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## Newsletter for Monday, March 1, 2010



**Happy birthday wishes to:**

Katherine Caldwell and Cameron Martin!!!

### **Practice Plans**

*Frankfort:*

This week – A full schedule of practices this week. Our schedule will be Monday through Friday evenings starting at 7:30 P.M. and on Saturday afternoon at 3:00 P.M. Practice for the discovery level swimmers will be Monday and Thursday at 7:30 to 8:15 P.M.

Next week – Practices will be Monday through Friday evenings starting at 7:30 P.M. and on Saturday at 3:00 P.M. Practice for the discovery level swimmers will be Monday and Thursday at 7:30 to 8:15 P.M.

*Versailles:*

This week – Regular practice schedule. That schedule is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M. and on Saturday at Noon.

Next week – No practice on Friday, March 12<sup>th</sup> or Saturday, March 13<sup>th</sup> due to our participation in the 13 & over State Championship meet. Practices will be Monday, Tuesday, and Thursday afternoons starting at 3:45 P.M.

### **Valentine's Classic / Feb. 26 - 28, 2010 / Shelbyville, KY**

Quite simply, we swam great this weekend. Especially when you consider that we just came off outstanding performances at the Riverside meet two weekends ago.

Charlie Starzman claims top billing for his 10 for 10 lifetime best times at this meet. Charlie won the 13-14 males 500 yard freestyle with a new team record swim; won the 400 individual medley with a tremendous effort that gave him a best time by 19.5 seconds; and won the 100 yard back. Charlie added second place finishes in the 200 yard back, 100 yard breast, 200 yard breast, and 200 yard individual medley.

Other TNT swimmers achieving top 5 finishes are: Ben Bryan with third place in the 12 year-old males 100 yard back, fourth in the 200 yard free, and fifth in the 50 yard free; Emma Bryan with second in the 13-14 females 100 yard freestyle, third in the 200 yard backstroke, fourth in the 200 yard individual medley, and fifth in the 500 yard freestyle; Katherine Caldwell with fourth place finishes in the 11 year-old females 50 yard freestyle, 100 yard backstroke, and 100 yard butterfly; Nicholas Crowe with a first place in the 8 year-old males 25 yard butterfly and fifth place finishes in the 25 yard breaststroke and 100 yard backstroke; Thomas Allen Crumbaugh with a second place in the 9 year-old males 100 yard butterfly, a third place in the 50 yard freestyle, and a fifth place in the 100 yard backstroke; Ben Gillig with a third place finish in the 9 year-old males 100 yard backstroke; Susan Hall with a fifth place finish in the 13-14 females 400 yard individual medley; Haley Harrod with a fifth place finish in the 11 year-old females 50 yard breaststroke; Erica Lafser with third place finishes in the 13-14 females 500 yard freestyle and 200 yard butterfly and fifth place finishes in the 200 yard freestyle and 200 yard individual medley; Kent Llanora with a third place finish in the 15 and over males 100 yard breaststroke; Cooper Martin with a fourth place finish in the 7 year-old males 25 yard backstroke and fifth place in the 50 yard backstroke; Kendall Stiens in the 12 year old females 100 yard backstroke; and Ben Tonges finish fifth in both the 11-12 males 500 yard freestyle and 200 yard individual medley.

New state championship meet cuts were accomplished by: Mark Bryan in the 9-10 males 100 yard butterfly; Hanna Carr in the 11-12 females 200 yard freestyle and 100 yard breaststroke; Carter Crowe in the 9-10 males 50 yard breaststroke; Thomas Allen Crumbaugh in the 9-10 males 200 yard individual medley; Dove DeNigris in the 11-12 females 500 yard freestyle, 100 yard backstroke, and 200 yard individual medley; Ben Gillig in the 9-10 males 50 and 100 yard backstrokes; Susan Hall in the 13-14 females 100 yard freestyle; Erica Lafser in the 15 & over females 500 yard freestyle; Gabrielle Plata-Madrid in the 9-10 females 100 yard backstroke; and Charlie Starzman in the 13-14 males 200 yard freestyle.

Congratulations to our swimmers for their very successful efforts this past weekend!

## USA Swimming's Speedo Sectional Championship Series / March 4 – 7, 2010 / Nashville, TN

Kirsten Nitz will be representing our team at the prestigious and highly competitive Speedo Sectional Championship meet in Nashville, TN this weekend. On Friday, Kirsten will compete in the 200 yard freestyle and 100 yard butterfly; on Saturday, Kirsten will compete in the 50 yard freestyle, 100 yard backstroke, and 500 yard freestyle events; and on Sunday she will compete in the 100 yard freestyle, 200 yard backstroke, and 200 yard individual medley. The top 24 finishers from prelims make it back to compete at finals each evening. Our best wishes to Kirsten for a great meet!

## 2010 KY Swimming 13 & Over Short Course Championships / Mar. 12 – 14, 2010 / Lexington, KY

The first half of this season's Short Course Championships will be the 13 & over prelim-finals hosted at the University of Kentucky's Lancaster Aquatic Center (corner of University Drive and Complex Ave.; Lexington, KY 40506-0219). Swimmers may compete in as many as 3 individual events per day and costs are \$5.00 per individual event and \$5.00 per swimmer surcharge (\$1.50 KY Swimming surcharge and a \$3.50 Wildcat Aquatic surcharge).

**Special notes:** Only 500 tickets per session will be sold to the balcony area of the pool with no "pass-outs" (if you leave the balcony area for any reason, you will be required to purchase a new ticket to gain re-admission). An unspecified amount will be charged for each session for spectator admission. Once 500 tickets have been sold at a session, no additional tickets will be sold until someone leaves the balcony area. The meet information states that the balcony area will be restricted to only spectators and that only swimmers, coaches, and meet workers are permitted on the pool deck. No one is allowed to loiter in the stair well area. The meet information states that heat sheets will be made available to the spectators for the prelim and finals sessions but does not indicate any pricing information.

**Parking:** UK will be on spring break during the swim meet. Free parking is available before Noon on Friday, March 12 at the UK Football Stadium on University Drive. Parking after Noon on Friday, March 12 and all day Saturday and Sunday will be available in any E, C, or R lot. Parking will also be allowed after Noon on Friday, March 12 and all day Saturday and Sunday on Complex Drive, Sport Center Drive, Parking Structure #1 at the corner of University and Cooper Drives (the medical center staff parking structure). The meet info appears to read that the Parking Structure at the end of Complex Drive is also available at this time for free. However, this Parking Structure has been a pay to park in the past and I am a little wary about whether it is actually free for this weekend.

<u>Session</u>	<u>Warm-up</u>	<u>Competition</u>
Friday A.M. prelims (400 IM, 200 free, 100 breast, 200 back, and 1000 free for 13-14 and Open plus the 400 free relays that are not entered with the fastest 8 entry times)	8:00 A.M.	9:30 A.M.
Finals on Friday evening (The fastest 8 of the entry times for the 400 free relay timed finals for 13-14 and Senior plus the top 16 qualifiers from A.M. prelims)	4:30 P.M.	5:30 P.M.
Saturday A.M. prelims (100 fly, 50 free, 200 breast, and 500 free for 13-14 and Open plus the 400 medley relays that are not entered with the fastest 8 entry times)	8:00 A.M.	9:30 A.M.
Finals on Saturday evening (The fastest 8 of the entry times for the 400 medley relay timed finals for 13-14 and Senior plus the top 16 qualifiers from A.M. prelims)	4:30 P.M.	5:30 P.M.
Sunday A.M. prelims (200 free relay, 200 IM, 100 free, 200 fly, 100 back, and 200 medley relay, plus those in the 1650 free for 13-14 and Senior whose entry time is not among the fastest 8)	8:00 A.M.	9:30 A.M.
Finals on Sunday evening (The fastest 8 entry times for the females and the males 1650 freestyle plus the top 16 qualifiers from prelims)	4:00 P.M.	5:00 P.M.

Our entries have been sent on Tuesday. A proofreading version of the individual entry reports are printed and can be found in the swimmer's folders. If you have any questions or concerns about this meet, please contact me at [swimmarv@windstream.net](mailto:swimmarv@windstream.net)

## 2010 KY Swimming 12 & Under Short Course Championships / Mar. 19 – 21, 2010 / Louisville, KY

The second half of this season's short course championships will be hosted at the Mary T. Meagher Natatorium located at the corner of Reservoir and Zorn Avenues in Louisville (40207). Swimmers ages 9-10 and 11-12 will compete in a Friday evening timed final session and morning prelim sessions on Saturday and Sunday.

These swimmers may compete in as many as 3 individual events per day and costs are \$5.00 per individual event and \$5.00 per swimmer surcharge (\$1.50 KY Swimming surcharge and a \$3.50 Lakeside Swim Team surcharge). 8 & under swimmers may be entered into every event each day that they are eligible to enter (each day only offers 3 individual events) and the costs for the 8 & under swimmer is \$4.00 per individual event and \$5.00 per swimmer surcharge (\$1.50 KY Swimming surcharge and a \$3.50 Lakeside Swim Team surcharge). The meet information states that there will be an admission fee for all competition (prelims and finals) and that heat sheets will be available for purchase. However, the price of admission and heat sheets are unspecified in the meet info.

<u>Session</u>	<u>Warm-up</u>	<u>Competition</u>
Time Final events on Friday (200 I.M. for 9-10 and 11-12 then 200 free for 9-10 and 500 free for 11-12)	5:00 P.M.	6:00 P.M.
Saturday morning prelims (50 back, 100 fly, 50 breast, and 100 free for 9-10 and 11-12)	8:00 A.M.	9:00 A.M.
Saturday midday (50 free, 50 breast, and 100 IM for 7-8; 25 free, 25 breast, and 50 free for 6 & under; plus the 8 & under 200 medley relay)	Noon	1:00 P.M.
Saturday finals (200 free relay timed finals for 9-10 and 11-12 plus top 16 qualifiers from prelims)	4:00 P.M.	5:00 P.M.
Sunday morning prelims (100 breast, 50 free, 100 back, 50 fly for 11-12 and 9-10 plus 200 free for 11-12)	8:00 A.M.	9:00 A.M.
Sunday midday (50 back, 50 fly, and 100 free for 7-8; 25 back and 25 fly for 6 & under; plus 200 free relay)	Noon	1:00 P.M.
Sunday finals (200 medley relay timed finals for 9-10 and 11-12 plus top 16 qualifiers from prelims)	4:00 P.M.	5:00 P.M.

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