

WAC ATTACK

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News from the Williamsburg Aquatic Club

SEPT/OCT 2010

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Coach's Corner - Harold Baker, Head Coach

The new season is here and the Bubble is up!

Please check out all the exciting information in this newsletter. It is amazing what the swimmers accomplish each year. The Newsletter will try to get out by the 15th of each Month.

The Long Course Season ended on an up note in August. Several WAC swimmers made the Eastern United States Zone Meet (see article, back cover). Carter Catherine Roehrle was a State Champion in the

Breaststrokes at the State Championship Meet.

Several Team Records fell during the Championship Meets in July and August. Jason Haigh and Ben Colley qualified for and swam at the Junior Nationals in Irvine, California. They represented 2/3's of the Peninsula swimmers in the meet. The meet had 1,500 swimmers from all over the country participating. Ben did all best times and Jason did likewise with one 2nd best time.

If you have questions or needs related to the program, I can usually be reached in the Office between 10 A.M. and 2 P.M. on weekdays. You can also reach him by email at coachharold2@cox.net. I try to answer emails each day, but on weekends of meets and/or travel I will not get to them until Monday.

If you have not received your team cap and 3 team shirts, please contact your coach.

- Harold

Message from the President - Jenna Heuser

Welcome to another year with WAC. We are very excited to have many new families with us this year.

So far we are off to a great start! Most everyone has signed up for both

a General & Meet Work Commitments. If you have not yet signed up please email me at jenna@jamescityacc.com

The board will send out reminders to those that we

show missing one of the sign ups. Please also pick up a WAC Handbook from your coach if you missed the General Meeting.

New Classifications

1st "A" Time:

Caleb Aman

1st "BB" Time

Shea Buirski

Clair Cash

Tessa Conner

Emily Gage

Julia Hart

Sofia Long

Evan Lynch

1st "BB" Time (con't)

Tara Rowden

Alexis Salangsang

Kelly Schisa

Scottie Socha

1st "B" Time

Kennedy Becke

Claire Cash

Hannah Cole

Taylor Conner

1st "B" Time (con't)

Antonia Hertzler

Chris Kostelni

Samantha Kostelni

Lauren Malecki

Grace Olsen

Lindsey Sander

Nick Souza

Ben West



**Swimmers of
the Month
June**
**11 & unders
Girls**
Elena Evans
Boys
Julian Montes
**12 & overs
Girls**
Sarah Niewola
Boys
Conor Flannery

**Swimmers of
the Month
July**
**11 & unders
Girls – Carter**
Catherine Roehrle
Boys
Jalen Guillory
**12 & overs
Girls**
Kelly Bennett
Boys
Carter Kale

New Team Records— Long Course 2010

9&10 Boys

Nick Schoenig—200
Free and 500 Free

9&10 Girls

Joelle Vereb—50 Fly

11&12 Boys

Carter Kale—
800&1500 Free; 200 Fly,
400 IM

15&16 Boys

Ben Colley— 100 Back,
100 Fly

Senior Girls

Emily Lavay— 400 IM

Senior Boys

Jason Haigh— 200
Breast

9-10 Girls

400 Medley Relay

Abigail Barber

Carter Catherine

Roehrle

Elena Evans

Lazuli Cristol



Level C held a "friendly" swimmers -v- parents kick-ball game and cookout on Saturday, Sept. 18th. (Left)

Have pictures or information that you would like to have featured in the WAC ATTACK?

Send them to:

Lisa Jones: wburgswimmermom@yahoo.com

Bob Evans: BobEvans52@cox.net

September Practice Animals

Level A

Andrew Thiesse—100%

Level B

Julia Evans— 94%

Tom McGovern— 94%

Linnea Patterson— 94%

Level C

Ryan Babcock— 100%

Brett Huckstep-100%

Carter Kale— 100%

Dietrich Lueker—100%

Level D

Carter Catherine Roehrle 93%

Joelle Vereb—93%

Level E

Antonia Hertzler— 100%

Rylee Homan—100%

Lindsey Sander—100%

Level F

Michelle Jennings— 100%

Russell Lee—100%

Ethan Roehrle—100%

Level G

Ethan Conrad—100%

Kelsey Conrad—100%

Hailey Didion— 100%

Sarah Jennings—100%

Braden Long—100%

Karina Long—100%

Summer Vander Kooi-100%

Henry Worrell—100%

**Swimmer of the Month
September**

11 & unders

Girls

Julianna Jones

Boys

Caleb Aman

12 & overs

Girls

Linnea Patterson

Boys

Andrew Thiesse

Happy October Birthdays!

2 –Courtney Whitehead

3– Devan Freeland

4– Justin Jones

7-Lazuli Cristol

11– Allie Christy,
Christian Detweiler and
Connor Flannery

13—Julian Montes

15- Dietrich Lueker

And Skye Thompson

19- Carter-Catherine
Roehrle

22- Jennalee Rowden

23– Sarah Niewola

24– Megan Watkins

28 - Shea Buirski

30- Tom
McGovern



SAVE THE DATE!

Bring your friends!!

WAC Wine and Cheese Auction!

Friday, November 12, 2010

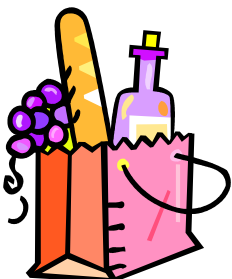
7:00 PM—Until??

The Settlement at Powhatan

Free Beer and Wine! Free Childcare! (available offsite)

Have an auction item
or service to
donate?

Contact Cindy Colley
@254-5299 or 253-
1490



Level Liaison Point of Contact List

- > Level A: Katherine Thiesse (thiesse@cox.net)
Missie Fisher (misssfish@cox.net)
- > Level B: Jan Niewola (5niewolas@cox.net)
> --->second spot open
- > Level C: Melissa Babcock (babcocks91@cox.net)
> Paula Detweiler (kdetweiler@cox.net)
- > Level D: Janice Martinez (culebra93@gmail.com)
> Heather Walters (jwhwmw@cox.net)
- > Level E: Patti Homan (pahoman1@yahoo.com)
> Amy Allen (spencer2sam@yahoo.com)
- > Level F: Sarah Barber (sarah.barber@hopke.com,
Or sarah-barber@cox.net)
> Julie Wallace (julesknzz@cox.net)
- > Level G: Sam Buirski (sbbuirski@ymail.com)
> Jeff Sullivan (jeff.sullivan@navillas.com)



Contact Us!
We are dedicated to serving you
and your swimmers!

Coaches

Coach Harold Baker
(coachharold2@cox.net)
Coach Chris Hanks
(coachhanks@cox.net)
Coach John Poorman
(jdswwim01@mac.com)

WAC President - Jenna Heuser
(jenna@jamescityacc.com)

Swimmers in the “Zone!”

Six WAC swimmers helped the Virginia’s boys’ and girls’ teams to second place finishes in the 2010 USA Swimming Eastern Zones Long Course Age Group Championships meet in August.

The meet, held in Rockville, Md., Aug. 11-14, featured top swimmers from Maine to the mid-Atlantic, including Kelly Bennett, Conor Flannery, Carter Kale, Carter Catherine Roehrle, Nick Schoenig and Christian Shaner from WAC. The boys’ and girls’ titles went to Potomac Valley Swimming from the Washington, D.C., area.

Conor Flannery and Carter Kale both placed and earned points for the Virginia team in the 200 meter butterfly. Kale placed 4th while Flannery placed 5th. Flannery also was a member of the Boys’ 11-12 400 Freestyle relay team that took 3rd place and earned points for the Virginia team.

Carter Catherine Roehrle placed 8th overall in the 100 Breaststroke and was also a member of the girls’ 10 and under Virginia “A” Team in the 200 meter Medley Relay that won sec-

ond place. Both swims earned points.

Kelly Bennett was a member of Virginia’s 200 Freestyle Relay and 400 Freestyle Relay teams that took 2nd place and points in the meet for 15-18 year olds. She swam the anchor leg on the 400. Christian Shaner’s Virginia “A” 400 meter Freestyles relay team took second in the Boys’ 15-18 age group.

The other events the WAC competitors swam were:

Kelly Bennett: 50, 100, 200 and 800 meter freestyle; also the 200 breaststroke and 400 IM as well as the 200 medley relay and 400



medley relay.
Carter Catherine Roehrle: 100 freestyle; 100 backstroke; 50 and 100 breaststroke; 50 butterfly and 200 IM. Also, 200 and 400 freestyle re-

lays; and 400 medley relay.

Conor Flannery: 100, 200 and 400 freestyle; 50 and 100 butterfly; and relays in 200 freestyle, 200 and 400 medley.

Carter Kale: 400 freestyle; 200 breaststroke; 50 and 100 butterfly; and 200 IM.

Nick Schoenig: 100, 200 and 400 freestyle; 100 backstroke; 100 butterfly; and 200 IM, in boys’ 10 and under.

Christian Shaner: 50, 100, 200 and 400 freestyle; 100 butterfly; relays in the 200 free and 400 medley.

Congratulations Swimmers!