

# Dolphin Times

Volume XV Issue 3

Tuesday, July 3, 2007

## DOLPHINS DOMINATE

The final score of Bannockburn 455 Old Georgetown 331 tells the tale. The first and last relays were possibly some of the most exciting events. In the men's open relay, despite great swims by **Mattie Conaghan**, **Kevin Wagman**, and **Willie Conaghan**, we were still behind coming up to the final leg. And then 6 foot 5 inch **Alex Kinnaird** dove in the pool and ate up the 50 meters in no time, caught up to his opponent and touched him out to bring home a victory for the Dolphins. For the final event of the meet, the girls graduated relay, **Madeline Alagia** was heard saying, "We are not going to take third place again this week!" True to her word, the fantastic swims by **Hannah Melrod**, **Madeline Alagia**, and **Jordana Coronel**, with **Jessica Kline** holding strong until the end, shut out the OGT team for a Dolphin 1-2 sweep in this event.

## SWEEP SWEEP SWEEP

The Dolphins pulled off an incredible SIX sweeps this week! With three sweeps to their credit, the 11-12 boys were once again the leaders. Indeed, they pulled off an incredible feat sweeping all SIX places in free, and first, second and third in back and fly. Hats off to **Ryan Chitwood**, **Andrew Wagman**, **Andy Lair**, **Bo Conaghan**, **Alex Spigler**, **Jack Steingass**, and **John Janezich** for some fantastic swims! Holding their own were the remarkable 11-12 girls with their two sweeps in IM and fly. Kudos go to **Elizabeth Fosburgh**, **Elena Palermo** and **Madeline Alagia**. The youngest Dolphin sweepers this week were the 9-10 girls in backstroke with **Megan Wirtz**, **Emma Kelly-Bell**, and **Samatha Kline**. Way to go Dolphins!

## PERFECT MEETS, WEEK 3

Applause this week to four Dolphins who won every event they swam: **Nicky Schulkin** in free, back and fly, **Elizabeth Fosburgh** and **Jackson Janezich** in IM, free, back and fly, and **Callie Fosburgh** in IM, free, breaststroke and fly.

## A MEET DEBUTS

Hearty congratulations go to eight-year-old **Beau Johnson** who swam free, back and breaststroke in his A meet debut this week. Let's give Beau a round of applause!

## ALL STAR TIMES

This week 10 Dolphins turned in an astounding 27 all star performances! These included **Jackson Janezich** and **Elizabeth Fosburgh** in IM, free, back and fly; **Callie Fosburgh** in IM, free, breaststroke and fly; **Malena Lair** in IM, free and back; **Danielle Schulkin** and **Nicky Schulkin** in free, back and fly; **Vincent Steis** in free and back; **Ryan Chitwood** in IM and breaststroke; **Hannah Melrod** in breaststroke; and **Mikela McMahan** earning her first all star time in back. Congratulations one and all on these great swims! Let's cheer next week for some almost all stars to get those elusive times. These swimmers are less than a second away from an all star time: **Kaili Gregory** and **Madeline Alagia** in free, **Emma Kelly-Bell** in free and fly, **Mikela McMahan**, **Samantha Kline**, and **Elena Palermo** in fly, and **Megan Wirtz** in back. We know you can do it and will be rooting for you this week!

## NEW RECORDS

We're all wondering exactly what Une and Tony are feeding those Janezich boys to make them fly so fast. Two new records were set this week: **Jackson Janezich** broke

his own one-week old record in the 50 meter fly while **John Janezich** set his very first team record in fly breaking Willie Fitzgerald's 1999 record. Congratulations to you both on these remarkable achievements!

## **TIME DROP AWARDS**

The time drop award this week goes to six INCREDIBLE swimmers: **Spenser Steele** took off an awesome 10.99 seconds total in fly, back, breaststroke, and IM. **Kevin Wagman** dropped a whopping 7.8 seconds in free, fly, and IM. **Corinne Tucker** dropped an amazing 7.43 seconds in breaststroke, fly, and IM. **Jordana Coronel** dropped an incredible 6.46 seconds in IM, back, free, and fly. Wily **Willie Conaghan** dropped 3.56 seconds in free and fly, and marvelous **Mattie Conaghan** dropped 2.67 seconds in free, back fly, and IM. The following swimmers all dropped more than a second in their events: in free **Kaili Gregory, Anita Montero, Sam Snedden, Jack Steingass, Julia Ely, Rachael Solonsky, and Kellan Steele**; in fly **Samantha Kline, Victor Colosi, John Janezich, and Emma Kelly-Bell**; **Nicky Schulkin** in back; and **Sophie Koneff, Elizabeth Fosburgh, and Ryan Chitwood** in IM. A couple of events are worthy of note where all our swimmers dropped times: in breaststroke **Jacob Ross, Peter Metz and Tarik Gooptu**; in fly **Kevin Wagman, Spenser Steele, and Willie Conaghan**.

## **SALUTE THE SWIM-UPS**

Once again the Dolphins are grateful to twelve-year-old **Sophie Koneff** and **Claire Rock** for helping to fill the lanes and win points in 13-14 girls events. **Sophie** swam a full compliment of events with IM, free, back and breaststroke while **Claire** braved out the back and fly.

## **COACH'S CORNER—Ramzy Suleiman**

Bannockburn is on fire!!! Old Georgetown is the latest victim of the Burning Bannockburn Monster. After a devastating

meet, Old Georgetown swimmers can no longer show their faces in this wonderful town. Now you can enjoy a hearty laugh the next time you meet an Old Georgetown swimmer. But this is only the beginning of the battle for the neighborhood, as we swim Merrimack and Potomac consecutively. I am looking forward to a busy weekend of butt whooping as we have a close meet Saturday followed by the relay carnival Sunday. A couple notes about the relay carnival: 11-12 boys, this is the one weekend where I expect you to spaz out like the crazy little monkeys that you are. Hyperactive attitudes and insane rantings are acceptable for the relay carnival, cause I know it will produce fantastic results. 8 and under boys: try not to drown. 11-12 girls: do not worry about looking pretty. 8 and under girls try not swallow the 8 and under boys alive! Other than that, enjoy your July 4th and try not to blow your faces off with fireworks. Fireplay injuries will not be accepted as excuses for missing practice. In other news, everybody must hound Callie Fosburgh for missing the Potomac meet and Danielle Schulkin for missing Divisionals. If you see them walking around, grab the nearest 8 and under and have them beg Callie and Danielle to show up in the most adorable way possible. Finally, head coach from way back in Bannockburn's losing days, Sam Brownell, will be making a surprise visit this weekend. Be sure to remind him how glad you are that he has passed the torch to a much wiser and mature head coach. Final note: there is morning practice everyday this week, and we will be working relay starts the rest of the week. Be merry on this country's glory day, and get 'er done this weekend. - Ramalamzy  
P.S. Freedom isn't free. Happy Fourth of July.

## **SWIMMING TIP of the WEEK**

Starts!!!! Almost every person on the team does not lean forward enough on their start. The idea is to have your weight as far forward on your front toes as possible, and then explode from a position close to the

water. When you leave the wall, reach out, throw your head up and then tuck your head in the streamline. Hold the streamline until you come close to the surface of the water, then break out and power up your stroke. All of this is done to maximize the momentum you have after exploding of the wall. Harboring that momentum is the key to a fast start. Come see me for more ways to get that edge at the beginning of the race.

## **85 SWIMMERS TURN OUT FOR B MEET**

A record 85 Dolphins turned out for the home B meet with Palisades. Though delayed by thunder, the Dolphins were not dissuaded. There were so great and enthusiastic swims at this meet with everyone working their hardest to do their best. Parents' hearts were warmed as the Dolphins stepped up to take over many meet management responsibilities with Madeline Alagia and Elena Palermo on the mike, and Kevin Wagman, Spenser Steele, Robert Spigler and Alex Spigler working on Dolphin diner management.

## **COACHES INVITATION LONG COURSE**

An amazing seven swimmers will swim in this most prestigious event of the summer season. The fastest eight swimmers in each event will battle over twice their regular distance (for example boys 8 & under free compete over 50 meters, girls 15-18 compete in the free over 200 meters). We are proud of the following Dolphins who will represent the team and wish them the best of luck: **Nicky Schulkin** in back (seeded 3<sup>rd</sup>) and fly (seeded 3<sup>rd</sup>) (also qualified in breaststroke seeded 6<sup>th</sup>), **Ryan Chitwood** in breaststroke (seeded 7<sup>th</sup>), **Jackson Janezich** in free (seeded 3<sup>rd</sup>), **Elizabeth Fosburgh** in fly (1<sup>st</sup> alternate), **Callie Fosburgh** in free (seeded 3<sup>rd</sup>) and breaststroke (seeded 2<sup>nd</sup>) (also qualified in fly seeded 5<sup>th</sup> and in IM seeded 2<sup>nd</sup>), **Malena Lair** in back (seeded 6<sup>th</sup>), and **Danielle Schulkin** in fly (seeded 6<sup>th</sup>). The

seeds are listed as of this printing before the scratches have been calculated.

## **WEEK 3 DIVISION E RESULTS and DT on the WEB:**

To see the full meet results go to:

[http://www.mcsl.org/results/2007/week3/Div\\_E.txt](http://www.mcsl.org/results/2007/week3/Div_E.txt)

To view the Dolphins Times on the pool website go to:

<http://www.bannockburnpool.com/dolphin.html>

## **ANSWER OF THE WEEK**

Last week's question: What swimmers are a second away from all-star times? **Madeline Alagia** in free; **Elena Palermo** in back and fly; **Malena Lair** in fly; **Peiter Fosburgh** in free; and **Vincent Steis** in free and fly. Now go back to the All Star article to see who indeed made an all star time in these events last week.

## **QUESTIONS OF THE WEEK**

1. What preteammers swam their first B meet last Wednesday? Figure out who these smallest Dolphins were and give them a big pat on the back for this accomplishment!
2. What swimmer did Coach Ramzy see winning what race in his dream the night before the Old Georgetown meet?

## **PRETEAM**

Thanks go out to all the parents for continuing to bring so many kids to preteam practice. These swimmers are making huge improvements in their strokes. Hopefully everyone will turn out for our **preteam meet and awards on July 17** and congratulate these youngest swimmers on their summer's accomplishments. Keep up the good work!

## **THIS WEEK'S EVENTS**

**A meet Saturday, July 7 @ home; warm-ups 8am.**

**Dolphins team photo Saturday, July 7 immediately following the meet.**

**Relay Carnival Sunday, July 8 @ Potomac Glen; warm-ups 8:15am. No afternoon practice on July 4<sup>th</sup>. Martha's Table canceled for Fri, July 6.**

Our next **A meet** is **Saturday, July 7 at home** with warm-ups are at 8:00am. This should be a fun meet with our neighbors Merrimack and will be followed by a Cal Tor lunch for both teams and their families. Please see the bulletin board to volunteer to help out with the meet, the bake sale or the lunch. We need lots of parents to make this last home meet a success. This week's **bake sale will benefit Martha's Table Summer Camp** so please bring lots of goodies and buy lots to eat (for team members, healthy stuff of course, and after you've finished your swimming).

**Dolphins Team Photo** will directly follow the end of the meet on **Saturday, July 7 at APPROXIMATELY 11:30**. If you're not swimming in the meet, please arrive by 11:15 to cheer the Dolphins on, and if you're swimming in the meet, please remember to stick around after the meet for the photo (and the Cal Tor lunch). The photo will take place sometime between 11:15 and noon. Please wear your team suit. All team members are encouraged to show up for this photo op. Each swimmer is given a team photo at the banquet.

**Relay Carnival** will be **Sunday, July 8 at Potomac Glen**. Please be at the Potomac Glen NO LATER than 8:15 am for warm-ups as there will be no late warm-ups. **IMPORTANT DIRECTIONS TO POTOMAC GLEN: USE 270 and NOT RIVER ROAD** as the golf tournament may cause a huge backup, and please allow at least 30 minutes travel time. Directions are on the bulletin board, at [www.mscl.org](http://www.mscl.org) or by email request to [djchit@yahoo.com](mailto:djchit@yahoo.com) This is a HUGELY important and fun event. We need ALL the Dolphins to be there. Please check the bulletin board to see if your child is swimming. **Coaches need to know immediately if your child cannot be there for this meet. Any missing swimmer**

**potentially means that a whole relay of 3 other kids cannot swim! Coaches need to come up with possible substitutes ASAP. Parents, please know that ALL winning relays at the Relay Carnival (with a few exceptions) are eligible to swim in the country relay all star meet on Saturday, July 28. If you child's relay wins at the carnival, please let the coaches know ASAP if s/he can attend the relay all stars on July 28.**

**Practice schedule for this week:** regular practice every day except there will be no afternoon practice on Wednesday, July 4. Please don't miss Thursday afternoon practice as it will be devoted to relay starts.

Sadly, **Martha's Table has had to cancel** their much anticipated outing to Bannockburn this Friday due to lack of transportation. Thanks go out to Jeanine Greene who worked her hardest to try and find a solution when MT campers were unable to use their van for transport to us. We hope to reschedule for Monday, July 23 after All Star practice.

## **FUTURE EVENTS**

**Tuesday, July 10 at 7 pm** will be the **Coaches' Invitational Long Course** meet for the county's top eight swimmers in each event. Dolphins are encouraged to come out and cheer on our swimmers and watch some of the best swimming in the county.

**The B meet on Wednesday, July 11 at Bel Pre** will be our last B meet of the season. Warm-ups are at 5:30pm. We hope everyone will organize carpools and come to enjoy this final B meet and the opportunity to compete one last time. Bel Pre will have wonderful dinner food available as well and is excited about this opportunity to swim with the Dolphins.

**Thursday, July 12** will see this year's popular "**Guys and Grills**" back once again thanks to Tom Salcetti. Boys ages 11 and up are invited to sign up for an evening of

expert grilling know how from the ever-versatile, master chef Tom Salcetti. Spaces are limited so sign up early on the team bulletin board. There is a fee to cover the cost of food.

The next **A meet** will be on **Saturday, July 14 at Potomac**. Please remember the coaches need to know if your child is unable to swim in any A meets. See the form on the board to fill out for all meets your child might miss.

## **PARENT NOTES & REMINDERS**

We are still in **desperate need of drinks** to sell at our final A meet and bottles of water to hydrate our swimmers during practice. **Please** bring your case of sports drink, water, sodas or frappucino to the pool **BEFORE** our last home meet on July 7. (We do **not** need juices – we've got plenty of these.) Please remember each and every swim team family is asked to bring in a case of drinks for the team.

Happy swimming!!