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Newsletter for Monday, June 14, 2010



Happy birthday wishes to: MacKenzie Plata-Madrid!!!

Practice Plans

Frankfort:

This week – Regular schedule for the YMCA. Practices will be held Monday through Friday evenings starting at 7:30 P.M. and on Saturday afternoon starting 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 of Monday through Friday evenings 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.

Note: We have started morning practices at Juniper Hills pool. The weekly schedule on these practices is Monday through Friday mornings at 7:00 to 8:40 A.M. and these practices will be available until Wednesday, July 21st. These practices are intended for our swimmers who are actively competing at long course swim meets. Please contact Coach Marvin if you have questions about participating in these practices.

Versailles:

This week – Practices are Monday, Tuesday, Thursday, and Friday afternoons at 3:45 P.M. and on Saturday at 12:15 P.M.

Next week – No practice on Saturday, June 26 due to our participation in the Campbellsville swim meet. Practices will be held on Monday, Tuesday, Thursday, and Friday afternoons at 3:45 P.M.

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

Our swimmers' had a great swim meet! Our list of accomplishments include:

Jodie Llanora winning the 11-12 females 50 meter breaststroke along with a second place in the 50 meter backstroke and fourth place finishes in the 100 meter backstroke and 100 meter breaststroke. Her time in the 50 meter backstroke was a National AAA time!

Kent Llanora won the 15 & over males 100 meter breaststroke.

Emma Bryan swam to second place in the 13-14 females 100 and 200 meter backstroke events. Emma's time in the 100 meter backstroke placed her within a half of second of achieving a sectional qualifying time! She also swam to fourth place in the 400 free and 1500 free and earned another state championship qualifying time in 200 meter individual medley.

Charlie Starzman raced to third place finishes in the 13-14 males 1500 meter freestyle, 200 meter backstroke, 100 meter breaststroke, 400 meter individual medley along with fourth place 100 meter backstroke and 200 meter individual medley. Charlie broke the existing 13-14 males team record in the 1500 meter free by 100 seconds in his first attempt at this distance and he also broke the team record for the 400 meter individual medley.

Kendall Stiens swam the open females 1500 meter freestyle and placed fifth. Her time of 21:36.12 established a team record for 11-12 females in this event. She also achieved her state championship cut in the 200 meter free for 11-12 females.

Abbi Tonges broke team records for 17-18 females 200 meter backstroke and the 200 meter individual medley. Her time in the 200 meter backstroke earned her a state championship cut.

Ben Tonges collected new state championship cuts for 11-12 males in the 50 free, 200 free, 50 back, 100 back, 100 breast, and 200 individual medley events to go with his previously earned cut in the 100 meter free.

Ben Bryan achieved a state championship cut in the 11-12 males 50 meter butterfly to complete his collection of state cuts. He is now eligible for every 11-12 males event held at the State A Championship meet.

Mark Bryan swam to fourth place finishes in the 9-10 males 50 and 100 meter backstroke events and added a state championship cut in the 100 meter butterfly to his collection of state qualifying swims.

Carter Crowe earned his first state championship cut in the 9-10 males 50 meter breaststroke event.

Genna Ringler swam to third place finishes in the 8 & under females 50 meter free, 50 meter backstroke, and 50 meter butterfly along with fourth place finishes in the 100 meter freestyle and 200 meter individual medley.

Eight year-old Catherine Cadwallader earned a National B time for 10 & under females in the 8 & under females 100 meter backstroke and also achieved a sixth place finish in the 50 meter breaststroke.

Congratulations to all of swimmers for their great swims at this meet!

Thank you to Emma Bryan, Maria Bryan, Bill Caldwell, Kelly Caldwell, and Kent Llanora for filling our lane timer requirements at this meet! Your efforts are greatly appreciated!

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: Session Warm-ups Competition

Saturday morning 7:30 A.M. 8:30 A.M.

(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)

Saturday afternoon following session 1 not before 12:30 P.M.

(400 IM then 800 free for open and 13-14 and 200 IM for 11-12, 9-10, and 8 & under)

Sunday morning 7:30 A.M. 8:30 A.M.

(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)

Sunday late morning following session 3 not before 12:30 P.M.

(1500 free for open and 13-14)

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

Individual meet entry reports (proofreading version) are printed and can be found in the swimmer's folders at practice. Please contact me promptly with any questions or concerns. Thank you!

Frankfort Classic / July 9 – 11, 2010 / Frankfort, KY

Other than the deletion of the separate 8 & under session on Saturday, this meet mirrors last year's offering. This meet will be a timed-final meet with events for the 10 & under, 9-10, 11-12, 13-14, 15 & over, and Open age-groups at the 50 meter Juniper Hills Pool in Frankfort. Swimmers may be entered into as many as 5 individual events per day (plus potential relay swims) and the costs are \$3.50 per individual event plus \$1.50 per swimmer KY Swimming swimmer surcharge and a \$1.00 per swimmer FAST surcharge. The meet information state that there will be a \$5.00 per person admission charge to the spectators and that includes the price of the heat sheet. Heat sheets will be made available after the sign-in sheets have been received by the computer operator and the seeding of each session has been completed.

Start times: Session Warm-ups Competition

Friday Evening, July 10 7:00 P.M. 8:00 P.M.

(13-14 and open 400 free, 100 breast, 200 fly, 10 min break, 100 free, 200 back, 200 IM)

Saturday morning 8:00 A.M. 9:00 A.M.

(11-12 and 10 & under 200 free, 50 breast, 100 fly, 50 free, 100 back, and 200 IM)

Saturday afternoon tentatively 3:00 P.M. tentatively 4:00 P.M.

(open 1500 free)

Saturday evening 6:00 P.M. 7:00 P.M.

(13-14 and open 400 IM, 50 free, 200 breast, 100 back, 200 free, and 100 fly)

Sunday morning 8:00 A.M. 9:00 A.M.

(12 & under 400 free; 11-12 and 10 & under 100 breast, 50 back, 100 free, and 50 fly)

Please contact me at swimmarv@windstream.net by Friday, June 18th to sign-up to participate in this meet.

Remaining 2010 Long Course Meet Schedule

<i>Date</i>	<i>Meet</i>	<i>Location / Host</i>
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