

# The Lane Line

*Monday, June 23, 2008*

## Swim Meet Highlights

**Great Job Sharks! 134 Best Times!** Despite missing a lot of swimmers again, we still scored over 200 points against Marinwood, and had a lot of incredible races!!!

**Zoe Herbermann** (8) took 3<sup>rd</sup> in the Girls 25 Free, and her little sister, **Talia** (4), who is a Shark Pup, competed for her first time ever and swam a 54.37! Talia even did the Backstroke, and completed it in 1:08.22 – we are so proud of you, Talia! **Danny Roland** (8) and **Quinn Woodhead** (8) took 2<sup>nd</sup> and 3<sup>rd</sup> in the Boys 25 Free, with crazy fast times of 16.86 and 17.97! **Natalie Vaziri** (10) took 1<sup>st</sup> in the 50 Free, with a 0.65 lead. **Zachary Kent** (10) took 1<sup>st</sup> for the Boys, and **Zachary Retzlaff** (10) easily pulled in for 2<sup>nd</sup>. **Cat Thomason** (11) and **Frances Howell** (11) tied for 3<sup>rd</sup> with a time of 32.19, and split the point, earning 0.5 of a point each! Now that's teamwork! **Reilly May** (12) and **Tristan Lang** (11) took 2<sup>nd</sup> and 3<sup>rd</sup>, and Reilly took 1.77 seconds off his best time! **Raphael Irwin** (13) took 3<sup>rd</sup> with a best time of 32.22, and **Jordan Boyer** (16) and **Samantha Sharpe** (15) took 1<sup>st</sup> and 3<sup>rd</sup>, and Jordan finally broke 1 minute with a time of 59.07! **Derek Klein** (15) and **Kyle Rios Merwin** (15) took 2<sup>nd</sup> and 3<sup>rd</sup>.

**Danny Roland** and **Michael May** (8) took 2<sup>nd</sup> and 3<sup>rd</sup> in the 25 Back, and **Charlie May** (10) and **Dylan Woodhead** (10) took 1<sup>st</sup> and 2<sup>nd</sup> in the 50 Back. **Grace Trocki** (9) and **Frances Howell** (11) both took 2<sup>nd</sup> in their age groups, and **Reilly May** took 1<sup>st</sup> with almost a full second lead and another best time! **Emma Pedlar** (14) and **Julia DiGiovanni** (13) placed 2<sup>nd</sup> and 3<sup>rd</sup>, and Emma took almost a full second off her best time! **Jordan Boyer** and **Annie Gray** (16) took 1<sup>st</sup> and 3<sup>rd</sup>, and Annie achieved a best time! **Danny Thompson** (17) took 2<sup>nd</sup> and got a best time of 35.84!

In the 25 Breaststroke, **Lauren McNevin** (8) placed 3<sup>rd</sup>, while **Quinn Woodhead** and **Trevor Holmes** (8) took 2<sup>nd</sup> and 3<sup>rd</sup>. Trevor took half a second off his time, and Quinn took over 1.5 seconds off with a time of 24.08 (which would have placed him 10<sup>th</sup> overall in MSL at All Stars!). **Bevin McCullough** (10) and **Nico Huzella** (10) took 2<sup>nd</sup> and 3<sup>rd</sup> in the 50 Breast and both achieved best times! **Zachary Retzlaff** and **Charlie May** also took 2<sup>nd</sup> and 3<sup>rd</sup> for the Boys, while **Cat Thomason** took 3<sup>rd</sup> in her age group, taking almost a full second off her time! **Reilly May** and **Ross van der Wal** (12) followed suit and took 2<sup>nd</sup> and 3<sup>rd</sup>, and Reilly eliminated almost 3 seconds off his best time! Déjà vu – **Lucy McCullough** and **Natasha Sharpe** (13) placed 2<sup>nd</sup> and 3<sup>rd</sup> in both 50 Breast and 100 IM, and **Raphael Irwin** took 2<sup>nd</sup> for the Boys in the 50 Breast (with a best time)! In the 15-18's 50 Breast, **Annie Gray** and **Kyle Rios Merwin** took 2<sup>nd</sup>, and Kyle took 1.65 seconds off his time!

We continued to get stronger in the Butterfly and IM! **Bevin McCullough** and **Natalie Vaziri** dominated both the 50 Fly and 100 IM, taking 1<sup>st</sup> and 2<sup>nd</sup>! **Tristan Lang** took 2<sup>nd</sup> in the Fly and IM, and got best times in both events! **Elvis Huinac** (14) also took 2<sup>nd</sup> in the Fly and IM in the Boys 13-14. We had one sweep in the 9-10 Boys 100 IM with **Zachary Kent, Charlie May, and Zachary Retzlaff**, and Zachary Kent took 0.20 of a second off his best time!

## Relay of the Week

The **9 and 10 B Team Medley Relay: Charlie May, Skylar Rios-Merwin, Bevin McCullough, Dylan Woodhead.**

Right away, Charlie May pulled ahead in the Backstroke, giving his team a great start, and Skylar held on strong with her beautiful Breaststroke. Bevin increased the lead a bit with her powerful Butterfly, while the audience stood with mouths wide-open at the fact that our B Team was beating both our A Team and Marinwood's A Team. It was a hard fight to the finish, and Dylan Woodhead swam his heart out while the whole pool was jumping up and down yelling and screaming. Dylan pulled in for 3<sup>rd</sup> place, earning points for the team, and giving us all some excitement to pump us up for the rest of the meet! Way to go, B Team, you guys are amazing!!!

## All Star Results

Our swimmers were phenomenal at All Stars, and we are so proud of each and every one of them!!! Go Sharks!!! We had 21 best times, which at this level of swimming is a great feat itself! **Zachary Kent** is the fastest 9/10 boy in the 50 Free, and **Jordan Boyer** is the fastest 15-18 girl in the 50 Back! Congratulations Zachary and Jordan!!!

### FREESTYLE:

**Danny Roland** (8) – 15<sup>th</sup> overall with a time of 17.60 (0.27 off his best time)  
**Quinn Woodhead** (8) – 16<sup>th</sup> overall with a time of 17.75 (0.18 off his best time)  
**Natalie Vaziri** (10) – 7<sup>th</sup> overall with a time of 31.79 (1.74 off her best time)  
**\*Zachary Kent** (10) – 1<sup>st</sup> overall with a time of 30.40  
**Ali Thomason** (14) – 8<sup>th</sup> overall with a time of 27.81

### BACKSTROKE:

**Zoe Herbermann** (8) – 10<sup>th</sup> overall with a time of 22.06 (0.90 off her best time)  
**Jamie Thomas** (7) – 12<sup>th</sup> overall with a time of 23.15  
**Michael May** (8) – 12<sup>th</sup> overall with a time of 23.11 (0.25 off his best time)  
**Grace Trocki** (9) – 15<sup>th</sup> overall with a time of 40.84  
**Charlie May** (10) – 5<sup>th</sup> overall with a time of 39.89  
**Frances Howell** (11) – 16<sup>th</sup> overall with a time of 39.05  
**\*Jordan Boyer** (16) – 1<sup>st</sup> overall with a time of 30.99 (0.01 off her best time)  
**Annie Gray** (16) – 15<sup>th</sup> overall with a time of 35.19

**BREASTSTOKE:**

**Lauren McNevin** (8) – 4<sup>th</sup> overall with a time of 22.26 (0.48 off her best time)  
**Bevin McCullough** (10) – 7<sup>th</sup> overall with a time of 43.14 (1.38 off her best time)  
**Zachary Retzlaff** (10) – 8<sup>th</sup> overall with a time of 46.25 (0.06 off his best time)  
**Ali Thomason** (14) – 7<sup>th</sup> overall with a time of 37.41  
**Annie Gray** (16) – 8<sup>th</sup> overall with a time of 36.37

**BUTTERFLY:**

**Jamie Thomas** (7) – 3<sup>rd</sup> overall with a time of 19.84 (0.70 off her best time)  
**Lauren McNevin** (8) – 4<sup>th</sup> overall with a time of 19.95  
**Danny Roland** (8) – 12<sup>th</sup> overall with a time of 21.96  
**Bevin McCullough** (10) – 3<sup>rd</sup> overall with a time of 34.82 (2.74 off her best time)  
**Natalie Vaziri** (10) – 4<sup>th</sup> overall with a time of 36.15  
**Zachary Kent** (10) – 3<sup>rd</sup> overall with a time of 35.64  
**Zachary Retzlaff** (10) – 10<sup>th</sup> overall with a time of 41.80 (1.06 off his best time)  
**Tristan Lang** (11) – 15<sup>th</sup> overall with a time of 36.51  
**Ali Thomason** (14) – 3<sup>rd</sup> overall with a time of 29.74  
**Lucy McCullough** (14) – 15<sup>th</sup> overall with a time of 32.46  
**Jordan Boyer** (16) – 3<sup>rd</sup> overall with a time of 29.84 (0.37 off her best time)  
**Samantha Sharpe** (15) – 8<sup>th</sup> overall with a time of 31.00 (0.68 off her best time)  
**Annie Gray** (16) – 10<sup>th</sup> overall with a time of 31.28

**INDIVIDUAL MEDLEY:**

**Lauren McNevin** (8) – 5<sup>th</sup> overall with a time of 1:38.74 (0.80 off her best time)  
**Jamie Thomas** (7) – 10<sup>th</sup> overall with a time of 1:42.88 (1.11 off her best time)  
**Danny Roland** (8) – 6<sup>th</sup> overall with a time of 1:44.14 (7.39 off his best time)  
**Quinn Woodhead** (8) – 9<sup>th</sup> overall with a time of 1:46.33 (5.73 off his best time)  
**Bevin McCullough** (10) – 4<sup>th</sup> overall with a time of 1:21.95 (3.66 off her best time)  
**Natalie Vaziri** (10) – 7<sup>th</sup> overall with a time of 1:25.19  
**Zachary Kent** (10) – 6<sup>th</sup> overall with a time of 1:25.08  
**Charlie May** (10) – 10<sup>th</sup> overall with a time of 1:28.51  
**Jordan Boyer** (16) – 3<sup>rd</sup> overall with a time of 1:09.90 (0.22 off her best time)  
**Samantha Sharpe** (15) – 9<sup>th</sup> overall with a time of 1:12.13 (0.37 off her best time)

## Swimmers of the Week

### **Emily Johnson (8)**

Emily is a new swimmer this year, and we are so amazed at how much she has already grown and learned this season! She always has a great big smile on her face and an even greater personality to go with it! We love her enthusiasm and positive attitude in the water, and she can even swim a 25 Free no breath consistently with ease! What we appreciate most about Emily, though, is her fearlessness. She is not afraid to try new things and learn from her mistakes, and that is why she has improved so much already so fast. We are still trying testing her limits, because she keeps getting stronger and faster, and hasn't shown any signs of slowing down any time soon! For example, Emily started the season with a 23.14 in the 25 Free, and at our last meet against Marinwood, she swam a 20.85, which was a best time for her! Keep it up, Emily, you are a superstar!

### **Skylar Rios-Merwin (9)**

Skylar is a returning swimmer, and has been on the team since she was a little Shark Pup! We have had the pleasure of watching her grow year after year, perfecting her strokes, and becoming the beautiful young girl she is! You can't miss her with her smiling dimples! Skylar has always been a hard worker, expecting only the best of herself, and this year she has been working twice as hard because she has aged up to the 9/10 group, which is one of the most challenging stages of a swimmer's career. Going from 25's to 50's is a big change, and Skylar has taken the task head on, swimming hard and learning from her mistakes. Many of you have probably noticed her in the Breast and Fly, because she has one of the best stroke techniques ever that anyone can appreciate the beauty of swimming just by watching her! This has been a growing season for Skylar, and we know that next year she is going to dominate the 9/10 age group! We are so proud of you, Sky!

### **Elvis Huinac (14)**

Elvis is a new swimmer this year, and his first day of practice we were blown away by his skills! He dove into the water, and it was like watching a dolphin swim through the ocean! Elvis is so graceful and strong in all four strokes, and is one of the most respectful kids ever! We love his hard work ethic and positive attitude – he has never given up or pouted about anything, and puts his whole heart and soul into swimming! While he may be small for his age, he has the heart of a lion and the strength of an ox – many times he out swims the other kids and does more push ups than any other boy!!! Elvis is most accomplished in the Free, Fly and IM, but can compete just as well in the Back and Breast if need be, and that kind of versatility is rare at this age! Elvis, you are truly amazing!

## 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/ \$30 per lesson). 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)

**Saturday, June 28<sup>th</sup>** – Away Meet against Rolling Hills Stingrays

All swimmers on deck by 7:45am; warm-ups begin at 8:00am

***This is going to be a VERY CLOSE MEET, so attendance is crucial to our success!!!***

Please try to reschedule or postpone any other events for this meet, because every swimmer will make a difference! Our last dual meet on **Saturday, July 12<sup>th</sup>**, against the **Terra Linda Orcas** will be another close meet! Last year, we beat the Orcas by 43 points, and we hope to repeat that achievement this season!

\*\*\*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 Tuesday night.\*\*\*

*Meets are always seeded Wednesday morning and are final, so Coach Kara needs to know by Tuesday night if you cannot make it to the meet, or have to leave early or show up late. Thanks!*

**Sunday, June 29<sup>th</sup>** – Russian River Canoe Trip

Save the date!!! More info to follow this week, check your email!!!

**Friday, July 4<sup>th</sup>** – **NO SWIM PRACTICE** – **Happy 4<sup>th</sup> of July!**

**Saturday, July 5<sup>th</sup>** – **Bye Week** – **NO swim meets**

**Saturday, July 12<sup>th</sup>** – Away Meet @ Terra Linda Orcas

**\*\*\*Close meet!!! Please be sure to attend this meet!!!**

**Friday, July 18<sup>th</sup>** – Pancake Breakfast @ IHOP

**Saturday, July 19<sup>th</sup> – Championships** – attendance is very important!!!

**Sunday, July 20<sup>th</sup> – Awards Banquet**