29</b>	13	<b>44</b>	2-5
B Girls	<b>38</b>	22	15	<b>67</b>	3-4
B Boys	<b>39</b>	0	27	<b>50</b>	3-4
A Girls	<b>34</b>	19	8	<b>74</b>	4-3
A Boys	<b><u>28</u></b>	<u>8</u>	<u>18</u>	<b><u>58</u></b>	<u>3-4</u>
<b>Totals</b>	<b>351</b>	189	233	<b>493</b>	<b>4-3</b>

**STATE QUALIFIERS**

**Junior Team**

Andrea Dempsey	100 IM, 25 Fly	Eamon Witherspoon	50 Fly
Elizabeth Eddy	50 Breast, 50 Free, 100 IM	Triniti Myers	25 Free, 25 Back, 25 Fly
Lauren Llewellyn	50 Free, 100 IM, 50 Fly	Ashton Wenzel	25 Breast, 100 IM
Melissa Stroh	25 Free, 50 Free, 25 Back, 100 Fr	Aidan Collins	25 Breast, 25 Free
Skylar Wenzel	25 Free, 25 Breast, 25 Back, 100 Fr	Gabby Eddy	50 Free
	50 Free		
Danika Tworkowsky	50 Free, 50 Back, 100 IM, 200 Free		

**Senior Team**

Erin Gawronski	200 IM, 500 Fr, 100 Fly	Kristina Reynolds	100 Back, 100 Fly, 200 IM
Nick Mooney	100 Breast, 200 IM, 200 Free	Daniel Zieno	200 IM, 50 Fr, 200 Fr
Trey Ostrom	50 Fr, 100 Fr, 200 Fr, 500 Fr		50 Fly, 100 Free
	100 Fly	Taylor Zieno	100 Fly, 50 Fr
Talon Schroeder	200 Fr, 500 Fr, 100 Back, 200 IM	Kristine Stroh	50 Free, 200 Free
Gregory Todd	200 Fr, 500 Fr, 50 Fr, 200 IM	Makenzie Williams	500 Fr, 200 IM
	100 Fr, 100 Back, 100 Fly,	Curtis Woodard	50 Free, 100 Free, 200 Free
	100 Breast		100 Fly
Marybeth Ward	200 IM, 50 Fr, 100 Fr, 200 Fr, 50 Fly		
	50 Back		

**MEET METIONABLES**

1. We had 65 personal bests and first time swims, giving you a total of 322 best times so far this season! Great job!!
2. 19 swimmers got best times in all of their individual events. Wonderful!
3. No new qualifiers, but adding to their line up for the state meet were Elizabeth Eddy, Danika Tworkowsky, Lauren Llewellyn, Skylar Wenzel, Ashton Wenzel, Aidan Collins, Nick Mooney, Marybeth Ward, and Curtis Woodard.
4. Maya Blaisure, Sage Collins, Shannon Curley, and Rachel Zieno are within 2 seconds of qualifying for states... starts, turns, and finishes!!
5. Greg Todd wins for the most time dropped this time, he dropped 16.43 seconds in his 500 free. Not only did he go under 6 minutes, but he also stole the 1<sup>st</sup> seed in the district! Where did that come from?!
6. Skylar Wenzel wasn't far behind, dropping 12.25 seconds in his 50 free and also stealing 1<sup>st</sup> seed in the district. Nice job!!
7. Aidan Collins took 4.54 seconds off his 50 free and is now less than 2 seconds away from another state time. Your freestyle looks great!
8. Gabby Eddy took 3.99 seconds off her 100 free.
9. Jacob Shoemaker took 3.60 seconds off his 50 free, looking good Jacob!
10. Abby Voce took 3.59 seconds off her 50 free, this girl has improved tremendously!!
11. John Healy dropped another 3.42 seconds off his 50 free. I think it was a good day for the 50 free!
12. Hannah Collier dropped 3.40 seconds in her 500 free, even though her sister messed up the counters.
13. Did everyone see the D girls 100 IM?? Liz and Lauren were neck and neck with Auburn, just enough competition to get them both a state time! Nice race girls!

There were many, many, many great races against Auburn. I love the close competition, that's what makes it fun! Oswego will give a lot of you great races again this coming weekend. Remember your turns, the wall is a tool to pick up speed!

#### REMINDERS

- Pizza Party this Wednesday, 1/20. *Everyone practices 3:30-5:00*, party will be in the teen room right after practice.
- Districts February 6<sup>th</sup> - **We still need volunteers, contact Lisa Kerr at [kkerr21423@roadrunner.com](mailto:kkerr21423@roadrunner.com) or 334-6307. All parents who are able are expected to volunteer!**
- Please check your mailboxes, email, and the website regularly.

#### NEW ITEMS

- **Oswego meet will be either Saturday 1/23 or Sunday 1/23 - you'll know as soon as I do.**
- This Tuesday, 1/19, will be the last junior dryland practice.

Feel free to call me with any questions

371-2040

Coach Wilson

*There is no way I'm going to let this training go to waste. It is my time, and I'm ready to go!*

*-Katie Hoff*

*Body does what mind prefers*

*-Lenny Krayzelburg*