

The Lane Line

Monday, June 16, 2008

Swim Meet Highlights

119 Best Times, and 58 All Star qualifying times in all! The last time we swam against Scott Valley was in 2004! In 2004, we scored 122 to 397, and this year, we scored 154 to 374, and considering the amount of families we were missing due to graduations, parties, vacations, and other events, we still achieved over 100 Best Times, and even improved our team score by 32 points!

Quinn Woodhead (7) finally broke 18 seconds in his 25 Free, achieving a time of 17.42, and qualified for All Stars. **David Howell** (13) swam an incredible 50 Free race, breaking 25 seconds with a time of 24.52 and taking 1st place. **Grace Trocki** (9) took over 2 seconds off of her 50 Back, qualifying her for All Stars and took 2nd place. **Dylan Woodhead** (9) took 0.4 of a second off of his 50 Back, taking 2nd place. **Cat Thomason** (11) and **Frances Howell** (11) took 2nd and 3rd in the Girls 50 Back, and Cat took one second off of her time. **Pierre Hery** (14) and **Raphael Irwin** (14) also took 2nd and 3rd in the Boys 50 Back. **Jordan Boyer** (16) and **Remy Wallace** (16) took 1st and 2nd in the Girls 50 Back. **Danny Roland** (8) and **Quinn Woodhead** (7) took 2nd and 3rd in the 25 Breast, and both achieved a best time. **Zachary Retzlaff** (10) had a great 50 Breast race, taking 2nd place. **Lucy McCullough** (14) and **Natasha Sharpe** (13) took 2nd and 3rd in the 50 Breast, and Lucy got a best time, too. **Natalie Vaziri** (10) took almost a full second off of her 50 Fly time, and placed 2nd. **Lia Sanchez** (9) also swam a great 50 Fly, and took 1.6 seconds off her time. **Zachary Kent** (10) had an intense 50 Fly race against SV's Ian Buehler, and beat him for 1st place by only 0.6 of a second! **Brittney Murray** (12) followed suit by taking 1st in the Girls 50 Fly by only 0.5 of a second! **Lucy McCullough** (14) took 1.7 seconds off of her 50 Fly time to take 3rd place, which qualified her for All Stars. **Lulu Gebbie** (7) took 12 seconds off of her 100 IM time, and placed 1st in her heat! Once again, **Danny Roland** (8) and **Quinn Woodhead** (7) dominated in the 8 and Under Boys IM, and took 1st and 2nd—Quinn even got a best time and qualified for All Stars, and Danny competed in it for the first time and also qualified! **Natalie Vaziri** and **Bevin McCullough** took 1st and 2nd in the Girls 100 IM, and both achieved a best time by almost a full second. We had a clean sweep in the Girls 15-18 100 IM, with **Jordan Boyer**, **Samantha Sharpe**, and **Annie Gray**!

Go Sharks!

Relay of the Week

Mixed 13-14 Free Relay – A Team – Pierre Hery, Allegra Holland, Claire Lang, and David Howell.

Pierre started off the Free Relay with a strong 50, and the race stayed insanely close with Allegra and Claire's swims, and David fought hard to take 2nd place with a mere 0.2 of a second lead against SV's 3rd place relay team! It was a great relay to watch, and we always appreciate a hard fight to the finish like that! Way to go team!

Swimmers of the Week

Tiana Anderson (8)

Tiana is a returning swimmer, and we love her sweet character and fun-loving nature! She is a hard worker, but she also knows how to have fun and brush things off when things don't go according to plan. Tiana has a great level of self-motivation and when she's in the water, you can tell she is swimming her heart out. She has competed in all 5 events this season, and the IM was one of her biggest goals she had for herself this year. Not only has she accomplished that goal, but she swims it in under 2 minutes with beautiful stroke techniques! Tiana even contributes to our Free Relays, swimming a fast and consistent 19 seconds! We are so proud of her and all her hard work, and can't wait to see what else she accomplishes this season! Keep it up, lil' T!

Zachary Retzlaff (10)

Zachary is another returning swimmer, and has always been a focused, hard-working athlete! What we have always appreciated about Zachary is his down-to-earth, well-rounded character and his quiet confidence. When he swims, he makes it look so easy, so effortless, which is when you know a swimmer has achieved great stroke technique. He is most accomplished in the Breaststroke, qualifying for All Stars with a time of 45.12 seconds! Zachary also qualified for the 50 Fly, and we are excited to see him compete this Sunday! At our meet against Scott Valley, Zachary just missed the All Star time for the 50 Free due to his goggles falling down in the dive (something many of us can relate to!), which was disappointing for him, but instead of "throwing in the towel," he came back strong in his 50 Breast race and took 2nd place! Then he swam a best time in the 100 IM! His resiliency and perseverance is admirable, and we couldn't be prouder of him! You are amazing, Zachary!

Raphael Irwin (13)

Raphael is a returning swimmer, as well, and we have watched him improve and get stronger and stronger. He is very respectful to everyone, including his teammates, and is always trying his best in practice and at swim meets. What we appreciate most about Raphael is his willingness to try anything, and the way he pushes himself along in practice, even when the sets are very challenging. He never whines or complains, but simply smiles and says, "Okay." We have never heard Raphael say anything negative or disrespectful, either, and that deserves recognition in itself! Raphael is a great example of how an athlete should be – respectful, hard working, humble, and reliable. He consistently attends practice and meets, and is always there for the relays. Thanks for being such a great teammate, Raphael!

Private Lessons with the Coaches

Monday through Friday, the coaches will be able to give private lessons from 4:00 – 4:30pm (one a day). Please sign up with the coach you would like to have a lesson with via email, phone, or on deck in person.

Coach Kara – swimarincoach@yahoo.com (707) 853-3556

Coach Kelsey – louderbackster@gmail.com (415) 823-0649

Coach Scott – toxdrawace@gmail.com (415) 259-1896

Coach Shana - smckeeever88@gmail.com (415) 342-1366

Shark News (updates and important events)

Wednesday, June 18th – Swim-a-thon @ SRHS

Don't miss out on this fun event! We will be swimming tons of laps together, eating great food, sharing laughs, and even have a cannonball contest!

Saturday, June 21th – Home Meet against Marinwood

All swimmers on deck by 7:15am; warm-ups begin at 7:30am

Sunday, June 22nd – All Stars @ IVC

Please let Coach Kara know if you will NOT be at the meet, or if there are specific events your child would like to swim, by tomorrow night, Tuesday, June 17th.

Coaches' Notes

Congratulations to all of our All Star qualifiers!!!

8 and Unders: Claire Joyce, Shayla Heekin, Jamie Thomas, Lauren McNevin, Zoe Herbermann, Danny Roland, Quinn Woodhead, and Michael May

9 and 10's: Natalie Vaziri, Bevin McCullough, Grace Trocki, Zachary Retzlaff, Zachary Kent, and Charlie May

11 and 12's: Frances Howell, Audrey Murray, Brittney Murray, and Tristan Lang

13 and 14's: Ali Thomason, Lucy McCullough, Allegra Holland, David Howell, and Pierre Hery

15 – 18's: Jordan Boyer, Annie Gray, Samantha Sharpe, and Brendan Sangster

We can never say it enough – we are so proud of you, Swimarin Sharks! Every year, we are blown away by how much you grow and improve, and this year we are given more challenges because of our strength, competing against all the “top dogs” in the league! It has been about 3 years since we’ve last been given this challenging season, and you are definitely rising to the occasion – win or lose, you are swimming like sharks with a fire in your hearts that makes us so proud!

Remember, though, that winning and losing are not the final destinations here, but rather the journey itself is what it is all about, and what a journey we have had thus far! Keep on swimming your hearts out, and eventually the rest will fall in place, and one day, whether it’s a year from now, or a few years from now, we will be in the top 5!

Go Sharks!