

# WAC ATTACK

“News from Around the Pool”

September/  
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Volume 5, Issue 5

## COACH'S CORNER

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Dear Parents,

WAC is off to another exciting start. The Bubble up Party was held on Saturday Sept. 24<sup>th</sup>—thanks to everyone who turned out to help.

The Meet sheets for the First Meet are out, as are the sheets for the WAC hosted meet on Oct. 22 & 23. We'll need plenty of volunteers to work the meet— you'll likely get a call or a handout soon, to see how you can help. The meet is a major fundraiser for the team, so it's very important that everyone assists in some capacity.

We are presently looking for a new full Time Age Group Coach. We have an ASCA Level 5 (Top Rating) Coach that is very interested in the program and the job. We hope to fly him in for an interview soon. We have hired a number of part-time Coaches (see “Coaches Bio” information on the following pages).

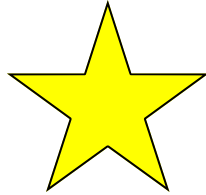
If you have any questions about the program or if you know of anyone that wants to join later in the year, please call Harold at 229-8334. With over 250 Swimmers in the program this Fall, Age Group Blue and Developmental Black are full. The sooner a Swimmer gets on the list for next session, the better the chance they have of getting into the level that they want or should be.

Harold

### Practice Animals for 2004-2005

- ★ SENIOR - BLACK
- ★ JON VORPAGEL
- ★ SENIOR - BLUE
- ★ PAIGE BOYER
- ★ MEAGHAN HOLLOWAY
- ★ PRE-SENIORS
- ★ KINDYL BOYER
- ★ AGE GROUP - BLACK
- ★ KELLY BENNETT
- ★ AGE GROUP - BLUE
- ★ MATTHEW WALLACE
- ★ NICALINA MARCIANTE
- ★ DEV. - BLACK
- ★ JOHNNY SHIDELER
- ★ DEV. - BLUE
- ★ JACK LONERAGAN
- ★ DAVID CARLSON WAS THE
- ★ WEIGHTROOM PRACTICE
- ★ ANIMAL





## SUMMER RE-CAP

WAC had another great summer. The team placed 4th at the Age Group State Championships, missing 3rd by only 1 relay. At Seniors, the team finished 5th overall. WAC continues to be the smallest Community in the Top 10 at both meets. Ashley Byrd, Paige Boyer, Meghan Holloway, and Geoff Marston won events at the Age Group State Meet.

Eight Age Group Swimmers went to the Eastern United States Zone Meet in Buffalo is August. Ashley Byrd, Morgan Dowling, Mitch Finch, Joey Hewitt, Ricky Knicely, Geoff Marston, Haley Schweitzer, and Trevor Wheelock were part of the Virginia All-Star Team.

Ten Swimmers participated at the Senior Eastern United States Sectionals that included many College Swimmers. These Swimmers were Mathew Baumler, David Carlson, Parker Field, Meaghan Holloway, Anna Linkenauger, Kate Murphy, Sarah Murphy, Lisa Shanks, Jon Vorpapel, and Kyle Kammer. Meaghan placed in the Top-12 in 3 events.

Meghan Holloway qualified for the Junior National Meet in Clovis California. She competed in four events on the National Level while being 14 years old. Way to go to all!!



## Returning & New Part-time Coaches

**Chelsea Finch** - A junior at William & Mary. Chelsea returns for her 2<sup>nd</sup> year after being an Assistant at Kingsmill this Summer.

**Matt Aviles** - Matt is a Junior at William & Mary. He is a Monroe Scholar in Physics. He has 8 years of Swimming Experience and has coached for the 4 summers as well as taught lessons.

**Tyler Hawks** - Tyler has just passed his Law Bar Exam this Summer. He was a WAC, Lafayette, and Kingswood Swimmer. He has helped with the Kingspoint team for 9 years.

**Justin Graf** - Justin is a Law Student at William & Mary. He swam for Middlebury College for 4 years and was a Junior National Qualifier as an Age Grouper. He has Coached for 5 years at the Thousand Oaks YMCA in California.

The first and second **meet information forms** have already been sent home. You need to get an envelope and return it to a Coach with your swimmer's name and events on the outside. Please put the fees inside the envelope, so that Harold will have all of your information when he enters your swimmer into the meet data base.

The **Meet Advertisement handout** has been mailed or sent home. If you get an ad, 1/2 of the amount goes to the club & 1/2 of the amount comes off your next Dues Bill. This is a win-win situation and really helps keep fees done. Your dues pay for 60% of the cost of running the club, so this is an important fundraiser. Help us keep our fees as low as possible. If you need another form, the Coaches have them at both pools. **It's not too late to purchase an ad!**

**NEW TEAM RECORDS  
FROM THE SUMMER OF  
2005**

**Ashley Byrd** - 11 & 12 Girls  
50-100 Back

**Natalie Sukramani** - 11 & 12  
Girls 200 Back

**Scott Cutler** - 13 & 14 Boys  
50 Free

**Matt Baumler** - 13 & 14 Boys  
100-200 Free, 100 Back, 100 -  
200 Fly

**Mitch Finch** - 13 & 14 Boys  
200 Back

**Meaghan Holloway** - 13 & 14  
Girls 50-100-200-400-800-1500  
Free, 100-200 Breast, 100-200  
Fly, 200-400 I.M.

**Lisa Shanks** 13 & 14 Girls  
200 Back and 15 & 16 Girls 400-  
800 Free, 100-200 Back

**Kate Murphy** - Senior Girls  
200 Free

**Anna Linkenauer** - Senior  
Girls 100-200 Back

**New Relay Records**

10 & under Girls - 400 Medley Relay -

Morgan Dowling - Lindsay Page - Allie Christy - Lydia Fleck

13 & 14 Girls - 200 Free Relay -

Catie Pittman - Meghan Wheelock, Paige Boyer - Meaghan Holloway

400 Free Relay -

Lindsay Ancellotti - Haley Schweitzer, Paige Boyer - Meaghan Holloway

200 Medley Relay -

Catie Pittman - Paige Boyer, Meaghan Holloway - Meghan Wheelock

400 Medley Relay -

Catie Pittman - Paige Boyer, Meaghan Holloway - Haley Schweitzer

13 & 14 Boys 200 Free Relay -

Scott Cutler - Ricky Knicely, Trevor Wheelock - Peyton Young

400 Free Relay -

Scott Cutler - Trevor Wheelock, Ricky Knicely - Peyton Young

200 Medley Relay -

Scott Cutler - Peyton Young, Trevor Wheelock - Ricky Knicely

Senior Girls 200 Free Relay -

Kate Murphy - Anna Linkenauer, Meaghan Holloway - Paige Boyer

400 Free Relay -

Kate Murphy - Meaghan Holloway, Sarah Murphy - Lisa Shanks

800 Free Relay -

Meaghan Holloway - Anna Linkenauer - Lisa Shanks - Kate Murphy

200 Medley Relay -

Lisa Shanks - Paige Boyer, Meaghan Holloway - Kate Murphy

400 Medley Relay -

Lisa Shanks - Meaghan Holloway, Sarah Murphy - Kate Murphy

Senior Boys 200 Medley Relay -

Kyle Kammer - Ethen Sherman, Parker Field - Jon Vorpapel



**Looking for a way to fulfill your work com-  
mitment? Do you want to be on the deck  
during meets? Would you like to eat well (and  
for free) both before and after the meets?**

Then think about becoming an official, and working some of the meets that you'll already be at anyway. For more information, contact WAC Officials Chair Eric Young at [wacofficials@hotmail.com](mailto:wacofficials@hotmail.com).

## WAC BIRTHDAYS

### SEPTEMBER

GEOFF MARSTON 9/1  
ERIN BACON 9/5  
SARAH MURPHY 9/9  
SEAN GOLDEN 9/10  
COREY SHIDELER 9/11  
JOSH DUTRO 9/12  
KATIE LAUNDRIE 9/12  
SARAH LENCESKI 9/15  
ASHLEY BYRD 9/15  
CATHERINE O'DONNELL 9/16  
JOHN OGLESBY 9/17  
KRISTINA BLANQUIZ 9/18  
CHRIS MERCER 9/18  
JACK SADLER 9/18  
NATALIE SNYDER 9/18  
TREVOR WHEELCOK 9/19  
TAWNI HATCHER 9/20  
ALLISON BENNETT 9/21  
ELIZABETH STANLEY 9/22  
TRAY PANKEY 9/23  
MATHEW BAUMLER 9/24  
PAIGE BOYER 9/26  
ELIZABETH WALLACE 9/27  
MEAGHAN WHEELOCK 9/27  
BRIAN HYNES 9/28  
MARY BETH COLLEY 9/29  
AMANDA BENNETT 9/30  
BEN COLLEY 9/30

### OCTOBER

MATTHEW WALLACE 10/2  
COURTNEY WHITEHEAD 10/2  
DEVAN FREELAND 10/3  
TAYLOR HOGGE 10/5  
LINDSEY PAGE 10/5  
FRASER LONERAGAN 10/6  
LAZULI CRISTOL 10/7  
MEAGHAN HOLLOWAY 10/8  
MOLLIE WILSON 10/8  
NIKKI FULFORD 10/10  
KELSEY BROWN 10/11  
ALLIE CHRISTY 10/11  
KATIE STEWART 10/15  
BRENT SHAWCROSS 10/16  
CARTER CATHERINE  
ROEHRLE 10/19  
JENNALEE ROWDEN 10/22  
SARAH NIEWOLA 10/23  
BLAKE HORRELL 10/23  
MEGAN WATKINS 10/24  
MIAH WILDER 10/24  
MEAGHAN ROWLEY 10/25  
HANNAH DOWDY 10/25  
MORGAN DOWLING 10/26  
KELLY DUNBAR 10/28  
LAUREN FREELAND 10/28  
CHARLIE MCADAMS 10/29  
TOM MCGOVERN 10/30



*We Are Champions!*