

WAC ATTACK

Bubble UP
Friday, Sept 30
Watch for Details!

News from the Williamsburg Aquatic Club

SUMMER SUMMARY 2011

Coach's Corner

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Welcome to a new season of Williamsburg Aquatic Club. We had an exciting summer, with a lot of new State qualifiers, several Virginia Zone All-Star qualifiers, and a new Olympic Trials Qualifier.

After exciting State Championship Meets in July, WAC had eight swimmers represent the Virginia All-Star team at the Eastern United States Zone Championships at Penn State in August. These swimmers were: Lazuli Cristol, Brian Dumont, Brett Huckstep, Julianna Jones, Carter Kale, Julian Montes, Christian Shaner and Joelle Vereb. Nearly all of them won medals at the Zone Meet, which included All-Star teams from 13 States.

At the same time, Ben Colley was competing at the Junior Nationals at Stanford University in California. In the 200 Butterfly, Ben dropped almost 7 Seconds and qualified for the Olympic

Trials Meet in Omaha in June.

We also bid good-bye to several Seniors this Summer. Emily Lavay went to Columbia University and will swim there. Nick Mercer, Colby Jensen, Kelly Bennett, and Catherine O'Donnell are attending Virginia Tech. Kindyl Boyer went to the University of Virginia. Lauren Malecki went to Mary Washington. K.K. Anderson is attending the University of Mississippi. Anisha Rakhra went to Villanova.

Please mark your calendar for an important date coming up: We will do the Bubble Up on Friday, Sept 30th. Please watch for more information on this soon! Even if you can come for a short time, we need many people to bring the Bubble into the right location and get it in place, so we need your help.

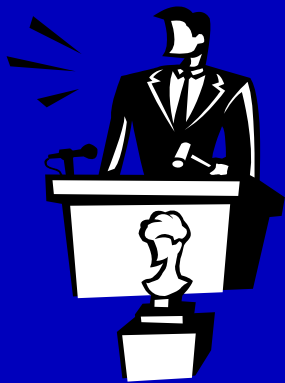


- Coach Harold

**Save the
Date!
WAC
AUCTION**

**Friday,
November 11th**

**Invite your
Friends!**



**New Individual Long
Course WAC Records**



11 & 12 Girls

Julianna Jones:

200 Free – 400 Free – 800 Free – 1500 Free

Joelle Vereb – 100 Fly

13 & 14 Boys

Brett Huckstep – 100 Breast – 200 Breast

Senior Girls

Emily Lavay - 800 Free – 400 I.M.

Senior Boys

Ben Colley:

50 Free – 100 Free – 100 Back – 200 back – 100 Fly – 200 Fly

Jason Haigh – 100 Breast

Senior Relays

400 Medley Relay:

**Nick Eckhoff Jason Haigh—
Ben Colley— Christian Shaner**

800 Free Relay :

**Christian Shaner – Nick Eckhoff –
Ben Colley – Brian Dumont**

CONGRATULATIONS, SWIMMERS!

New Long Course Classifications!

1st "AAAA" Time

Brett Huckstep
Julianna Jones
Carter Kale

1st "AAA" Time

Spencer Allen
Ethan Detweiler
Conor Flannery
Evan Lynch
Julian Montes
Linnea Patterson
Corey Shideler
Morgan Whaley

1st "AA" Time

Kathryn Burrows
Christian Detweiler
Julia Hart
Rylee Homan
Kleigh Koupal
Deke Lueker
Taylor Watson

1st "A" Time

Haley Butcher
James Coleson
Delaney Cudzik
Ethan Detweiler
Kylie Johnson
Chris Kostelni
Sofia Long
Madison Meredith
Nick Souza
Michael Volk

1st "BB" Time

Kailey Carvagal
Hannah Cole
Braden Long
Sam Long
Angela Payne
Emily Payne
McKinzie Turner

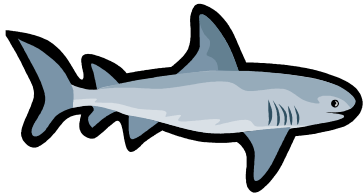
Happy September Birthdays!



Jacob Vereb	9/1	Jason Covaney	9/17
Kaitlyn Sullivan	9/4	Parker Mercer	9/18
Elizabeth Folsom	9/8	Bracton Abella	9/19
Corey Shideler	9/11	Carter Stulen	9/20
Casey Schmidt	9/12	Sam Turner	9/20
Lindsey Sander	9/13	Duncan Lee	9/25
Mason Butler	9/14	Amanda Bennett	9/30
Rylee Homan	9/16	Ben Colley	9/30

Swimmers of the Month

Summer 2011



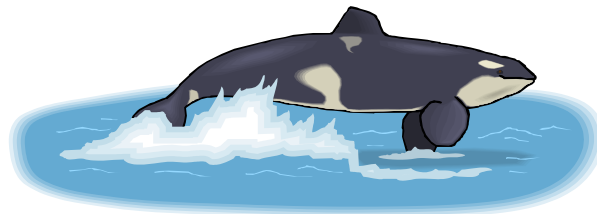
May

11 & unders
Rylee Homan
Chris Kostelni

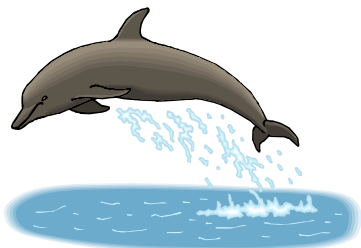
12 & overs
Miranda Christy
Carter Kale

June

11 & unders
Kathryn Burrows
Ethan Detweiler



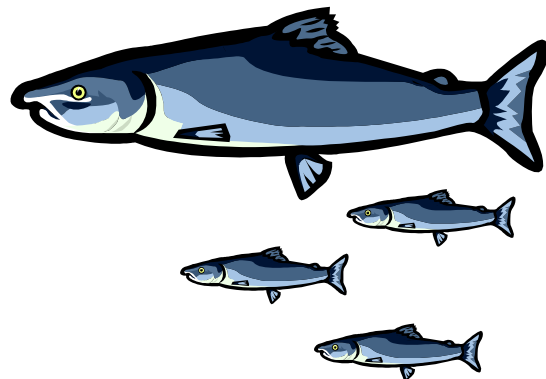
12 & overs
Julianna Jones
Jared Heuser



July

11 & unders:
Lazuli Cristol
Julian Montes

12 & Overs:
Kylie Roehrle
Brett Huckstep



Rotate the Fields

“What events should my swimmer enter?”

That’s a question I’m often asked. I think you need to look at meets like a farmer: If you always enter the same events – plow the same ground -- you will have decreasing returns.

If your swimmer could drop time every time they swam an event, they would reach 0 as a final time. If they swim the same events all the time, you may never find their best events. Once your swimmer gets fast, they will have a hard time enjoying the events – and the same times -- over and over, with little reward for the hard work they are putting into the sport.

My son hated swimming Breaststroke at meets from ages 9 to 13 because his friends were always beating him in that stroke. He only wanted to swim Free, Back, and Fly. At 13 & 14, he won four state titles in the Breaststroke and I.M. events.

Here’s what you should pick for regular season meets:

- * Pick one new event.



- * Pick one event in a stroke that you and your Coach have been working on.

- * Pick one event that you have a good track record with.

- * If you have a fourth event that day, enter the event where your “best time” is the oldest.

This format for Training Meets will lead to a successful and fun season.

When you get to the Championship Meets, your Coach will guide you to your best events for the meet.

- Coach Harold