

WAC ATTACK

"News from Around the Pool"

December 2006 &
January 2007

COACH'S CORNER

Inside this issue:

The new bubble should be shipped by the end of the week. It will be slightly bigger, and attaches to the deck with a different system. Hopefully, it will be in place by the end of the month. I will do an e-mail once the manufacturer gives us the set-up date.

Planning is underway for the January meet and the Wine and Cheese Social/Auction. If you are interested in getting involved, check out the details later in the newsletter.

The December meets went well, with many new classifications – check out page 3 to see the names of you and your friends. The January and February meets are important, as they are the last opportunity to get qualifying times before the Championship meets start in late February. It is hard for the high school swimmers to go 3 months without swimming in any of the longer events, and then go to a Champs meet and do the 200s, 400s, or the 1000/1650. These meets are part of your swimmer's training, and the coaching staff hopes that everyone signs up for these meets.

WAC has volunteered to run ½ of the Age Group State Championship Meet, to be held in March, at Ft. Eustis. The events that will be held there are the 9/10 and 11/12 preliminaries. The finals will be at

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November Swimmers of the Month

11 & Unders

Girls: Kylie Roehrle

Boys: Neil Huckstep

12 & Overs

Girls: Gabrielle Bishop

Boys: Tom McGovern

December Swimmers of the Month

11 & Unders

Girls: Erin Morrow

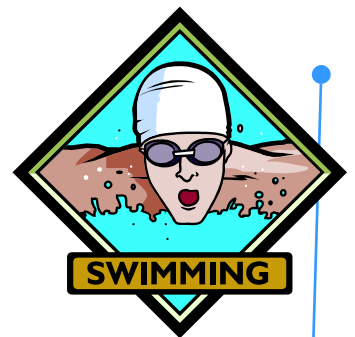
Boys: Walker Kale

12 & Overs

Girls: Brooke Shawcross

Boys: Nick Eckhoff

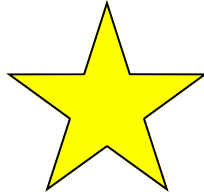
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PRACTICE ANIMALS FOR NOVEMBER

Senior - White

| | |
|--------------|------|
| Nick Eckhoff | 100% |
| Parker Field | 100% |



Senior - Black

| | |
|-----------------|-----|
| Ted Sukramani | 90% |
| Lizzie Mitchell | 90% |

Senior - Blue

| | |
|--------------|-----|
| Kasey Silvia | 82% |
| Taylor Hogge | 82% |

Pre-Seniors

| | |
|-------------------|-----|
| Natalie Sukramani | 93% |
|-------------------|-----|

Age Group - Black

| | |
|-------------|-----|
| Jack Sadler | 89% |
|-------------|-----|

Age Group - Blue

| | |
|---------------|------|
| Kylie Roehrlé | 100% |
|---------------|------|

Developmental - Black

| | |
|------------------|------|
| Jalen Guillory | 100% |
| Fraser Loneragan | 100% |

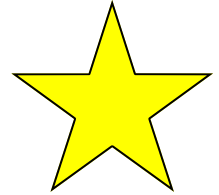
Developmental - Blue

| | |
|--------------|-----|
| Addy Hornsey | 84% |
| Angela Payne | 84% |
| Jack Rawlins | 84% |
| Emily Payne | 84% |

PRACTICE ANIMALS FOR DECEMBER

Senior - White

| | |
|------------------|------|
| Nick Eckhoff | 100% |
| Parker Field | 100% |
| Meaghan Holloway | 100% |



Senior - Black

| | |
|-----------------|-----|
| Lizzie Mitchell | 89% |
| Scooby Peterson | 89% |

Senior - Blue

| | |
|-------------|-----|
| Ashley Byrd | 94% |
|-------------|-----|

Pre-Seniors

| | |
|--------------|-----|
| Chelsea Page | 92% |
|--------------|-----|

Age Group - Black

| | |
|-------------|------|
| Walker Kale | 100% |
|-------------|------|

Age Group - Blue

| | |
|---------------|------|
| Kylie Roehrlé | 100% |
|---------------|------|

Developmental - Black

| | |
|----------------|------|
| Kelli Mitrovic | 100% |
|----------------|------|

Developmental - Blue

| | |
|-------------|------|
| Elena Evans | 100% |
|-------------|------|



New Classifications

1st "AAA" Time

Jason Haigh
Colby Jensen
Joe Niewola

1st "AA" Time

Scott Harrington
Sarah Jurczyk
Grace Little
Erin Morrow
Catherine O'Donnell

1st "A" Time

Scott Harrington
Claire Lennarz
Taylor Hogge
Brett Huckstep
Neil Huckstep
Tom MCGovern
Victoria Schoenig
Cole Sanderson
Taylor Vitaletti

1st "BB" Time

Madeline Clevinger
Rae-Mi Cooper
Brian Dumont
Jeffrey Guerrant

1st "BB" Time, continued

Jared Heusesr
Julianna Jones
Susanna Keating
Megan Killilea
Claire Lennarz
Fraser Loneragan
Kelli Mitrovic
John Morrow
Isabel Overy
Carter Catherine Roehrle
Corey Shideler
Catherine Spratt
Kate Watkins

1st "B" Time

Chelsea Guillory
Brooke Loneragan
Andrew Patton
Mitch Watkins

HELP WANTED

WAC still needs a Social Chairman. This Position supervises the Level liaisons and plans functions, like the dinners before the Championship Meets and the Christmas party. If you interested in using this position to fulfill your work commitment, please call Harold at 229-8662.

Bingo has 2 positions available that will fulfill your work commitment and cut our WAC costs. They are in need of a banker and a Team Manager. There are 4 teams, so you would work 1 Monday a month. Please contact Jackie Silvia if you are interested, at 345-5196.

The **Wine & Cheese Social/Auction** is coming later this spring. If you have anything that you or family would like to donate, or if you have any skills that would help with the planning or set up, please call Cindy Colley at 253-1490.

The **Ad Deadline** for the WAC Winter Splash Meet 13 & over Meet will be on Friday, January 12th. Remember that ½ of all the Ad money comes directly off of your next WAC bill. Please return ads to Harold. If you need AD Forms, you can get that off the web-site at www.swimwac.com or from the office.

Interested in Stroke and Turn Officiating?

Get involved in the swim meet! Why sit in those crowded, noisy and sweltering swim bleachers when you can be much cooler and closer to the athletes? Come on down to the deck and get close to the action. Train to be a Stroke & Turn Official! There is a simple program in place to help you learn the rules and mentor along side certified officials as you get comfortable with the rules and position which generally takes 8 swim sessions. The whole process starts with an orientation meeting and the certification counts toward your WAC volunteer requirements. Call Cay Pittman at 565-3599 to get in on the action!

WAC MEET INFO

The \$2.00/swimmer fee for hospitality, instead of everyone bringing something in, has been a big hit. Please send \$2.00/swimmer in to practice for the January 20th meet, even if your child is not swimming in the meet. Please remember to put your name on the outside of the envelope, so that we know who it's coming from.

If you would like to get a work credit at the meet please contact Cindy Colley at 253-1490 or Anne Anderson at 220-8633. For those not working the major positions at the meet, please remember that we need everyone's help when we sponsor a meet. We still need to fill all the timer's positions, and provide officials.

DECEMBER BIRTHDAYS

| | |
|--------------------|-------|
| Walker Kale | 12/2 |
| Ricky Knicely | 12/2 |
| Katie Cho | 12/4 |
| Mitch Watkins | 12/4 |
| Casey Favor | 12/6 |
| Addy Hornsey | 12/7 |
| Chelsea Jensen | 12/12 |
| Nicalina Marciante | 12/15 |
| Angela Payne | 12/16 |
| Emily Payne | 12/16 |
| Brett Huckstep | 12/19 |
| Nicholas Schoenig | 12/20 |
| Molly Emmett | 12/21 |
| Erin Morrow | 12/22 |
| Scott Harrington | 12/26 |
| Isabel Overy | 12/26 |
| Scooby Peterson | 12/28 |

JANUARY BIRTHDAYS

| | |
|--------------------|------|
| Taylor Fisher | 1/1 |
| Marina Nanartowich | 1/2 |
| Allie Bacon | 1/3 |
| Jack Loneragan | 1/5 |
| Allison Moore | 1/5 |
| Landon Stulen | 1/5 |
| Bridget Killilea | 1/7 |
| Amanda Shideler | 1/10 |
| Ted Sukramani | 1/12 |
| Victoria Schoenig | 1/12 |
| Kimber Moore | 1/14 |
| Joel Owen | 1/15 |

January Birthdays, continued

| | |
|-------------------|------|
| Jade Bishop | 1/16 |
| Natalie Sukramani | 1/16 |
| Colby Jensen | 1/17 |
| Corinne Walters | 1/17 |
| Kasey Silvia | 1/17 |
| Jason Haigh | 1/20 |
| Miranda Christy | 1/26 |
| Nicholas Mercer | 1/27 |
| Thomas Snyder | 1/29 |
| Grace Llewellyn | 1/30 |
| Catherine Spratt | 1/30 |



(Coach's Corner, Continued from page 1)

Mid-Town, and that part of the meet will be run by TAC. There are several good things about this – we will not have to travel to Hargrave, and our extra relay teams will be able to get the experience of a state meet. The State runs a lot of this meet, but we will need help with some of the basic jobs. We will do an e-mail on those jobs as we get closer to the date.

Special thanks to the liaisons for getting the Christmas party together. There was plenty of food and gifts. The new WAC T-shirt was a hit; if your child did not get one, please ask the coaches for them. I hope that everyone had a great holiday season, and that everyone is ready to get back into the swing of things. Harold

A Computer Operator (CTS)?

Tired of trying to find enough room on the swim bleachers to park yourself? Why not become a Computer Operator and have reserved chair at the meet? The training program has you mentor along side certified officials and learn the rules as you get comfortable with the position; you will learn how to correctly set up and operate the computer system. It only takes 4-6 sessions of training/practice to help you learn all that you need to know. The whole process starts with an orientation meeting and the certification counts toward your WAC volunteer requirements. Call Cay Pittman at 565-3599 to get going!

**WAC
We Are Champions!**