



<http://tntswimming.org>
Newsletter for Monday, May 17, 2010



Happy birthday wishes to: Dove DeNigris!!!

Practice Plans

Frankfort: This week – Regular practice schedule which is Monday through Friday evenings starting at 7:30 P.M. and on Saturday at 3:00 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M.

Next week – Regular practice schedule.

Versailles: This week – No practice on Saturday, May 22 due to our participation in the Cardinal meet. Practice schedule this week is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M.

Next week – Back to regular practice schedule. That schedule is week is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M.

Wildcat Derby Classic / May 14 – 16, 2010 / Lexington, KY

Our swimmers had a great swim meet!

All together, we posted 108 best times from 130 individual events swam at the meet for a wonderful 83.1 best time percentage! We also had eight swimmers achieving a total of 46 state championship qualifying times for July's State A Championship meet as well as six other swimmers getting painfully close to achieving several more of these cuts.

Seven of our swimmers scored at the meet by placing in the top 16 finishers. Emma Bryan has the highest place finish with a second place in the 13-14 females 200 meter backstroke to go with fourth place finishes in the 100 meter backstroke, 400 meter freestyle, and 800 meter freestyle and an eighth place in the 100 meter freestyle.

Ben Bryan scored a fourth place finish in the 11-12 males 400 meter freestyle along with a fifth place in the 50 meter backstroke, a sixth place in the 200 meter individual medley, seventh places in the 200 meter freestyle and 100 meter butterfly, and an eighth place in the 100 meter backstroke.

13 year –old Charlie Starzman smashed the team record for the 13-14 males 800 meter freestyle by 55 seconds achieving a sixth place at the meet in this event. He also eclipsed team records in the 400 meter freestyle, 100 meter breaststroke, and 200 meter breaststroke accomplishing eleventh, fifth, and sixth place respectively in those events. Charlie also swam to an eighth place finish in the 100 meter freestyle.

Mark Bryan achieved fifth place finish in the 9-10 males 100 meter backstroke, sixth place finish in the 50 meter backstroke, and seventh place finishes in the 50 meter free, 100 meter free, 50 meter breaststroke, and 200 meter individual medley.

Jodie Llanora achieved a sixth place finish in the 11-12 females 50 meter backstroke with a National AAA time as well as seventh place finishes in both the 50 meter breaststroke and 100 meter breaststroke and an eighth place finish in the 100 meter backstroke.

Kent Llanora and Kendall Stiens also finished in the scoring with Kent getting an eleventh place finish in the 15 & over males 100 meter breaststroke with a state qualifying time in this event. Kendall scored a fourteenth place finish in the 11-12 females 100 meter backstroke and achieve state cuts in that event to go with state cut times in the 100 meter free, 400 meter free, 50 meter backstroke, and 200 meter individual medley.

Hanna Carr rounded out the collection of TNT swimmers collecting state cuts by achieving her qualifying times in the 11-12 100 meter freestyle, 50 meter backstroke, and 100 meter freestyle.

Congratulation to our swimmers on their very successful swims! Your solid effort at swim practice is showing up!

Cardinal Aquatics Summer Throw-down / May 21 - 23, 2010 / Louisville, KY

This is a timed-final meet to be held at U of L's Ralph Wright Natatorium (2216 S. Floyd St.; Louisville, KY 40208). Swimmers may be entered into as many as five individual events per day plus relays. Costs for the swimmers are \$4.50 per individual event and the \$4.50 per swimmer surcharge (\$1.50 Kentucky Swimming surcharge plus \$3.00 Cardinal Aquatics surcharge). U of L charges for parking at the Floyd Street parking garages

and this fee is listed at \$5.00 per day and Cardinal Aquatics intends to charge a spectator admission at \$3.00 per spectator that is age 10 or older.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Friday evening (13-14 and open 400 free and 400 IM plus 400 free for 11-12)	4:00 P.M.	5:00 P.M.
	Saturday morning session (13-14 and open 200 breast, 100 free, 100 fly, 100 back, 200 IM plus 800 free for females and 1500 for males)	6:30 A.M.	8:00 A.M.
	Saturday afternoon session (11-12 and 10 & under 100 free, 50 breast, 100 fly, 50 back, and 200 free)	Not before Noon	Not before 1:00 P.M.
	Sunday morning session (13-14 and open 200 free, 200 fly, 100 breast, 200 back, and 50 free)	6:30 A.M.	8:00 A.M.
	Sunday afternoon session (11-12 and 10 & under 100 breast, 50 free, 100 back, 50 fly, and 200 IM)	Not before Noon	Not before 1:00 P.M.

Individual meet entry reports with directions to the pool on the reverse side are printed and can be found in the mail folders. Thank you!

E-town Summer Classic / June 11 - 13, 2010 / Elizabethtown, KY

This is a timed-final meet held at the E-town Swim and Fitness Center at 3026 Ring Rd. (Elizabethtown, 42701) - just off Mulberry Street after you pass under the railroad bridge. Mulberry St. is US 62. Swimmers may compete in as many as 4 individual events per day and costs are \$4.00 per individual event and \$1.50 per swimmer KY Swimming surcharge. A \$2.00 per day spectator admission will be charged for ages 11 & overs. Heat sheets will be sold for \$6.00 that contains the entire meet.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Friday afternoon (400 IM for 13 & over; 400 free for 11-12; and 800 free for 13 & over)	4:00 P.M.	5:00 P.M.
	Saturday morning (13-14 and 15 & over 200 free, 100 breast, 200 back, 50 free, 100 fly, and 1500 free)	7:00 A.M.	8:00 A.M.
	Saturday afternoon (11-12 and 10 & under 200 free, 100 breast, 50 back, 100 fly, and 50 free)	not before Noon.	not before 1:00 P.M.
	Sunday morning (13-14 and 15 & over 200 IM, 100 back, 200 breast, 100 free, 200 fly, and 400 free)	7:00 A.M.	8:00 A.M.
	Sunday afternoon (11-12 and 10 & under 200 IM, 50 breast, 100 back, 50 fly, and 100 free)	not before Noon.	not before 1:00 P.M.

Motels: The following motels are located on or just off Mulberry St. and are very close to the pool:

Baymont Inn (270)769-9616	Best Western (270)769-3030	Comfort Inn (270)765-4166
Country Hearth Inn (270)769-2344	Days Inn (270)769-5522	Fairfield Inn (270)769-1440
Hampton Inn (270)765-6663	Holiday Inn Express (270)769-1334	
Howard Johnson (270)769-9616	LaQuinta Inn (270)765-4747	Motel 6 (270)769-3102
Ramada Ltd. (270)769-9683	Super 8 (270)737-1088	

Please contact me at swimmarv@windstream.net by this Friday, May 14th to sign-up to participate in this meet. Thank you!

Remaining 2010 Long Course Meet Schedule

<i>Date</i>	<i>Meet</i>	<i>Location / Host</i>
July 9 - 11	Frankfort Invitational	Frankfort, KY / FAST
July 15 - 18	Speedo Sectional Championship (must achieve Eastern Sectional qualifying time)	Athens, GA / USA Swimming

July 16 - 18 B meet and 8 & under Championship Louisville, KY / KY Swimming
(age 9 & over swimmers can only be entered into events that they have not achieved an 'A' championship qualifying time during the current eligibility time frame)

July 22 - 25 State A Championship meet Elizabethtown, KY / E-town Swim Team
(age 9 & overs who have achieve 'A' championship qualifying times)