

WAC ATTACK

"News from Around the Pool"

May 2009

COACH'S CORNER

The Summer Long Course Season is here. The summer practice schedule will start Tuesday, June 16th. That schedule will be sent out with the summer session invoices on May 10th. The school schedule will continue through Monday, June 15th. The Bubble-Down will be June 13th. Emails will be sent out to remind families of the date and time. The awards banquet will also be that weekend.

The Short Course season ended with a bang. There were a lot of accomplishments as listed in this newsletter. Caroline Cherry and Sarah Jurczyk swam with the Virginia All Star Zone team in Rochester N.Y. There were 10 swimmers that went to the Eastern United States Speedo Championship Meet in Boyds Maryland.

They were Ben Lerose, Ben Colley, Jason Haigh, Michael Polo, Nick Eckhoff, Ricky Knicely, Allie Christy, Emily Lavay, Catherine O'Donnell, and Catie Pittman. The team finished 15th out of over 80 teams that attended from Virginia to Maine to Ohio.

United States Swimming announced the final standings for

(continued on page 3)

New Team Records

8 & under Boys

Jalen Guillory - 100 Breast

11-12 Girls

200 Free Relay – Indigo Cristol –

Kylie Roehrlé -Sarah Jurczyk –
Taylor Vitaletti

15 & 16 Girls

Emily Lavay – 200 Back

15-16 Boys

Ben Colley – 200 Fly

Senior Girls

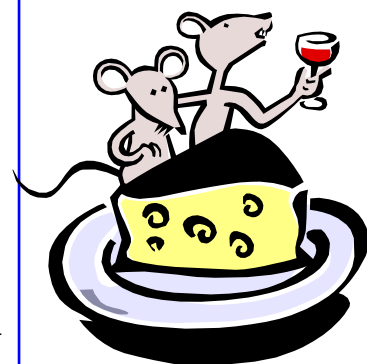
Catie Pittman – 100 Back

Senior Boys

- Jason Haigh – 200 Breast
- 200 Medley Relay – Ben Colley – Jason Haigh - Ben Lerose – Ricky Knicely
- 400 Medley Relay – Ben Colley – Jason Haigh - Ben Lerose – Ricky Knicely

Inside this issue:

Coach's Corner	1
New Team Records	1
New Classifications	2
Swimmers of the Month	2
Birthdays	2
Practice Animals	3



**Wine &
Cheese,
June 6th!**

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ **New Classifications** ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

- 1st "AAAA" Time**
 Sarah Jurczyk
- 1st "AAA" Time**
 Brett Huckstep
 Nicalina Marciante
 Christian Shaner
- 1st "AA" Time**
 Conor Flannery
 Carter Kale
 Danny Morrow
- 1st "A" Time**
 Jalen Guillory
 Matt Cudzik
- 1st "B" Time**
 Caleb Aman
 Parker Mercer



MAY BIRTHDAYS

Trisha Patton	5/1
Delaney Burgett	5/2
Emily Robitaille	5/5
Matt Cudzik	5/6
Nick Eckhoff	5/6
Sarah Jurczyk	5/6
Jack Pittman	5/13
Ethan Detweiler	5/14
Megan Killilea	5/16
Nathan Lowery	5/24
Ryan Skutans	5/25
Chris Balch	5/26

MARCH SWIMMERS OF THE MONTH

<p><u>11 & Unders</u></p> <p>Boy - Conor Flannery Girl - Kathryn Burrows</p>	<p><u>12 & Overs</u></p> <p>Boys - Ben Colley Girls - Emily Lavay</p>
---	--





PRACTICE ANIMALS

MARCH

Senior A	Chris Balch - 94%
Senior B	Kelly Bennett - 87% Allie Christy - 87%
Pre-Seniors C	Sarah Jurczyk - 96%
Age Group D	Conor Flannery - 100%
Age Group E	Corey Shideler - 100% Megan Welch - 100%
Developmental F	Kathryn Burrows - 100% Rylie Homan - 100%
Developmental G	Ethan Roehrle - 100%

HELP WANTED

THE NEW WAC BOARD WILL BE ELECTED AT THE AWARDS BANQUET IN JUNE. IF YOU ARE INTERESTED IN A POSITION ON THE BOARD OR WOULD JUST LIKE TO HELP AND MEET YOUR WORK COMMITMENT PLEASE CONTACT JEAN SNYDER AT 259-6887 OR CAY PITTMAN AT 565-3599

(coach's corner, continued from page 1)

the Virtual National Championship. Based on the times that the kids swam this season, WAC was rated in the top 6% in the county out of about 2,500 clubs.

Thanks for everyone's help during the Short Course Season. Harold

WAC WINE & CHEESE SOCIAL

The Social will be June 6th at the Settlement at Powhatan Creek (Monticello Ave. past Target). The function starts at 6:30 p.m. with the Silent Auction. The Live Auction will began at 7:30 p.m. This is a fun event, and a great fund-raiser for the team. Please plan on attending!