

# WAC ATTACK

"News from Around the Pool"

APRIL 2004

Volume 4, Issue 5

## NEW WAC TEAM RECORDS DURING THE CHAMPIONSHIP MEETS

WAC swimmers had a very successful championship season, with a number of team records falling— we should all be quite proud of the accomplishments of these swimmers, as well as all members of our team, for the time and effort that they put into this sport.

### 9 - 10 BOYS

Joey Hewitt 100 Breast 1:14.98

### 11 - 12 GIRLS

Vallerie Lockwood 100 Fly 1:04.30

Scooby Peterson 200 Fly 2:21.56

### 11 - 12 BOYS

Scott Cutler 50 Free 24.23

Scott Cutler 100 Free 55.20

Peyton Young 200 Breast 2:25.39

Scott Cutler 50 Back 28.31

Peyton Young 100 I.M. 1:02.20

Peyton Young 200 I.M. 2:18.91

### 13 - 14 GIRLS

Emily Horrell 500 Free 5:23.77

Kelly Dunbar 1650 Free 18:35.55

Sarah Murphy 200 Fly 2:15.77

### 15 - 16 GIRLS

Kate Murphy 100 Free 54.07

Kate Murphy 200 Free 1:58.02

Anna Linkenauger 500 Free 5:13.85

Anna Linkenauger 400 I.M. 4:35.19

### 15 - 16 BOYS

David Carlson 100 Free 47.83

Kyle Kammer 200 Back 1:56.71

### SENIOR BOYS

Austin Fiehler 200 I.M. 1:54.02

### RELAYS

#### 8 & U BOYS

**200 Free Relay** - 1:08.68 - Matt Warren - Joseph Pankey - Cole Sanderson - Nicholas Deleon

**200 Medley Relay** - 1:17.20 - Joseph Pankey - Cole Sanderson - Nicholas Deleon - Matt Warren

#### 11- 12 GIRLS

**400 Medley Relay** - Catie Pittman – Alex Norton – Scooby Peterson – Vallerie Lockwood 4:16.73

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### Special points of interest:

- Don't forget to attend the May 22nd Wine & Cheese
- Bubble-down & awards ceremony will be in June ...
- Volunteers are still needed for board positions

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**APRIL BIRTHDAYS**

*Happy Birthday from the Coaching Staff*

Vallerie Lockwood	4/9	Lath Carpenter	4/28
Kelsey Dougherty	4/12	Kate Murphy	4/29
Christian Shaner	4/15		
Leah Wetchler	4/1	Kathryn Whitehead	4/19
Mike Newcomb	4/2	Kelly Bennett	4/19
Tucker Coleman	4/2	Eva Linkenauger	4/20
Danny Morrow	4/7	Katelynn Mcbeath	4/22
Chris Farley	4/8	Kelsey Heiter	4/25
Kellie Johnson	4/8	Becci Melson	4/27
Lofton Jones	4/8		



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**NEW TEAM RECORDS**

**13 - 14 BOYS**

**200 Free**—Parker Field 1:49.14

**200 Free Relay** – Matt Baumler – Kurt Linkenauger – Michael Newcomb – Parker Field 1:35.93

**200 Medley Relay** – Parker Field – Kurt Linkenauger – Matt Baumler – Michael Newcomb 1:49.10

**400 Free Relay** – Parker Field – Kurt Linkenauger – Ricky Knicely – Matt Baumler 3:30.54

**SENIOR GIRLS**

**800 Free Relay** – Anna Linkenauger – Kate Murphy – Elizabeth Chapman – Amy Carlson 8:00.02

**SENIOR BOYS**

**200 Free Relay** – Jon Vorpapel – David Carlson – Austin Fiehler – Kyle Kammer 1:28.92

**200 Medley Relay** – Kyle Kammer – Braden Field – Austin Fiehler – Jon Vorpapel 1:40.17

**400 Free Relay** – Jon Vorpapel – David Carlson – Kyle Kammer – Austin Fiehler 3:14.83

**800 Free Relay** – Kyle Kammer – Jon Vorpapel – Austin Fiehler – David Carlson 7:12.03



**WAC is seeking the assistance of an experienced fundraising executive. This person would be taking direction from and reporting to the Executive Board at the regular monthly meetings. Beyond that they would be organizing fundraising according to the needs of the organization. If interested, please call or e-mail Frank Tambone at 564-1574 or [ftambone@earthlink.net](mailto:ftambone@earthlink.net)**

# Florida Training Trip update

Fifteen Swimmers came on the trip. Everyone is having a great time. We are training in an outdoor 50 meter pool about 15 minutes from the Hotel. Today (Thursday, April 15th) we trained with Brooke Bennett (3 Olympic Gold Medals) and the Kuwait National Team. Tuesday evening we went to the Swimming Hall of Fame Pool. We toured the exhibits and swam a practice there. The Pool is hosting the Masters Nationals this weekend. We had some rain on Monday and Tuesday, but got in workouts anyway. The Hotel is on the Beach with beautiful water, 78 degrees, and sand volleyball. Hopefully we can have a bigger group next year. Harold



## WAC HONORS

These swimmers reached new levels as of April 10<sup>th</sup>. Congratulations on this accomplishment!

### 1<sup>ST</sup> “AAAA” TIME

Scooby Peterson  
Matt Baumler  
Jennifer Johnson

### 1<sup>ST</sup> “AAA” TIME

Kelly Dunbar  
Megan Knotts  
Beth Murphy

Kurt Linkenauger

### 1<sup>ST</sup> “AA” TIME

Allie Bacon  
Ben Colley  
Brooke Shawcross

### 1<sup>ST</sup> “A” TIME

Chris Farley  
  
Ethan Sherman

### 1<sup>ST</sup> “BB” TIME

Kim Jurczyk  
Lauren Wood  
Emma Aspell

### 1<sup>ST</sup> “B” TIME

Megan Scoville  
Christian Shaner

## Coaches’ Corner

WAC had a lot of success at the end of the year. Check out all of the new team Records and the new Classifications in this newsletter. The team finished 4th at Age Group Champs out of 35 teams. Joey Hewitt and Scott Cutler won State titles. Other swimmers placing in the Top 8 were Matt Baumler, Paige Boyer, Kelly Dunbar, Parker Field, Kurt Linkenauger, Beth Murphy, Sarah Murphy, Scooby Peterson, Catie Pittman and Peyton Young.

WAC had 10 Swimmers qualify for the Speedo Eastern United States Championships at University of Maryland. They were Austin Fiehler, Jon Vorpapel, David Carlson, Kyle Kammer, Braden Field, Anna Linkenauger, Kate Murphy, Jennifer Johnson, Amy Carlson and Paige Boyer. Austin Fiehler placed in the Top 6 in three events. The kids had nearly 80% best Long Course Times. Zones ended the Short Course season. WAC sent Joey Hewitt, Peyton Young, Scott Cutler, Kurt Linkenauger, and Kyle Kammer to the meet as members of the Virginia All-Star team. Joey, Peyton, and Scott were three of only six Virginia swimmers to win events at the meet. All the wins were National Reportable Top-16 times.

[www.swimwac.com](http://www.swimwac.com)

Make sure you catch  
up with all our news ...  
check out the web-site

## WAC LONG COURSE SCHEDULE 2004

<u>DATE</u>	<u>MEET</u>	<u>POOL</u>	<u>CLASSIFICATION</u>
4/30-5/1	NAVAL ACADEMY	ANNAPOLIS	A/BONUS BB
4/30-5/1	TIDE SPRING MEET	FLEET REC.	BB/B/C
5/13-5/6	POSEIDON CLASSIC	RIVERSIDE RICHMOND	A+
6/4-6/6	RAYS INVITATIONAL	FREEDOM CENTER	A/BB/B/C
6/19-6/20	SUMMER SOLSTICE	CGIT NEW JERSEY	A - SENIOR BB - 14 & U
6/19-6/20	COMMONWEATH GAMES	WAYNESBORO	A/BB/B/C
7/9-7/11	SENIORS CHAMPS	GMU - FAIRFAX	AA+
7/16-7/18	SUMMER AWARDS	FREEDOM CENTER	A/BB/B/C
7/22-7/25	SUPER SECTIONALS OR FLORIDA SECT.	BUFFALO FT. LAUDERDALE	ELITE
7/30-8/1	AGE GROUP CHAMPS	GMU - FAIRFAX	A+
8/11-8/14	ZONES	BUFFALO	ALL-STAR TEAM