

WAC ATTACK

"News from Around the Pool"

October 2006

Volume 5, Issue 10

COACH'S CORNER

Inside this issue:

Welcome to another exciting year of WAC Swimming! The Bubble is up and the Bathhouse is finished. The first Meets are just around the corner. Your swimmer should have brought home the meet information for October. Please get your entries back to your Coaches by the deadlines. Once the entries are sent off, we can not get your swimmer into the meet.

The Team had an exciting end of the

summer. At Age Group State Champs, Lindsey Page and Joey Hewitt won individual State Championships. Ben Colley, Olivia Freeland, Joey Hewitt, Catie Pittman, Meaghan Rowley, Cole Sanderson, and Matthew Wallace qualified for and completed at the Eastern United States Zone Meet in Buffalo as Virginia All-Stars.

Ben Colley had several Top 8 finishes at Zones.

At the Senior State Championships, Anna Linkenauger won the 200 I.M. Meaghan Holloway finished 3rd in the Individual Total Points.

These were great accomplishments considering that there were over 100 College swimmers in the Meet. There are no Age Groups at this level, everyone swims in the same event.

Parker Field, Kyle Kammer, and Kate Murphy had Top-4 finishes in the Meet as well as Meaghan and Anna

Meaghan Holloway went onto the Junior National Meet in California. She Finaled in the 200 Breast and broke 2 WAC Records at the Meet

(continued on page 5).

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- ☆☆ September Swimmers of the ☆☆
- ☆☆ Month ☆☆
- ☆☆ 11 & Unders ☆☆
- ☆☆ **Girls:** Taylor Vitaletti ☆☆
- ☆☆ **Boys:** Joey Morrow ☆☆
- ☆☆ 12 & Overs ☆☆
- ☆☆ **Girls:** Catherine O'Donnell ☆☆
- ☆☆ **Boys:** Brent Shawcross ☆☆
- ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

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WAC MEET OCTOBER 21&22

WAC will be hosting a meet on Oct. 21 & 22 . If you would like to get a work credit, please call Anne Anderson at 220-8633. The advertising info was mailed home. Remember that 1/2 of the Ad fee goes to WAC and 1/2 comes off of your next WAC bill. A percentage of the Meet fees will be going to the Sue Favor College Fund for her daughters.

NEW LONG COURSE
TEAM RECORDS SUMMER 2006

11 & 12 Girls

Gabrielle Bishop - 50 Free 29.44

11 & 12 Boys

Ben Colley - 200 Fly 2:33.42

15 & 16 Girls

Meaghan Holloway - 100 Free 1:00.67;
200 Free 2:10.59; 400 Free 4:42.70;
100 Breast 1:14.33; 200 Breast 2:40.26;
100 Fly 1:04.22; 200 Fly 2:23.37; 200
I.M. 2:27.46

15 & 16 Boys

Matt Baumler - 100 Fly 58.69

Senior Girls

Kate Murphy - 100 Free 1:00.78;
200 Free 2:10.79; 200 Fly 2:26.37

Anna Linkenauger - 400 Free 4:41.18;
100 Back 1:10.57; 200 Back 2:27.39;
400 I.M. 5:14

Senior Boys

Kyle Kammer - 200 Back 2:16.38

Relays

Senior Girls

Meaghan Holloway - Paige Boyer - Anna
Linkenauger - Kate Murphy broke all 5 Team
Records.

200 Free Relay - 1:54.42

(continued on page 3)

PRACICE ANIMALS
FOR THE SUMMER

Senior - White

Paige Boyer - 100%
Nick Eckhoff - 100%
Parker Field - 100%
Meaghan Holloway 100%

Senior - Black

Sydney Giblin - 100%

Senior - Blue

Kindyl Boyer - 100%
Ashley Byrd 100%
Meghan Rowley 100%

Pre-Seniors

Luke Griffioen - 100%

Age Group - Black

Julia Evans - 100%

Age Group - Blue

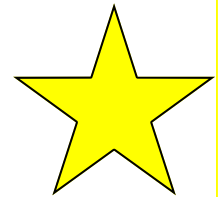
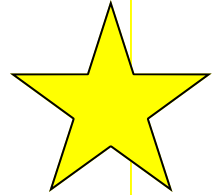
Andrew Darling - 94%

Developmental - Black

Elizabeth Folsom - 100%
Jalen Guillory - 100%
Kelli Mitrovic - 100%
Joey Morrow - 100%

Developmental - Blue

Whit Armbruster - 100%
Elena Evans - 100%
Sarah Lemley - 100%
Izabella Montes - 100%
John Morrow - 100%



*New Classifications
from the end of the summer
champs swim meet*

1st "AAAA" TIME

Ben Colley
Gabrielle Bishop
Matthew Wallace

1st "AAA" Time

Amanda Bennett
Geoff Marston
Cole Sanderson
Matt Wallace

1st "AA" Time

Devon Freeland
Cameron Overy

1st "A" Time

Lisa Mokszanowski



FUNDRAISING

Boxes have been set-up at the Bubble for Meet Ads, for Cell Phone and Ink Jet Cartridge recycling, and for Spectator's Receipts. There also is information about the Entertainment Books. They cost \$25.00 but you can get a coupon for \$25.00 on-line to a variety of restaurants. The book actually does not cost a thing if you like to go out and eat.

(Team records, continued from page 2)

200 Medley Relay - 2:04.05
400 Free Relay - 4:04.09
400 Medley Relay - 4:30.14
800 Free Relay - 8:53.13

Senior Boys

Kyle Kammer - Ethan Sherman - Matt Baumler - David Carlson broke 2 Team Records.

200 Medley Relay - 1:51.76
400 Medley Relay - 4:05.38

Parker Field - Ethan Sherman - Matt Baumler - David Carlson broke 1 Team Record

400 Free Relay - 3:42.74

OCTOBER BIRTHDAYS

Devan Freeland	10/3
Lindsey Page	10/5
Taylor Hogge	10/5
Fraser Loneragan	10/6
Lazuli Cristol	10/7
Meaghan Holloway	10/8
Mollie Wilson	10/8
Allie Christy	10/11
Maggie Jaruseski	10/13
Julian Montes	10/13
Katie Stewart	10/15
Libby Bland	10/16
Brent Shawcross	10/16
Carolina Keating	10/18
Carter Catherine Roehrle	10/19
Jennalee Rowden	10/22
Sarah Niewola	10/23
Megan Watkins	10/24
Meaghan Rowley	10/25
Hannah Dowdy	10/25
Lauren Freeland	10/28
Kelly Dunbar	10/28
Charlie McAdams	10/29
Tom McGovern	10/30

HOMESCHOOL & PRESCHOOL PROGRAM

WAC is starting up a Homeschool/Preschool Competitive Swimming Prep Program.

The program will begin on Monday, Oct. 2nd at the Bubble. It will run Monday & Thursday, from 1:00-2:30 P.M. and Wednesday from 12:00-1:00 P.M. The swimmer must be able to swim the length of the Pool doing Freestyle and Backstroke. If you are interested call Harold at 229-8662.



Interested in getting a great view at the next meet ? Looking for a way to fulfill your work commitment? 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.

(Coach's Corner, continued from page 1)

The year in review for those that are new to the Program:

A) 11 Seniors went onto college swimming at Colgate, Duke, MIT, North Carolina State, the Air Force Academy, JMU, George Mason, Kenyon, and Mary Washington.

B) The Team finished second at the Speedo Eastern United States Senior Sectional Meet to the North Baltimore Club.

C) Six WAC Swimmers were named Academic All-American by United States Swimming. This tied Nova for the most in Virginia and was more than the rest of the Tidewater teams combined.

D) WAC was named the 46th best program in the Country (top 2% Nationally) by United States Swimming.



Williamsburg Aquatic Club

We Are Champions!