

# WAC ATTACK

*"News from Around the Pool"*

January 2009

## COACH'S CORNER

First the good news. WAC had a **great** December. The Championship Meets results were outstanding, as can be found in the New Classifications and the New Team Records. The Senior Boys topped off the Raleigh Meet by winning the last event of the meet and breaking the team record for the 400 Medley Relay. All four of the old record holders ended up swimming in college. The old record was set while winning the United States Eastern Sectional Meet in that event. Jason Haigh also won the 100 Breaststroke at the Raleigh Meet.

At the 12 & under Christmas Champs, WAC finished 3<sup>rd</sup> (2<sup>nd</sup> in individual points). The two teams that beat us had 130 and 20 more swimmers in the meet than WAC had thus giving them a large advantage in the relays. Taylor Vitaletti

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## New Team Records

### 8 & under Boys

**Nicholas Schoenig**

**100 Back, 100 Fly  
200 Free, 200 I.M.**

### 15 & 16 Year old Boys

**Jason Haigh**

**100 & 200 Breast**

### Senior Boys

**400 Medley Relay**

**Nick Eckhoff, Jason Haigh, Ben Lerosé, Ricky Knicely**



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# PRACTICE



# ANIMALS

## December

Senior "A"	EMILY LAVAY	100%
Senior "B"	TOM MCGOVERN	98%
Pre-Seniors "C"	ROB FOLSOM	90%
Age Group "D"	CARTER KALE	100%
Age Group "E"	JALEN GUILLORY	90%
	CARTER CATHERINE ROEHRLE	90%
Developmental "F"	KATHRYN BURROWS	92%
	ABIGAIL WRIGHT	92%
Developmental "G"	JUSTIN JONES	88%
	ETHAN ROEHRLE	88%

## SWIMMERS OF THE MONTH

### 11 & UNDERS

Jalen Guillory

Julianna Jones

### 12 & OVERS

Nick Eckhoff

Allie Christy

### (coach's corner, continued from page1)

and Carter Catherine Roehrle were the high point winners at this meet in their Age Group. Finals were a lot of fun and went great like always.

The early results (½ way point) in the United States Swimming Virtual Swimming National Championship are in. WAC is presently rated 104 out of 2,600 teams in the country. That puts us in the top 4%. This would be the 5<sup>th</sup> year in a row that we would be in the top 5% in the country. An official has told me that we may be the smallest Team listed in the Top 200. Way to go swimmers, parents, and coaches!!

The bad news has been the Ft. Eustis Pool Situation. The pool is fine, but they did not take care to meet the new Federal Regulations on Drain Covers. The problem should be corrected by this Friday January 17<sup>th</sup>. The WAC meet in Feb. will be a go. Harold

## FEBRUARY BIRTHDAYS

Victoria Hardy	2/2
Ralph Romero	2/2
Cody Brackett	2/3
Meaghan Shea	2/7
Kate Donati	2/10
Matthew Rice	2/10
Joey Morrow	2/11
Kaitlyn Pegram	2/13
Brooke Shawcross	2/13
Johnny Shideler	2/15
Jack Cudzik	2/17
Connor Lachine	2/17
Claire Lennarz	2/19
Brad Dumont	2/21
Brian Dumont	2/21
Kasey Kingman	2/22
Andrew Patton	2/23
Izabella Montes	2/26



## Lap -A- Thon Re-Scheduled

The lap-a-thon will not be held on Sunday, February 1st, as it is Super Bowl Sunday. The event will be rescheduled. Information on the new date will be coming soon. Keep your eyes open for it, and line up those sponsors!

**WAC**  
**We Are Champions!**