

# Dolphin Times

Volume XVI Issue 3

Tuesday, July 1, 2008

## CALENDAR FOR THE WEEK

- **7/2 Wednesday B meet, home vs. Somerset. Warmups at 5:00 pm.** Parents are needed to work the meet (timers, etc.). Kids **MUST** sign up to swim by Tuesday evening.
- **7/5 Saturday A meet at River Falls.** 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)

### Heads up for NEXT week:

- 7/8 MCSL Coaches' Long Course Invitational, **one hour earlier than last year**
- 7/9 **Wednesday B meet at Mohican**, 5:30 pm.
- 7/11 Friday Tie-Dye and Pizza at the Pool. 6:00 pm.
- 7/12 Saturday **home A meet** vs Potomac Woods. Warm-ups at 8:00.

## THE HEAT WAS ON

Perhaps it was the selection of the Hawaii theme for last weekend's A meet that caused the weather gods to blast us with a humid weekend. Or perhaps it was their reminder to us about how unpleasant summer weather can be around here. No matter, the steam heat of last weekend was eclipsed by the even hotter Dolphin swimming on both Saturday and Sunday.

## BANNOCKBURN 443, TANTERRA 348

First up on the agenda was Saturday's A meet against Tanterra. From the sweep of the first event to the final relays, the results seemed never to be in doubt. With nearly a 50-point lead at halftime, the Dolphins sailed through the second half and cruised to a 443-348 victory.

Several Dolphins had strong performances, dropping enough time to swim faster than their seeds, adding to the margin of victory. Leading off the meet, **Evan Steingass** immediately dropped a second in 11-12 IM, finishing second; he would later drop 3.4 seconds to finish fourth instead of the expected 6<sup>th</sup> in fly. The sixth-seeded **Joy London** finished fifth, dropping 0.8 second in 8 and under free. The fourth-seeded **Jessica Kline** dropped over a second in 9-10 back to finish second. In 13-14 back, **Kellan Steele** dropped 1.7 second to finish fifth, and **Clare Rock** dropped 2.7 seconds (!) to finish third instead of the expected fourth. A few sixth-seeded Dolphins sped by faster-seeded opponents: **Kevin Wagman** dropped a quarter second to finish fourth in 15-18 IM instead of sixth, **Marina Pearce** dropped an amazing 2.2 seconds to finish third in 9-10 breaststroke, and **Madeline Alagia** dropped 0.4 second in fly to finish 5<sup>th</sup> in 13-14 fly. She also dropped 0.5 second in breaststroke to finish third instead of fourth. **Peter Metz** dropped a quarter-second in breaststroke to finish fourth instead of fifth. Last but not least, 7-year old **Chloe Conaghan** dropped 3 seconds, finishing fourth in fly instead of fifth. Awesome performances by everyone!!!

## **8 AND UNDERS WIN DQ DERBY**

The promise of the keys to coach Ramzy's house to any 8-and-under boy who swam a legal fly this week must have had an effect. The eight-and under boys did not DQ in fly—or in anything else Saturday. Neither did any girl. In fact, if you toss in the Tanterra swimmers, the five DQs were by swimmers in the 9-10 and 11-12 groups. Will our 8-and-unders be giving lessons to the older swimmers soon?

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

This week the 9-10 boys were the sweeps leaders, with **Pieter Fosburgh**, **Nicky Schulkin** and **Paul Rock** sweeping back, and **Pieter**, **Paul** and **Sam Snedden** sweeping fly. They were joined by two groups of 11-12's: **John Janezich**, **Evan Steingass** and **Vincent Steis** leading off the meet with an exciting sweep of IM, and **Emma Kelley-Bell**, **Charlotte Jeppsen**, and **Anita Montero** sweeping free. Fantastic!

## **A MEET DEBUTS**

We welcome several Dolphins who stepped up to their first A meet. Did 8-year-old **Erik Jensen** or anyone else think that as he dove in for his inaugural freestyle race, two hours later he would be diving in as the anchor for the "A" team in the final relay? And that he would touch the wall first for the boys' first graduated relay victory of the year?? Or that he'd be swimming in three relays on Sunday???? Way to go, Erik!!! This is two consecutive weeks that an A meet first-timer swam a relay!!!!

Erik also swam fly. He was joined by other newcomers: freestylers **Morgan White** (age 6), **Eloise Snedden** (7), **Chris Currie** (9), and **James Montfort** (12), who also swam breaststroke. We look forward to seeing all of you again.

## **RECORD-SETTERS**

The open medley team of **Malena Lair Ferrari**, **Callie Fosburgh**, **Danielle Schulkin** and **Elizabeth Fosburgh** shattered by three seconds their team record set at All-Star relays last year, as well as the pool record. The new team record was destined to last about 25 hours, as they swam almost a second faster the very next day. If this quartet drops another four seconds next year, they'll break the current MCSL record. Stay tuned, folks.

In individual events, **John Janezich** whacked the most time off a record, swimming 0.21 faster than he did in his team record-setting performance last week. **Callie Fosburgh** also trimmed 0.16 second from the pool record in 13-14 free she set a year ago. **Malena Lair Ferrari** dropped 0.8 seconds in 15-18 free to slice 0.07 seconds off the team record set only last week by **Danielle Schulkin**. Finally, **Jackson Janezich** trimmed 0.04 second from his two-week-old 15-18 100-meter free record. Congratulations!

We also congratulate 15-18 Tanterra swimmers **Erin Stout** in IM and breaststroke and **Stephanie Forlenza** in back for setting new pool records.

## **TIME DROP AWARDS**

Leading this week's cavalcade of time droppers is 7-year-old **Sawyer Gouldman**, who chopped off a total of 11.2 seconds in back and fly. Hot on his heels was **Joy London**, who lost 10.6 seconds in 8 and under free, back, and fly. Third place goes to **Evan Steingass** for his 6+ second total drop in 11-12 back, breaststroke, fly and IM. Six-year-old **Morgan White** knocked off over five seconds from his seed time in free for 4<sup>th</sup> in the time drop sweepstakes.

Swimmers who dropped a total of three seconds or more include **Ellie Sulser** in 8&U free, **Chloe Conaghan** in 8&U fly, **Arthur Ammeson** in 9-10 free, **Kellan Steele** in 13-14 back, **Emma Kelley-Bell** in 11-12 breaststroke, fly and IM, **Erik Jensen** and **Danielle Lair Ferrari** in 8&U free and fly and **Kevin Wagman** in 15-18 back, fly and IM. The two-second drop club includes **Olivia Stein** in 8&U back, **Ethan Hughes** in 8&U back, **Mikela McMahon** in 9-10 fly, **Jordana Coronel** in 15-18 back and fly, **Pieter Fosburgh** in 9-10 back and fly, **Alex Spigler** in 13-14 back and breaststroke, and IM **Jackson Janezich** in 15-18 free, breaststroke, and IM. One-second droppers include **Jessica Kline** in 9-10 free, **Samantha Kline** in 11-12 free, **Malena Lair Ferrari** in 15-18 free, **Anita Montero** in 11-12 fly, **Owen Wassiliew** in 8&U free and breaststroke, **Paul Rock** in 9-10 back, breaststroke and fly, **Peter Metz** in 13-14 back and breaststroke, and **Danielle Schulkin** in 15-18 back, fly and IM. Great swims by everyone!!!!

### **PERFECT MEETS**

Four Dolphins won every individual event they entered. We congratulate them: **Callie Fosburgh**, **John Janezich** and **Elena Palermo** in IM, free, breaststroke and fly, and **Pieter Fosburgh** in free, back, and fly.

### **ALL STAR TIMES**

Eight swimmers produced 24 all-star times. Congratulations to **Danielle Schulkin** in free and back and fly; **Elena Palermo** in back and breaststroke and fly; **Malena Lair Ferrari** in free, back, and IM; **Jackson Janezich** in free and IM and breaststroke; **Pieter Fosburgh** in free, back and fly; **Elizabeth Fosburgh** in free, back, fly and IM; and **Callie Fosburgh** in free, IM, breaststroke and fly, and **Ryan Chitwood** in breaststroke.

### **A MEET THANKS**

We thank **Lone Knuhtsen** and **Sandy Spigler** for organizing the yummy luncheon after Saturday's A meet. We also thank the Dolphins who cleaned up after themselves after chowing down the delicious subs. And special thanks to **Leila Austin** for organizing the bake sale, and, above all, to the trio of **Charlotte Jeppsen**, **Anita Montero** and **Sarah Silberbrandt** for their harmonious rendition of the National Anthem. Did anyone else notice how much better they sounded than the recording used at the Relay Carnival?

### **RELAY CARNIVAL**

Sometimes children don't listen to their parents. Even Bannockburn Dolphins. If you're a swimmer reading this, I'm not thinking about you in specific right now, but I'll bet your parents are. On Sunday, the Dolphins displayed total disrespect for the beliefs of a few Dolphin parents, specifically about how the team would fare at the Relay Carnival. Despite dire predictions from several parents—with forecasts for a finish as low as fifth—the Dolphins swam to a strong second-place performance. It was an incredible day.

In this highly competitive division, the Dolphins finished first in five of the 22 events. They also earned four second-place finishes and four thirds. The meet was highlighted by the shattering of the oldest Dolphin record, the mixed 15-18 freestyle relay, which was set way back in 1969 by Dolphin parent **Larry Wagman**, **Jere Comfrey**, **Rob Hamers**, and **Leigh Emerson**. Larry and Leigh were both present at the Relay Carnival, the latter making the trip all the way from southern Florida. Congratulations to **Matthew Tucker**, **Malena Lair Ferrari**, **Danielle Schulkin** and **Jackson Janezich** for their record-setting and first-place performance.

Other team records set by first-place Dolphins included the girls' open medley team of **Malena Lair Ferrari, Callie Fosburgh, Danielle Schulkin** and **Elizabeth Fosburgh**, lowering their team record set the previous day by nearly a second. The other team record set by a first place team was the girls' 13-14 medley team: **Elizabeth Fosburgh, Clare Rock, Callie Fosburgh** and **Madeline Alagia**. They lowered a second from the 2006 record held by **Malena Lair Ferrari, Danielle Schulkin, Jessica Sheehan** and **Jordana Coronel**.

The race of the day had to be the win by the 9-10 boys medley team. Despite strong swims from **Pieter Fosburgh** and **Paul Rock, Nicky Schulkin** trailed as he dove into the pool at the start of fly. Within a few seconds, he had blasted beyond the leader to create a modest Dolphin lead. Any doubts that the lead would disappear were put to rest by **Sam Snedden** after about 10 meters, as he continued to extend the lead during the anchor leg to over three seconds. We also congratulate the girls' 14-and-under medley team, which sped to a one-second victory: **Elena Palermo, Callie Fosburgh, Kaili Gregory** and **Danielle Lair Ferrari**. All of these first-place teams except the open medley team earned their ticket to the All-Star Relay Carnival on July 26. (Because the open medleys and freestyle graduated relays are swum at each dual meet, the team with the fastest time among those at the 17 meets in the Division will represent the division at the all-star meet.)

An unfortunate record set on Sunday was that an amazing three Dolphin teams established new team records yet did not win their events. Second-place finishes were achieved by the mixed 15-18 medley team of **Malena Lair Ferrari, Jackson Janezich, Danielle Schulkin** and **Kevin Wagman** (breaking the 2000 record of **Sam Brownell, Lindsay Martin-McCormick, Andy Plunket** and **Katie Brownell** by two seconds) and by the 13-14 mixed free team: **Ryan Chitwood, Alex Spigler, Elizabeth Fosburgh** and **Callie Fosburgh** (breaking the 2006 record set by **Jackson Janezich, Danielle Schulkin, Willie Conaghan** and **Malena Lair Ferrari** by over 3 seconds.) The boys' 13-14 medley team, **Andy Lair Ferrari, Ryan Chitwood, Alex Spigler** and **Peter Metz** broke the old record held by **Matthew Tucker, Greg McKillop, Kevin Wagman** and **Willie Conaghan**, even though they finished fourth! Division E has unbelievable 13-14 competition!

Perhaps the most disappointing race of the day but also the most exciting was the second-place finish of the girls' graduated freestyle team, which lost to host River Falls in a pool record-setting performance. The race was fiendishly close after great swims by **Kaili Gregory, Elena Palermo** and **Callie Fosburgh, Danielle Lair Ferrari**, still recovering from a broken hand, closed the gap ever so slowly during the second half of her leg. As she and the River Falls swimmer approached the wall, the lead alternated between them according to whose arm was at the reach position. Alas, Danielle was touched out by only 0.02 second. But there will be a rematch, again at River Falls, this coming Saturday. (And another at Divisionals.)

We also congratulate the girls' crescendo team, **Danielle Lair Ferrari, Elena Palermo, Danielle Schulkin, Callie Fosburgh** and **Kaili Gregory**, for their second-place finish, only two-thirds of a second from first.

In the post-meet coaches' relay, **Ramzy Suleiman, Sarah Casey, Lauren Sullivan** and **Willie Conaghan** finished impressively in second place in the 100-meter medley, in a time of 1:01.65. To the chant of "Bannockburn Pa-rents! Bannockburn Pa-rents!," **Lynne Steingass, Hank Steingass, April Oliver** and **Larry Wagman** steamed to first place in the parents' 100-meter freestyle relay in a time of 58.64, improving upon last year's second-place finish. They are the champions! How many other Dolphin parents can speed from one end of the pool to another in less than 15 seconds? Wow!

## **B MEET SUCCESS**

A horde of happy Dolphin swimmers was finally able to display their swimming prowess in Wednesday's B meet at Palisades. This was probably the smoothest running B meet in recent memory, thanks to an army of Dolphin parent volunteers orchestrated by **Cheryl Rothenberg**. Armed with a notebook, loose sheets of paper, and the pleasant attitude of a master choreographer, Cheryl's first-ever B meet was plagued by nary a delay. And the presence of all the Dolphin coaches, including Junior Assistant Coaches **Malena Lair Ferrari** and **Willie Conaghan**, helped assure that the swimmers were organized and never lost. Behind the scenes, Assistant Coaches Sarah Casey and Lauren Sullivan organized and encouraged the swimmers before they were marched to the pool apron. This enabled Head Coach Ramzy Suleiman to be able to focus on cheering the swimmers and reminding them of the finer points of technique before and after their swims. Ramzy even cheered on a few Palisades swimmers who were once Bannockburn members. (He also encouraged Palisades swimmers to cheer for Dolphins, although less successfully.)

## **COMMUNITY SERVICE:**

In support of **Willie and Katie Conaghan's** efforts in support of the A Better Living Experience (ABLE) program, the proceeds from the A meet bake sale on July 12 will be donated to it to help their library get started. All swimmers are asked to bring a book to the meet as a donation.

## **QUESTION OF THE WEEK**

Until it was broken this past weekend, the oldest Dolphin record was the 1969 mixed free record. What is now the oldest Dolphin record?

## **BINGO REPORT**

The World's Largest Bingo Game is sponsored annually by a grocery chain in Colombia and includes 70,000 participants. The World's Friendliest Bingo Game is an annual event hosted by the Bannockburn Dolphins and features 70,000 smiles and laughs. Thanks to **Meris and Mark Steele** for organizing the wonderful night.

From the crowd of 70-plus Dolphins, parents and friends emerged several prizewinners, including **Sue Garton, Deborah DeMille, Naomi Seiberg, Thulani**, and, in a repeat performance from 2007, **Gabriela Helf**. While Dolphin Head Coach Ramzy Suleiman bellowed "Put your head down and finish," **Alexa Crist** snared the most coveted prize of the evening, a splendid hula hoop, and proceeded to twirl off into the evening air with smile 70,001.

We are pleased to report that the launched legumes and flying fowl that plagued the 2007 bingo evening were absent this year.

## **COACHES' LONG COURSE INVITATIONAL**

The most prestigious swimming event on the MCSL calendar is the Coaches' Long Course Invitational Meet, which will be held at the Rockville Municipal Swim Center on Tuesday, July 8. Only the fastest eight swimmers in the county in each event are allowed to compete. As the Times goes to press, we believe that the Dolphins will be represented by **Callie Fosburgh, Elizabeth Fosburgh, Malena Lair Ferrari, Hannah Melrod** and **Danielle Schulkin**. Swimmers should note that the meet will begin an hour earlier this year. Warmups will be from 5:00 to 5:50, with a start time of 6:00 pm; with another warmup before breaststroke. All are encouraged to cheer on our Dolphins.

## **COACH'S CORNER—Ramzy Suleiman**

Anybody that can focus for more than 30 seconds,

Take a walk with me through the Bannockburn block,  
As I tell you the tale of Pete and Paul Rock.  
One four foot six, one six foot four,  
Almost two brains and giggles galore.  
One runs in circles while one stands in line;  
One is a yeller; the other just whines.  
Kicking and screaming they play and they laugh,  
A singing and dancing giraffe and a half!  
One morning they gathered in mist by the pool  
Plotting and scheming a plan oh so cruel.  
With school out of session and no one to rule,  
They hatched up a certainly devilish duel.  
As practice began they set their approach  
To annoy and encroach their unwary swim coach!  
With Pete up the middle and Paul from the back,  
They put into action their wily attack.  
But plenty distractions were stalling their actions:  
A puppy so cute, scooby doo birthday suit,  
A worthless dispute over colors or fruit,  
Shiny things, wedding rings,  
Pong and ping, chicken wings,  
So many delights that gained their attraction,  
I'd tell you the rest; this is but a fraction.  
After some hours, some spins of the clock,  
Some pooping in showers and eating some chalk,  
The marvelous duo was ready to go,  
To pounce in surprise and devour their foe.  
Not important the words, only the sound,  
No meaning was heard, but noises abound.  
They talked so absurd, speeches were slurred,  
'Til Ramzy could only fall straight to the ground.  
But quick he arose, and countered their blows,  
Exposing their weaknesses in public prose.  
The secret is out, let the truth fall,  
That Pieter and Paul.....still play with dolls.

Thanks for the good times

Sincerely,

Ramalama

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

No drowning. It's annoying and way overrated.

## **WEEK 3 DIVISION E RESULTS**

To see full results of all meets go to: [http://www.mcsl.org/results/2008/week3/Div\\_E.txt](http://www.mcsl.org/results/2008/week3/Div_E.txt)

## **PARENT REMINDERS**

Please inform the coaches well in advance if your swimmers will not be able to make it to the final two A meets or the Divisional meet, so that we have no empty lanes. Nothing hurts us more. The same is true for the All-Star Relay Carnival on July 28. If your swimmers have qualified but cannot participate, please inform the coaches so that three other swimmers will not be disappointed.

We remind parents that we **desperately need drinks** to sell at the A meet on July 12. Each season, all families are expected to donate a case of water, sports drinks, etc.

## **A FINAL THOUGHT**

Max, we miss your swimming but treasure your presence and support. Heal quickly.