

# Dolphin Times

Volume XVI Issue 2

Tuesday, June 24, 2008

## CALENDAR FOR THE WEEK

- **6/24 Tuesday Bingo: 7:00-8:30 pm at the Pool.** For all swimmers and young-at-heart adults. We have plenty of fun prizes. And plenty of delicious food from Lebanese Taverna and Rocklands. In the event of rain, it will be at the Bannockburn Clubhouse.
- **6/25 Wednesday B meet at Palisades. Warmups at 5:30 pm.** Parents are needed to work the meet (timers, etc.). Kids **MUST** sign up to swim by Tuesday evening.
- **6/27 Friday Movie Day.** Details will be posted on the pool bulletin board.
- **6/28 Saturday A meet at Bannockburn** (versus Tanterra). 8:00 am warm-ups. Inform the coaches if your swimmer will not be there. Parent volunteers are needed; sign up on the swim team bulletin board (Thursday or later). Lunch for sale after the meet.
- **6/28 Saturday Team Photo.** All swimmers on the team come at 11 am. Cheer on the Dolphins and join us for lunch afterwards.
- **6/29 Sunday Relay Carnival at River Falls. Warmups at 9:00 am.** If your swimmer cannot make it, please let the coaches know ASAP. Nothing is worse than denying three other swimmers the opportunity to swim a relay at a meet because your child doesn't show up. If you are not sure about what constitutes a Relay Carnival, read below.

Heads up for NEXT week:

- 7/2 Wednesday B meet at Bannockburn, 5:00 pm versus Somerset.
- 7/5 Saturday A meet at River Falls. Warm-ups at 8:30.

## 3-POINT SQUEAKER

The weather was perfect at last Saturday's A meet: sunny and warm enough so that swimmers did not shiver, yet cool enough so that spectators could watch in comfort. **Adam Hollies** began the meet with the smoothest rendition of the Star Spangled Anthem heard this side of the Potomac in several years. How could anything go wrong with a meet after we heard Adam's sweet sounds?

Your Bannockburn Dolphins and the Franklin Knolls Gators appeared evenly matched. There were a few standout swimmers who were unable to attend—for both teams. And the Dolphins had a slight halftime lead that seemed to disappear with each passing stroke.

But nonetheless, in a nerve-wracking finish, the Dolphins emerged with a three-point victory. The team actually trailed going into the final event, the girls' freestyle relay. Needing first and third place for a team victory, our awesome girls did just that. The team of **Kaili Gregory, Elena Palermo, Elizabeth Fosburgh** and **Danielle Lair Ferrari** handily finished first. Shortly thereafter, A meet rookie **Jane Stirling** touched out her opponent to the thunderous cheers of the crowd, securing the Dolphin victory with teammates **Emily Austin, Emma Kelley-Bell** and **Madeline Alagia**.

Any meet won by three points or less has its share of heroes, and many of these are fighting in the trenches for third, fourth, or fifth place. Several swimmers went waaaaay beyond their personal bests, swimming past faster-seeded Gator opponents. The sixth-seeded **Emily Austin** dropped nearly a second in 9-10 free to finish fourth; in breaststroke, she dropped over a second to finish

third instead of the expected fourth; she was seeded third in fly but dropped 0.8 second to finish second. Is “awesome” her middle name? **Madeline Alagia** dropped 1.6 seconds in 12-14 IM to finish third, well ahead of an opponent seeded a second faster, and she also dropped over a second in breaststroke, finishing second, well in front of the second-seeded Gator. (And we also noticed Madeline’s freestyle turn demonstration of how to trail your opponent by half a meter going into the wall at the turn and yet emerge from the turn half a body length ahead.) Emily and Madeline individually provided the margin of victory in their swims. Wow!

In addition, **Jane Stirling** dropped nearly two seconds in 8-and-under free to touch out a Gator swimmer seeded 1.5 seconds faster by 0.02 second. **Jessica Kline** more comfortably touched out for fourth a swimmer seeded nearly a second faster in 9-10 back. **John Janezich** dropped a quarter second in 11-12 free to touch out a faster seeded Gator for second. **Vincent Steis** dropped 1.5 seconds to finish third in 11-12 back, over two seconds ahead of a faster-seeded Gator. The fourth-seeded **Matthew Tucker** dropped over two seconds to finish second in 15-18 back. Ladies and gentlemen, if you are looking for heroes, look no further.

The finishing touches were provided by the **Snedden Family** in the form of a delicious lunch from Rocklands. Famished Dolphins and their parents enjoyed the wonderful barbeque pork and chicken and accompaniments. Yum!

## **SWEEP! SWEEP!! SWEEP!!!**

Although this meet was closer than last week’s, the Dolphins swept two more races. The totally terrific trio of **Callie Fosburgh**, **Elizabeth Fosburgh**, and **Madeline Alagia** swept 13-14 IM, free and fly for the second consecutive week. They were joined by a ferocious foursome of 15-18 boys: **Jackson Janezich**, **Matthew Tucker** and **Kevin Wagman** sweeping IM and breaststroke, and **Jackson**, **Michael Perlman** and **Kevin** sweeping free. Finally, the 13-14 boy breaststrokers also joined the sweepers; we wave our collective brooms, mops or whatever in the direction of **Ryan Chitwood**, **Alex Spigler**, and **Peter Metz**. Kudos to all!

## **ALL STAR TIMES**

Congratulations to the following swimmers for their 24 all-star times: **Madeline Alagia** in free, **Max Palermo** in free and breaststroke; **Elena Palermo** in back and breaststroke; **Jackson Janezich** in free and IM; **Pieter Fosburgh** in free and fly; **Danielle Schulkin** in free, back and fly; **Malena Lair Ferrari** in free, back, fly and IM; **Elizabeth Fosburgh** in free, back, fly and IM; and **Callie Fosburgh** in free, IM, breaststroke and fly.

## **NEW RECORDS**

**Seven new records!!!!!!!** The wielder of the largest axe, **Malena Lair Ferrari**, whacked an amazing 1.7 seconds off the team and pool 100-meter backstroke record she established last July; she also knocked over a second from the team 15-18 IM record set by **Callie Fosburgh** swimming as a swim-up last year. **John Janezich** trimmed nearly a half-second from his 11-12 team fly record set last year. **Danielle Schulkin** sliced a third of a second off her team 100 meter freestyle record set only a week ago. The master close shave artist, **Callie Fosburgh**, shaved 0.08 second from her 13-14 IM pool record set last year and 0.02 second from the 13-14 pool fly record previously owned by **Danielle Schulkin**. (Some of us noticed Callie and Elizabeth **Fosburgh** finishing the latter event in what appeared to be a dead heat. Only the timing gods know how the recorded times were so far apart. . .) Let’s hear a round of applause for all!

As always, the sweetest new record is the one that removes another team from the Bannockburn record board and replaces it with our own swimmers. Congratulations to **Malena Lair Ferrari**,

**Callie Fosburgh, Danielle Schulkin** and **Jordana Coronel** for chopping nearly five seconds away from the open medley pool record set by Merrimack Park last year. Way to go!!

## **SPECIAL SWIM-UPS**

Again this week we extend our gratitude to **Alex Spigler, Charlotte Jeppsen** and **Samantha Kline**, who boldly swam against swimmers two-to-seven years older in the open medley relays.

## **PERFECT MEETS**

Like last week, three Dolphins won every individual event they entered. Joining repeat performer **Callie Fosburgh** in IM, free, breaststroke and fly were **Jackson Janezich** in the same four events and **Kaili Gregory** in free, breaststroke and fly. Congratulations!

## **A MEET DEBUTS**

We congratulate the following who swam their first but certainly not their last A meets: 7-year-old **Sawyer Gouldman** in free, back and breaststroke; 8-year-old **Joy London** swimming free, breaststroke and fly; 10-year-old **Tristan van Rooden** in back, breaststroke and fly; and 7-year-old **Greta Felten**, 9-year-old **Ali Rashidi** and 10-year-old **Joseph Keegan**, all swimming free. The debut of the day had to be that of 8-year-old **Jane Stirling**, who swam only free but swam so well that she was placed in the girls' graduated relay and then touched the wall to nail the Dolphin victory! Finally, making a debut of another type was announcer **Alison Levine**, doing such a fine job that we suspect an invitation to audition for ESPN is in her future.

## **TIME DROP AWARDS**

Many Dolphins dropped large amounts of time between the first two meets. The champion of these is **Jack MacIsaac**, who dropped an incredible 8.8 total seconds in his freestyle and breaststroke events. Wow! He was nearly topped by **Jessica Sheehan**, who dropped over 7.3 seconds in breaststroke. Third place in the time drop sweepstakes goes to **Matthew Tucker** and **Michael Perlman**, each of whom dropped over six seconds total in their three events. **Elizabeth Fosburgh** dropped over 5 seconds in her four events; swimmers who dropped a total of four seconds included **Madeline Alagia** (3 events), Elena Palermo (4) and **John Janezich** (4). The three-second club includes **Anita Montero, Vincent Steis, Malena Lair Ferrari**, and **Emily Austin**. A total of two or more seconds was dropped by **Corinne Tucker, Evan Steingass, Samantha Kline, Kevin Wagman, Adam Hollies**, and **Victor Colosi**. Total drops of a second or more were recorded by **Maya Humeau, Danielle Schulkin, Jessica Kline, Alex Spigler, Max Palermo, Sarah Silberbrandt, Peter Metz, Kaili Gregory**, and **Owen Wassiliew** and **Ryan Chitwood**, both of whom dropped exactly 1.00 total second.

## **WEEK 2 DIVISION E RESULTS**

To see full results of all meets go to: [http://www.mcsl.org/results/2008/week2/Div\\_E.txt](http://www.mcsl.org/results/2008/week2/Div_E.txt)

## **B MEET BUST**

Unfortunately, Mother Nature was uncooperative before last Wednesday's B meet against Carderock Springs. A small army of shivering Dolphins eagerly anticipated showing their stuff in our pool, but they were disappointed. Although thunderstorms appear to be a tradition whenever we swim with them—perhaps to replenish the springs that give the pool its name if not its water—another tradition is that the mighty Dolphin grillers can be counted on to provide a supreme feast for hungry Dolphins and their parents. We thank **Jim Bell** for watching over the cooking operations, and Jim wants to thank his army of talented grill guys. If MCSL ranked its teams on the culinary skills of its grill crews, Jim and his troupe would be in Division A for sure.

## **PRIVATE LESSONS**

Frustrated by the freestyle? Plagued by a borderline breaststroke? A slack back? A foul fly? IM turns that spell RIP? Any Bannockburn coach is available for private lessons at very reasonable rates. Speak with them for details.

## **THE RELAY CARNIVAL: WHAT'S THAT???**

The Relay Carnival will take place on Sunday, June 29 at River Falls. Warm-ups will be at 9:00.

What's the relay carnival? Merely the most ear-splitting, exciting meet of the year. Imagine a meet where each race is as exciting as the relays that end each A meet. The Relay Carnival includes 22 races involving four-or-five person teams swimming medley or freestyle relays. In many events, girls swim with (and against) boys; in two, 8-year-olds swim with (and against) 18-year olds. Each of the six Division E teams will field one team per event.

The Relay Carnival is truly a team event; Dolphins never swim against other Dolphins. Except for four of the races, the winners of the relay carnival races will advance to compete at the county-wide all-star relay meet July 28. This makes for quite a bit of excitement. At the same time, an absent swimmer will cause tremendous disappointment in three teammates. All parents of all swimmers (except preteam), please let the coaches know immediately if you child will NOT be available to swim this Sunday for the Relay Carnival. (And also check the pool directions; yes, we have had lost swimmers before.)

And parents who attend the meet should be prepared to comfort their overworked vocal cords afterwards.

## **DOLPHINS ON THE WEB**

The team website is at <http://www.bannockburnpool.com> and includes the season's calendar, information on meets, practice times and social events; the parent checklist; directions to meets; the registration form; FAQs; parent job descriptions for meets; team and pool records; and the swim ladder. It's definitely worth looking at.

## **COACH'S CORNER—Ramzy Suleiman**

Hola,

Este semana no puedo escribir en ingles porque estamos celebrando la herencia Latina Americana! Por eso, si no puedes leer lo que escribo, tienes que buscar para tu herencia Latina Americana. Se encuentra en la corazon.

Este fin de semana fue increíble!!!! Ganamos el concurso con solamente tres puntos màs que Franklin Knolls!!!! Estoy orgulloso de todos y nosotros damos gracias al dios de suerte! La mayoría de los delfines naderon la mejor carrera de sus vidas!

Tambien, si hay un niño bajo de ocho años que puede hacer la mariposa legalmente en la competición Sabado, le daré los llaves a mi casa. Al otro lado, tengo que contar algo muy serio sobre dos nadadores de nuestro equipo. **Bo Conaghan** y **Madeline Alagia** no le gustan comer verduras. Si ves estos niños, inmediatamente dales verduras, directamente a la boca! Es un problema muy importante que sirve el éxito del equipo.

Buena suerte este fin de semana, tenemos dos competiciones de mucha consecuencia, incluyendo el "relay carnival," beba mucha agua, y no tome drogas. Hasta luego muchachos, viva los delfines!!!!

Ramòn.

## **PUNTA DE LA SEMANA**

Termine la carrera!!! No se puede respirar en los últimos cinco metros!!!!

## **JUST IN CASE. . .**

The first 8 and under boy to do a legal 25 butterfly in a meet gets the keys to my house. I would like to also inform you about a serious condition of two of our swimmers. **Bo Conaghan** and **Madeline Alagia**. . . hate vegetables. An extremely dangerous condition that when untreated can result in a severe case of dyslexia, or something. Anyway the point is if you see these swimmers, do your part to help, grab the nearest carrot, celery, broccoli, etc., and go right for the throat. They cannot kick this disease by themselves! Also tickets to Adam Hollies at the Verizon Center go on sale Friday. Purely amazing.

## **SWIMMING TIP of the WEEK:**

Finish the race!!! Don't breathe in the last five meters.

## **ANSWER TO LAST WEEK'S QUESTION**

Who was the youngest swimmer at the A meet against Northwest Branch? Six-year-old Tyler Crist.

## **QUESTION OF THE WEEK**

What experienced Bannockburn swimmer has **never** been disqualified?

## **ANSWER**

Probably none. Sooner or later it happens to everyone. It's part of the educational process. A few weeks ago, Olympic breaststroke gold medalist Amanda Beard was disqualified at a meet for failure to keep her elbows underwater during the recovery phase of the stroke.

## **PARENT NOTES & REMINDERS**

1. As you know, the Dolphins are working with a new system for B meets to help make the meets more orderly and allow the coaches more time to focus on coaching the swimmers. **All children who would like to swim ANY Wednesday's B meet, MUST sign up by TUESDAY afternoon for each and every stroke they would like to swim.** There is a list at the pool desk. Thank you for your cooperation.

2. **It is imperative for parents to let the coaches know in advance if your child is unavailable for ANY A meet, including Sunday's Relay Carnival.** Even if you think your child will not be swimming A meets, please let the coaches know, as many swimmers miss meets for vacations or other reasons and substitutes are needed to fill the lanes. (If Franklin Knolls had filled its lanes this past week, the meet result could have been very different.) A list of all swimmers for the Saturday A meets will be on the bulletin board by 4:00 each Thursday. If you failed to let the

coaches know you child will not be there and you see his/her name on the meet sheet, please let the coaches know immediately so another child can have an opportunity to swim.

3. It is equally important for all parents to volunteer in some respect for each meet, both A and B meets, in which you child swims. Other than the coaches, the meets are run entirely by parent volunteers. We need you to help time and do other jobs associated with running the meet, bring food to sell at the meets, or work the food events. Please get your copy of the Parent Checklist posted on the bulletin board that will help guide you through these activities. If everyone takes part, the work is spread out more evenly and no one is over burdened. Plus it's great fun working with other parents on these meet activities. Parent volunteer sign up lists are posted on the bulletin board for the A and B meets for each week.

4. Please remember to register and pay for all swim team swimmers including preteam.

5. If you didn't get the Dolphin Times by email, you're not on our list. Contact Dave Chitwood at djchit@yahoo.com

6. Don't forget to bring your case of water, soft drinks, or frappucino to the pool.

## **DOLPHIN COMMUNITY SERVICE**

We thank Dolphins **Katie** and **Willie Conaghan** for organizing this year's community outreach event, hosting children from the World Missions Center in Washington, DC. We also join Willie and Katie in thanking the awesome swimmers who stayed after morning practice on Friday to play with and prepare lunch for the visitors. **Kevin Wagman, Tarik Gooptu, Bo** and **Lilly Conaghan, Elise Nichols, Sarah Silberbrandt, Jessica Sheehan, Corinne Tucker, Elena** and **Max Palermo, Spenser Steele, John Janezich, Robert** and **Alex Spigler** as well as our wonderful coaches played basketball and ping pong and swam with approximately 20 kids from the center.

Lilly Conaghan and Elise Nichols shepherded the younger girls (ages 5 to 6) and had them trying on various bathing suits (thank-you for the adorable suit donations!) until each girl found the perfect bathing suit. Elena, Sarah, Jessica, Corinne, Bo, Alex, Tarik and John had some of the older kids moving fast creating a whirlpool and lots of laughs! After a quick trip to the Tuckers' house (thank you, Spenser) for a basketball, the kids from the World Mission Center gave the Bannockburn kids a clinic demonstrating amazing athletic shooting and dunking. Next it was on to the diving board where some of the younger children overcame their fears and jumped off the diving board. For some, going off once was enough while some of the older kids got into the Bannockburn spirit touching the flags, performing amazing flips, and giving everyone quite a show. For the kids that opted not to swim, they relaxed in the shady area and enjoyed a several games of ping pong.

Next it was on to lunch where Kevin Wagman and Spenser Steele were the grill masters with steady stream of support from all the boys named above doing everything they could to make the lunch run like clockwork. The kids grilled hotdogs, hamburgers and cheeseburgers to perfection! Everyone enjoyed a homemade lunch of potato salad, baked beans, fresh watermelon and grapes topped off with Lilly Conaghan's famous cupcakes.

The generous donations of books and clothes will go to those in need. It is the hope of the World Mission Center to add a library to the center for everyone in the community to use. If you would like to donate any additional items, note that Katie and Willie put another basket at the pool and

will deliver them to the center. Additionally, if kids would like to record their hours, please talk to Katie at (301) 787-4289 and she can fill out the paperwork.

## **SWIMMING THE CHESAPEAKE BAY**

The Dolphins have several courageous swimmers who have taken a challenge to swim a mile or more in Chesapeake Bay. The granddaddy of bay swims is the “Across the Bay Swim,” a 4.4-mile race for swimmers 15 and older. Dolphin parents **Larry Wagman** and **Lynne Steingass** have completed this event an amazing 13 and 6 times, respectively. Swimmers must be 15 to participate in the race. If you think you might have problems brushing against lane markers, Larry will tell you about rubbing against fish and sea nettles, to say nothing about choppy waves. The challenge of this event cannot be underestimated; many swimmers must be fished out of the water for not being able to cope with tidal currents, rough seas, or the wind.

For swimmers seeking a less intimidating but nonetheless daunting challenge, there is another race that Larry calls the “Baby Bay”. It is a mile long and is swum in a triangle-shaped course. Larry has swum in the “Baby Bay” five times, including this year. He finished in 28 minutes, winning his age group! Way to go Larry! Moreover, son **Kevin Wagman** also entered this race for the first time and placed third in the 15-19 age group. Congratulations, Kevin! He said it was definitely a different experience to swim in dark water because of having to look up to see where he was going. Kevin said that the race was fun and that he would do it again, although the best part of the race was finishing.

(A much longer and more interesting version of this story is on the Swim Team Bulletin Board. We thank Karen Tucker for contributing it.)