

WAC ATTACK

“News from Around the Pool”

February & March
2006

Volume 5, Issue 8

COACH'S CORNER

Inside this issue:

The new Age Group Coach will join us around April 1st. His name is Lee Hutchens. Lee is currently an Age Group Coach with New Wave out of Raleigh, N.C. He swam for QDD and Solotar in Northern Virginia as an Age Grouper, and for East Carolina University, before entering the coaching profession. Lee is getting married this August. His fiancé was a swimmer at the University of North Carolina. Look at the next page of the newsletter for Lee's note to the club, and the last page for his picture.

The Championship Season got off to a very successful start. WAC won both the B/C District Championship and the A/BB Regional Championship Meets. There were a ton of new qualifying times for States. See the new classifications page for all of the new 1st time swims. Event winners at the B/C Champs were Emily Lynn, Sarah Jurczyk, Allie Christy, Grace Little, Lindy Sellev, Jenna Sellev, Amanda Shideler, Natalie Snyder, Natalie Sukramani, Brian Hynes, David Anderson, Tray Pankey, Taylor Fisher, Charlie McAdams, Jason Montgomery, Eric Bose, Ian Owen, and Bradley Lauth.

Event winners at the A/BB Champs were Amanda Bennett,
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January Swimmers of the Month

11 & Unders

Girls: Sarah Jurczyk
Boys: Tom McGovern

12 & Overs

Girls: Anna Linkenauger
Boys: Ricky Knicely

February Swimmers of the Month

11 & Unders

Girls: Grace Little
Boys: Brian Hynes

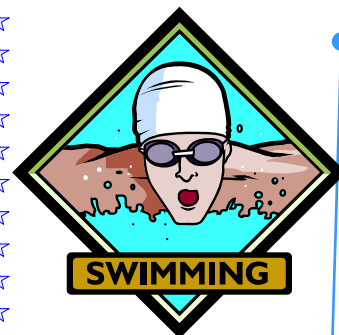
12 & Overs

Girls: Colby Jensen
Boys: Parker Field

***note change in age break-down to
give it more balance***

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A Note from Coach Lee Hutchins

First I would like to thank Harold and WAC for giving me this opportunity to become a part of the WAC team. I am excited about the opportunity to come and be apart of a great swimming tradition like WAC and to coach alongside a great staff. After hearing how great the team has done lately, I am looking forward to a great future with WAC and excited that I will be a part of it.

I have been involved in swimming for about 24 years now as both a swimmer and coach. I grew up in northern Virginia where I swam competitively for QDD and Solotar, which is no longer around. After that I went to swim for East Carolina University for four years. As a swimmer, I achieved Junior National time standards, state championships, was a team captain and a Top 10 swimmer for ECU.

After I was done with my swimming career, I started my coaching career. I began that in Greenville, NC with the Greenville Swim Club, where I was an assistant coach, then became the Head Age Group Coach. I then took a job in Raleigh, North Carolina with New Wave Swim Team where I am an assistant Age Group Coach. During my years of coaching, I have coached Top-16 swimmers and relays, State and Sectional champions. Also during my coaching career, I have been elected a zone coach for North Carolina three times.

I have a strong passion and enthusiasm for the sport of swimming and I bring that to the deck everyday. One of my goals as a coach is to help all swimmers that I interact with create a love for the sport. Then take that and try to help mold the swimmer into the best swimmer they can be. I believe the swimmer should enjoy what they are doing, if they do then it will always be fun and they will want to continue to swim. That is important to me as I always want to see all swimmers have a long future in swimming whether it be at an Olympic level, at a recreation level or somewhere in-between. Once they start to not like it or lose the love for the sport, then it becomes not fun

(continued on page 4)

February

Senior - White

Sarah Murphy 100%
Parker Field 100%

Senior - Black

Ethan Sherman 100%

Senior - Blue

Christiana Tambone 95%

Pre-Seniors

Kindyl Boyer 83%

Age Group - Black

Katie Heath 100%

Age Group - Blue

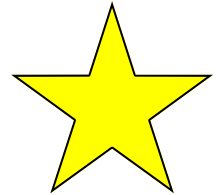
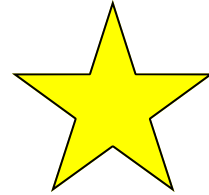
Johnny Shideler 95%
Matthew Wallace 95%

Developmental - Black

Corey Shideler 93%
Delaney Burgett 93%

Developmental - Blue

Fraser Loneragan 100%
Trish Patton 100%
John Morrow 100%





1st "AAA" TIME

B.J. Dunn
Sydney Giblin
Joseph Niewola

1st "AA" Time

Allie Christy
Jonathan Cullom
Devan Freeland
Garrett Hasslinger
Neil Huckstep
Nicole Martin
Jessica Robinson
Kasey Silvia
Natalie Sukramani
Matthew Wallace

1st "A" Time

K.K. Anderson
Mary Beth Colley
Rebecca Cordner
Indigo Cristol
Lydia Fleck
Jason Haigh
Michael Holder
Brian Hynes
Katie Laudrie
Robbie Linderman
Grace Little
Jason Montgomery
Allison Moore

1st "A" Time (cont.)

Erin Morrow
Joey Morrow
Catherine O'Donnell
Paul O'Hara
Cameron Overy
Roger Romero
Johnny Shideler
Natalie Snyder

1st "BB" Time

Rachel Braig
David Blacher
Jeffrey Guerrant
Katie Heath
Walker Kale
Connor Lachine
Tom McGovern
Ian Owen
Ralph Romero

1st "B" Time

Robin Bland
Jennah Blommel
Mackenzie Karnes
Connor Lachine
Kimber Moore
Danny Morrow
Tom Nanartowich
Sophia Rodriguez
Jennalee Rowden
David Stefanowicz
Hailey Voorhees
Madeline Walters
Joel Krenzer



MARCH BIRTHDAYS

Laura Curtis	3/5
Ian Owen	3/5
Ian Turner	3/7
Kindyl Boyer	3/8
Jason Montgomery	3/9
Kevin Holder	3/12
Jenna Sellow	3/12
Kurt Linkenauger	3/13
Thomas Hood	3/14
Indigo Cristol	3/15
MacKenzie Karnes	3/17
Holly Bacon	3/18
Joel Krenzer	3/26
Bruce Jackson	3/27
Erin O'Connell	3/28
Jenna Hamra	3/29
Luke Griffioen	3/30
Beth Murphy	3/30

Coach Lee (continued from page 2)

and then the swimmer may lose interest in the sport and not want to do it. I am a big believer that the swimmers can learn great life lessons through swimming which will help them become a bigger and better person not only in the pool but out of the pool. I try to instill that into practice everyday where they can learn something from their practice that they can use outside of the pool. I am also a big believer in the swimmers training their minds in practice as well as their bodies. If they can learn to think while they swim, understand what they are doing and can pay attention to themselves during practice then you will continue to see them developing into a smarter swimmer which will create more opportunities for them in their future. These are just a few things that drive me everyday to provide a great practice and meet environment for the swimmers.

I also look forward to not only starting a new chapter in my coaching career in Williamsburg but starting a new family there also. I am currently engaged and will be getting married on August 5. My fiancé and I are excited about starting our family in Williamsburg and look forward to many great years there.

(Coach's Corner, continued from page 1)

Kindyl Boyer, Corydon Butler, Allie Christy, Ben Colley, Jonathon Cullom, Stephanie Evans, Sydney Giblin, Jason Haigh, Garrett Hasslinger, Ricky Knicely, Garrett Lynn, Beth Murphy, Sarah Murphy, Cameron Overy, Scooby Peterson, Meaghan Rowley, Cole Sanderson, Kasey Silvia, Sara Stewart, Natalie Sukramani, Christiana Tambone, Matthew Wallace, Meghan Wheelock, and Trevor Wheelock. The team high point scorers were Paul Schisa and Christiana Tambone.

The Bathhouse is moving right along with the interior painting beginning this week. Be on the lookout for information about the Wine & Cheese social. VA Swimming just released the Summer Long Course schedule this week. I will email our schedule and post it on the website soon. Harold



Coach Lee Hutchens