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Newsletter for Monday, May 24, 2010



Happy birthday wishes to: Anna Kitchen!!!

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 – No practice on Monday, May 31st (Memorial Day), regular practice for the rest of the week. The discovery level swimmers will practice on Tuesday and Thursday at 7:30 to 8:15 P.M. this week.

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 12:15 to 1:45 P.M.

Next week – No practice on Monday, May 31st (Memorial Day). Practice schedule will be Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M. and on Saturday at 12:15 to 1:45 P.M.

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

We had 10 swimmers participate in this meet and they swam great collecting 58 best times out of 77 swims!

Kirsten Nitz was our top finisher winning the 15 & over females 50 meter free, 100 meter free, and 200 meter backstroke competing against top quality NCAA division 1 scholarship swimmers along with USA Swimming national qualifier. She also achieved second place finishes in the 200 meter free, 800 meter free, and 100 meter backstroke to go with a fourth place finish in the 100 meter butterfly. Her times in the 50 meter free, 100 meter free, 100 meter backstroke, 200 meter backstroke, and 100 meter butterfly were all long course qualifying times for Summer Sectionals and her 800 meter freestyle and 100 meter backstroke times broke existing team records!

Genna Ringler scored a second place finish in the 8 & under females 100 meter butterfly to go with third place finishes in the 50 meter free, 100 meter free, 200 meter free, 50 meter backstroke, 100 meter backstroke, 100 meter breaststroke, 50 meter butterfly, and 200 meter individual medley events and a fourth place in the 50 meter breaststroke. Eight year-old Genna achieved age 10 & under National BB times in the 50 meter backstroke and 100 meter backstroke events.

Nicholas Crowe swam to third place in the 8 & under males 50 meter butterfly, fourth in the 200 meter individual medley, sixth in the 200 meter freestyle, seventh in the 50 meter backstroke to go with eight place finishes in the 50 meter freestyle, 100 meter backstroke, and 100 meter breaststroke.

Catherine Cadwallader scored fourth place in the 8 & under females 200 meter freestyle, seventh place in both the 50 meter backstroke and 100 meter freestyle, and eighth place in the 50 meter breaststroke.

Katherine Caldwell scored seventh place finishes in the 11-12 50 meter freestyle, 100 meter backstroke, and 200 meter individual medley. Her time in the 50 meter backstroke was a Kentucky Championship qualifying time and she took ninth place in that event.

Melissa Martin was eighth place in the 13-14 females 200 meter breaststroke event.

Gabrielle Plata-Madrid swam to an eighth place in the 9-10 females 100 meter butterfly and a ninth in the 200 meter freestyle.

Hannah Webber swam to an eighth place finish in the 13-14 females 200 meter breaststroke and a ninth place in the 100 meter breaststroke and Carter Crowe achieved a ninth place finish in the 9-10 males 50 meter freestyle.

Congratulations to our TNT swimmers for their outstanding swims! Let's keep working hard at swim practice!

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	

Meet entries have been sent and individual meet entry reports (proofreading version) are printed and available in the swimmer's folders at practice. Please contact me promptly with any questions and/or concerns! Thank you!

Brent Cochran Invitational / June 26 – 27, 2010 / Campbellsville, KY

This meet is a two day timed-final format at the 7-lane, 50 meter outdoor Miller Park pool located on Old Lebanon Road in Campbellsville, 42718. Swimmers may be entered into as many as 5 individual events per day and the costs are \$3.50 per individual event and the \$1.50 per swimmer KY Swimming surcharge. The meet information states that no admission will be charged and a heat sheet for the weekend will be for sale at \$7.00 each.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Saturday morning (100 free, 200 back, 100 breast, 200 fly, and 50 free for open and 13-14; 100 free, 50 back, 100 breast, 50 fly, and 50 free for 11-12, 9-10, and 8 & under)	7:30 A.M.	8:30 A.M.
	Saturday afternoon (400 IM then 800 free for open and 13-14 and 200 IM for 11-12, 9-10, and 8 & under)	following session 1	not before 12:30 P.M.
	Sunday morning (200 IM, 200 free, 100 back, 200 breast, and 100 fly for 13-14 and open; 200 free, 100 back, 50 breast, and 100 fly for 8 & under, 9-10, 11-12)	7:30 A.M.	8:30 A.M.
	Sunday late morning (1500 free for open and 13-14)	following session 3	not before 12:30 P.M.

The pool is an approximate 75 minute commute from Versailles and Frankfort. If you are interested in a motel, the following two were listed in the meet info:

Best Western	270-465-7001	Holiday Inn Express	1-888-465-2727
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Please contact me at swimmarv@windstream.net by **Friday, June 11th** to sign your swimmer 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 <i>(must achieve Eastern Sectional qualifying time)</i>	Athens, GA / USA Swimming
July 16 - 18	B meet and 8 & under Championship <i>(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)</i>	Louisville, KY / KY Swimming
July 22 - 25	State A Championship meet <i>(age 9 & overs who have achieve 'A' championship qualifying times)</i>	Elizabethtown, KY / E-town Swim Team