

Williamsburg Aquatic Club

# WAC ATTACK

*"News from Around the Pool"*

[www.swimwac.com](http://www.swimwac.com)

October 2008

## COACH'S CORNER

Welcome to the "WAC Attack", our team newsletter. We try to get this out once every 4-6 weeks. Hopefully you will find a lot of fun and helpful information in the Attack. The issues are also posted on the team website, [www.swimwac.com](http://www.swimwac.com), where you can find more information related to the team, and also links to other swimming websites.

The Bubble went up very easily this year. Coach John, the newest member of our staff, stated that he had ever seen so many parents show up for a volunteer activity. The first meet at Ft. Eustis went well, with over 130 WAC swimmers participating. Look under the Classification Section for all the Swimmers reaching New Levels for the first time.

This newsletter includes some information from the end of the summer. The new Team Records, the Swimmers  
*(continued on page 2)*

## New Team Records

### **CARTER CATHERINE ROEHRLE — 8 & UNDER**

METERS - 50 FREE, 50 FLY,  
50 & 100 BACK,  
200 I.M.

YARDS - 200 I.M.

### **JASON HAIGH — 15/16**

METERS - 100 & 200 BREAST

The above records were set at the end of the summer or the start of the fall season.

### **CARTER CATHERINE BROKE A KATIE HOFF RE- CORD THAT STOOD FOR OVER 10 YEARS.**

**JASON QUALIFIED  
FOR, AND SWAM AT, THE  
JUNIOR NATIONAL MEET (19  
& under) IN MINNESOTA  
THIS SUMMER, IN THE 200  
BREAST.**



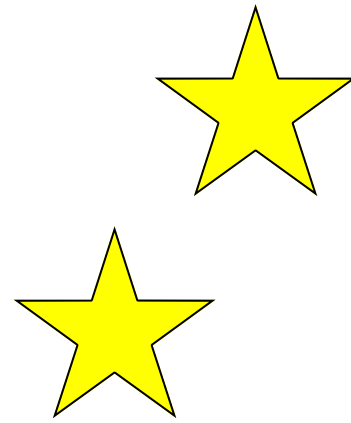
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# PRACTICE ANIMALS

	<u>SEPTEMBER</u>	
Senior "A"	KINDYL BOYER	100%
Senior "B"	TOM MCGOVERN	100%
Pre-Seniors "C"	NICALINA MARCIANTE	95%
Age Group "D"	RYAN BABCOCK	100%
	CARTER KALE	100%
	ROSA KIM	100%
Age Group "E"	JULIANNA JONES	100%
	CARTER CATHERINE ROEHRLE	100%
	VICTORIA SCHOENIG	100%
Developmental "F"	KATHRYN BURROWS	91%
	TARA DAVY	91%
	JALEN GUILLORY	91%
	ALEXIS SALANGSANG	91%
Developmental "G"	ETHEN ROEHRLE	100%



## SWIMMERS OF THE MONTH

### MAY

#### 11 & UNDERS

JULIANNA JOONES  
JOEY MORROW

#### 12 & OVERS

DEVAN FREELAND  
TOM NANARTOWICH

### JUNE

#### 11 & UNDERS

VICTORIA SCHOENIG  
JARED HEUSER

### JUNE (cont.)

#### 12 & OVERS

MADELINE WALTERS  
CHARLIE MCADAMS

### JULY

#### 11 & UNDERS

ELIZABETH FOLSOM  
CARTER KALE

#### 12 & OVERS

SARAH JURCZYK  
JASON HAIGH

### SEPTEMBER

#### 11 & UNDERS

CARTER CATHERINE  
ROEHRLE  
CONOR FLANNERY

#### 12 & OVERS

NICALINA MARCIANTE  
TOM MCGOVERN

**Congratulations!**

# Meet Coach John

The new coach for Pre-Senior “C” and Developmental “G” is John Poorman. John joins us from West Florida Lightning Aquatics in Largo, Florida. While with that club, John coached Masters, Seniors, and Age Groupers. He also coached the Osceola High School team. John married his wife, Kerry, on August 2<sup>nd</sup> of this year.

John graduated from the University of the Cumberland in Williamsburg, Kentucky, where he was a Dean’s list student as well as a four year NAIA National qualifier. After graduation, he became the Graduate Assistant for the College Team.

John also spent 5 years working, in the water, with children afflicted with cerebral palsy, to help them improve their range of motion, mobility, and self-confidence.

Please join us in welcoming Coach John to the WAC family.



## OCTOBER BIRTHDAYS

<b>Courtney Whitehead</b>	<b>10/2</b>
<b>Devan Freeland</b>	<b>10/3</b>
<b>Justin Jones</b>	<b>10/4</b>
<b>Taylor Hogge</b>	<b>10/5</b>
<b>Lazuli Cristol</b>	<b>10/7</b>
<b>Allie Christy</b>	<b>10/11</b>
<b>Christian Deweiler</b>	<b>10/11</b>
<b>Conor Flannery</b>	<b>10/11</b>
<b>Melina Boyette</b>	<b>10/12</b>
<b>Julian Montes</b>	<b>10/13</b>
<b>Leigh Hamilton</b>	<b>10/15</b>
<b>Carter Catherine Roehrle</b>	<b>10/19</b>
<b>Jennalee Rowden</b>	<b>10/22</b>
<b>Sarah Niewola</b>	<b>10/23</b>
<b>Megan Watkins</b>	<b>10/24</b>
<b>Miah Wilder</b>	<b>10/24</b>
<b>Lauren Freeland</b>	<b>10/28</b>
<b>Charlie McAdams</b>	<b>10/29</b>
<b>Tom McGovern</b>	<b>10/30</b>

## NOVEMBER BIRTHDAYS

<b>Hayley Batten</b>	<b>11/3</b>
<b>Cole Sanderson</b>	<b>11/4</b>
<b>Megan Welch</b>	<b>11/7</b>
<b>Elena Evans</b>	<b>11/9</b>
<b>Jessica Robinson</b>	<b>11/12</b>
<b>Roger Romero</b>	<b>11/12</b>
<b>Christiana Tambone</b>	<b>11/14</b>

<b>Jordan Wright</b>	<b>11/14</b>
<b>Kate Watkins</b>	<b>11/16</b>
<b>Cavan Sullivan</b>	<b>11/18</b>
<b>Catie Pittman</b>	<b>11/19</b>
<b>Ethan Roehrle</b>	<b>11/21</b>
<b>Madeline Walters</b>	<b>11/21</b>
<b>Kathryn Burrows</b>	<b>11/22</b>
<b>Emily Lavay</b>	<b>11/25</b>

