

# WAC ATTACK

"News from Around the Pool"

December 2008

## COACH'S CORNER

The Christmas Championship Season is here. WAC will have 60 swimmers at the B/C Meet this weekend at Midtown. Chris and Harold will be in North Carolina with 45 Senior swimmers at the North Carolina Christmas Champs. The following weekend 36 Swimmers will be in the Virginia 12 & under Christmas Champs Meet at Ft. Eustis. This will be a great chance for the swimmers to get rewarded for all their hard work this fall.

Please make sure that your swimmer is rested and well fed leading into the meets. Sleep and energy are very important with Prelims/Finals Meets.

We started a new Session Dec. 1<sup>st</sup>. If you know of anyone hoping to get started this Winter or Spring, please contact Harold at 229-8662.

A special congratulations goes out to Marina Nanartowich. Marina is a Senior at Walsingham and has recently been accepted into the Naval Academy.

## New Team Records

### 8 & under Girls

Carter Catherine Roehrle  
25 Fly

Lazuli Cristol  
500 Free

### 8 & under Boys

Nick Schoenig  
  
200 & 500 Free  
25, 50 & 100 Back  
100 Fly  
100 I.M.

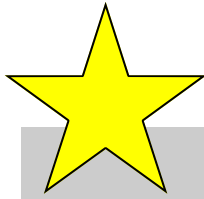


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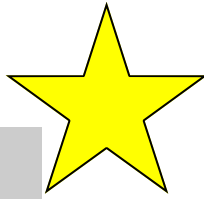
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# PRACTICE ANIMALS



|                          | <u>October</u>           |      | <u>November</u>          |      |
|--------------------------|--------------------------|------|--------------------------|------|
| <b>Senior "A"</b>        | Emily Lavay              | 100% | Emily Lavay              | 100% |
|                          | Chris Balch              | 100% |                          |      |
| <b>Senior "B"</b>        | Brad Dumont              | 96%  | Tom McGovern             | 100% |
|                          | Brian Dumont             | 96%  |                          |      |
| <b>Pre-Seniors "C"</b>   | Nicalina Marciante       | 100% | Nicalina Marciante       | 91%  |
|                          |                          |      | Sarah Niewola            | 91%  |
| <b>Age Group "D"</b>     | Ryan Babcock             | 96%  | Carter Kale              | 95%  |
| <b>Age Group "E"</b>     | Kate Donati              | 91%  | Carter Catherine Roehrle | 95%  |
|                          | Carter Catherine Roehrle | 91%  |                          |      |
| <b>Developmental "F"</b> | Cavan Sullivan           | 92%  | Tara Davy                | 100% |
|                          |                          |      | Jalen Guillory           | 100% |
|                          |                          |      | Rylee Homan              | 100% |
| <b>Developmental "G"</b> | Quinn Casheros           | 100% | Adam Dumont              | 89%  |
|                          | Adam Dumont              | 100% | Justin Jones             | 89%  |
|                          | Ethan Roehrle            | 100% | Ethan Roehrle            | 89%  |

SWIMMERS  
OF  
THE  
MONTH

OCTOBER

11 & UNDERS  
Taylor Vitaletti  
Nick Schoenig

12 & OVERS  
Emily Lavay  
Chris Balch

NOVEMBER

11 & UNDERS  
Kylie Roehrle  
Adam Dumont

12 & OVERS  
Delaney Burgett  
Daniel Wright

## DECEMBER BIRTHDAYS

|                    |       |
|--------------------|-------|
| Walker Kale        | 12/2  |
| Ricky Knicely      | 12/2  |
| Katie Cho          | 12/4  |
| Ryan Babcock       | 12/5  |
| Tara Davy          | 12/13 |
| Jack Cherry        | 12/14 |
| Nicalina Marciante | 12/15 |
| Natalia Skeba      | 12/15 |
| Angela Payne       | 12/16 |
| Emily Payne        | 12/16 |
| Brett Huckstep     | 12/19 |
| Nick Schoenig      | 12/20 |
| Dylan Sullivan     | 12/20 |
| Erin Morrow        | 12/22 |
| Scooby Peterson    | 12/28 |
| Faith Sullivan     | 12/31 |

## JANUARY BIRTHDAYS

|                    |      |
|--------------------|------|
| Taylor Fisher      | 1/1  |
| Marina Nanartowich | 1/2  |
| Jake Biskey        | 1/3  |
| Quinn Casheros     | 1/3  |
| Landon Stulen      | 1/5  |
| Amanda Shideler    | 1/10 |
| Victoria Schoenig  | 1/12 |
| Kimber Moore       | 1/14 |
| Courtney Williams  | 1/14 |
| Joel Owen          | 1/15 |
| Colby Jensen       | 1/17 |
| Kasey Silvia       | 1/17 |
| Corinne Walters    | 1/17 |
| Lauren Wood        | 1/19 |
| Jason Haigh        | 1/20 |

|                   |      |
|-------------------|------|
| Carissa Hardy     | 1/20 |
| Alexis Salangsang | 1/23 |
| Miranda Christy   | 1/26 |
| Nick Mercer       | 1/27 |
| Brett Smith       | 1/28 |
| Catherine Spratt  | 1/30 |



**We wish you the special gifts of  
this holiday season - Peace, Joy,  
Health, and Lasting Happiness.**

