



Veterans Park Swim Team

Home of the Marlins



June 23, 2009

Newsletter #5

Congratulations to all our swimmers on Saturday's meet. We swam hard, had amazing results, and we WON against Westridge. GREAT JOB SWIMMERS! Meet Results are on the back. Let's keep it up for our next meet!

Third Meet – June 27th at HOME versus Southbridge:
If you will not be at the meet, please alert your coach by Wednesday and put it into the blue notebook.

***** Arrival by 5:55am. Warm-ups start at 6:10am. *****

***Swimmers** - Please check in with your coach upon arrival and listen to the announcer calling the events. We do not want any "scratches" if you are at the meet. When in doubt, ask!

***Relays** – Swimmers should not leave the meet until they check in with their coach(es) to see if they are in the Freestyle relay.

***Volunteers – Please see Theresa to volunteer for timing/recording and Heather for all other positions. Southbridge is a small team and we need many volunteers to help out.** If you are a new parent, we'll gladly "train" you for any job.

***Cheering** – Parents are encouraged to cheer for their swimmers during the meets. However, parents cannot "coach" (i.e. yelling "Kick"; "Reach"; "Pull", "Two-hand touch") their swimmers from the pool deck. "Coaching" can result in an Official disqualifying your child in that event. Parents need to remain quiet at the start of each race. Timers and Recorders are technically officials and should refrain from cheering and coaching as defined above.

***** Please gather all belongings and trash before leaving the pool area. *****

Meet Set-Up/Take-Down – We ask that all families with last names beginning with **M through Z** come to the pool Friday night @ 6:30pm. We need help setting up for the meet. Swimmers are welcome to attend as well to help with lane lines. If you have an extra large-size cooler, please bring it for Concessions. Families can also set up their personal tents/areas at this time.

Families whose last name begins with A-L are asked to assist with meet take-down immediately following the meet. Remember, the more "hands" we have, the quicker it goes!

Friday Morning Practices – Practices have begun from 7am to 9am. This is a great time for your swimmer to get extra 'one-on-one' time with the coaches to practice stroke

technique, flip-turns, and starts. Swimmers in the M.I.T. program are exempt from this practice unless they are swimming in the meet on Saturday. **Parents, please be prompt in picking up your swimmers after practice!**

Team Picture – On **Wednesday, June 24** at 6:15pm Memory Makers will be at practice to take individual and team pictures. Everyone should plan to wear their team suit. **The picture envelope is in everyone's folder.** Even if not ordering pictures, please have your swimmer present to be part of the team photo. Please be on time. Rain date is Wednesday, July 1.

Swim-A-Lap – Wednesday, July 8 during regular practice time. Swimmers will be given a pledge sheet and are asked to collect pledges or donations from family and friends. A Pizza Party will be held following the event for participants. Families will also be able to order additional pizza for themselves at a reduced cost. This is an optional fundraiser and funds that are raised assist the team with purchasing new equipment for the team. Further information will be provided as we get closer to the event.

Needed: Stroke & Turn Officials – Training can be provided during swim practice and during meets. This is a great way to help out and also gets you on deck to watch the meet. No prior experience is required, though if you have swum before, it is an easy transition. Please contact Rick LeFevre if you are interested (lefevre@itilink.com or 703-629-5488). Thanks in advance to any parent s who will volunteer.

Marlins Apparel Items - We have team apparel and other items for sale, including caps, goggles, car magnets, Marlin towels, and Marlin temporary tattoos. **Caps are a must-have for those with long hair and for others as a way to identify you as a Marlins swimmer. New T-shirts, sweatshirts, and sweatpants have arrived!** Please see a Board member for purchases and show your team SPIRIT!

Family Folders – Please remember to check your folders! In general, newsletters will be placed in folders on the Tuesday on each week.

Coaches Notebook - A Coaches Notebook will be out for swimmers/parents to notate when a swimmer will miss a practice or meet. This information is needed for the coaches for planning purposes and meet entries.

Penny Drive Fundraiser -- Money jugs are placed by the



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team shed during practices. The age group that collects the most money by July 17th will be treated to a Pizza Party during Spirit Week.

Team Sponsorships – If you are interested in assisting the Board in acquiring team sponsors from any businesses that you are familiar with, please see a Board member for the Sponsor Letter and Form. Sponsors help the team in meeting expenses and keep registration costs down, while also promoting those businesses. Sponsorships are tax deductible.

Reminder – Parents are not allowed on the pool deck during practices or meets, except when serving in an official capacity. If you need to talk with your swimmers' coach, please do so before practice begins or when it ends.

***** GO MARLINS!!! BEAT SOUTHBRIDGE!! *****

Second Meet versus Westridge Waves Results

Final Score:

Westridge – 2124.5

Veterans Park – 2346.5

Congratulations **Kyra Bachman** on breaking the team record for Girls 8&U Backstroke! Kyra broke the 6-year record with a time of 21.60 seconds. Way to Go Kyra!!

Veterans Park Swim Team triple winners -- Kyra Bachman, 8&U 25 Back, 25 Breast, 25 Fly; Melanie Erickson, 15-18 100 IM, 50 Back, 50 Fly;

Veterans Park Swim Team double winners -- Amy Freeze, 9-10 50 Free, 25 Fly; Rebecca Tellier, 11-12 50 Free, 100 IM; Samantha Wangner, 11-12 50 Breast, 50 Fly; Conor Bachman, 9-10 50 Free, 100 IM;

Veterans Park Swim Team 'A' time standard achievers -- Girls: (8&U) Kyra Bachman, 25 Back

Veterans Park Swim Team top place finishers -- Girls: (8&U) Kolbe Bachman, 2. 25 Breast, 2. 25 Fly, 1. 25 Free; Keagan Carroll, 4. 25 Breast, 3. 25 Back, 3. 25 Fly; (9-10) Kaitlin Keiper, 4. 50 Back; (10&U) , 3. 100 IM; (9-10) Akira Painter-Thrift, 4. 25 Fly; Ruth Stockett, 4. 50 Breast; (10&U) Aisha Surratte, 4. 100 IM; (11-12) Morgan Hilberer, 4. 50 Back, 3. 50 Fly; Tori LeFevre, 4. 50 Free; Ava Niknejad, 4. 50 Breast; Delaney Carroll, 2. 50 Free, 2. 100 IM, 1. 50 Back; Brielle Entzminger, 3. 50 Breast; Kimberly Heggenstaller, 3. 100 IM, 3. 50 Back, 2. 50 Fly; Samantha Heggenstaller, 4. 100 IM, 3. 50 Free, 2. 50 Breast; (13-14) Heather Erickson, 4. 50 Fly, 2. 50 Back; Tahlia Marinez, 2. 50 Breast; Julia Heggenstaller, 3. 50 Free, 3. 50 Fly, 2. 100 IM; Colleen Hoffman, 2. 50 Free, 2. 50 Fly, 1. 100 IM; Brittany Slattery, 3. 50 Back, 1. 50 Breast; (15-18) Rebecca Bellinger, 4. 50 Fly, 3. 50 Free, 2. 50 Back; Lee Ann Kitzhaber, 4. 50 Free, 4. 50 Breast; Ellyn Soderquist, 4. 100 IM, 1. 50 Breast; Linda Erickson, 2. 100 IM, 2. 50 Breast, 1. 50 Free; Boys: (8&U) Glen Soderquist, 3. 25 Free, 2. 25 Back, 2. 25 Breast; Zachery Ward, 4. 25 Breast; (9-10) Aaron Entzminger, 3. 50 Breast; Brett Hoffman, 4. 50 Back, 2. 25 Fly; Nicholas Markle, 4. 25 Fly; (10&U) , 3. 100 IM; (9-10) , 3. 50 Back; Ken Ningcharoen, 4. 50 Breast; (11-12) Gregory Davis Jr., 4. 50 Breast, 3. 50 Back; Sammy Jeffrey, 3. 50 Fly; Donny Hadley, 2. 50 Free, 2. 100 IM, 2. 50 Back; (13-14) George Leon, 4. 50 Back; Reza Niknejad, 4. 50 Breast; Aaron Fotheringham, 4. 50 Free, 3. 100 IM, 3. 50 Fly; Nathaniel Powell, 3. 50 Free, 2. 50 Breast; (15-18) Nick Sevivas, 4. 50 Breast; Chris Lourenzo, 4. 50 Free, 4. 50 Back, 3. 50 Breast; Bryan Martin, 3. 100 IM, 3. 50 Fly, 2. 50 Free; Connor Schwalm, 2. 100 IM, 2. 50 Fly, 1. 50 Breast

Veterans Park Swim Team personal best times -- Girls: (8&U) Katie Ningcharoen, Tyra Huckaby, Kayla Moore, Faith Oryang, Elizabeth Simpson, Catherine Ward; (9-10) Amy Freeze; (10&U) Kaitlin Keiper; (9-10) Akira Painter-Thrift, Lily Nguyen, Arwen Riley; (11-12) Anna Powell, Brielle Entzminger, VyVy Nguyen; (13-14) Molly Coupe, Tahlia Marinez, Colleen Hoffman, Brittany Slattery; (15-18) Brianne Fotheringham; Boys: (8&U) Owen Boczkowski, AJ Evans, Timothy Hamm, Connor McMurtrey, Aidan Phillis, Glenn Hadley, Xavier Woodberry; (9-10) Anthony Cruz, Aaron Entzminger; (10&U) Conor Bachman; (9-10) Ethan Boczkowski, Eric Alexander Cruz, Brett Hoffman; (10&U) Nicholas Markle; (11-12) Donny Hadley, Nung Luabun, Robbie McMurtrey, Joseph Rainey; (13-14) Reza Niknejad; (15-18) Chris Lourenzo, Connor Schwalm