

Dolphin Times

Volume XVI Issue 4

Tuesday, July 8, 2008

CALENDAR FOR THE WEEK

- 7/9 **Wednesday B meet at Mohican**, 5:30 pm. The final B meet of the year.
- 7/11 **Friday Tie-Dye**, 6:00 pm. Bring a shirt and prepare to get messy. Swimmers 10-and-under require parental supervision.
- 7/12 **Saturday home A meet** vs. Potomac Woods. Warm-ups at 8:00.

Heads up for NEXT week:

- 7/15 **Tuesday PreTeam Meet and Awards** at Bannockburn, 6:30 pm.
- 7/18 **Friday Pancake Breakfast** at 9:30.
- 7/19 **Saturday Division E Meet, 7:00 am warm-ups** at Potomac Woods.
- 7/19 **Swim Team Banquet**, 6:30 pm at St. Bartholomew's. Details below.

VICTORY PARADE CONTINUES

Although Mother Nature attempted to rain on the parade of Dolphin hillbillies at River Falls last Saturday, the Dolphins responded with a narrow victory over a highly competitive River Falls squad. The halftime score of 17 points was extended to 29 by the end of the meet. The Dolphins swam well during freestyle but were plagued by a less-than-stellar finish or two during backstroke. But the halftime encouragement of coach **Ramzy Suleiman** psyched the Dolphins so much that they dominated breaststroke and fly.

Former Dolphin coach **Sam Brownell** was in attendance, probably suspecting that the fireworks of the previous night would be eclipsed by the bright Dolphin stars in the pool. Many of the Dolphins gave Sam good reason to bellow his trademark “Nice swim, ladies” or “Nice swim, boys.”

The meet certainly had its share of quirks. Times were generally slow. Perhaps the weather was not conducive to fast swimming. Perhaps too many swimmers had indulged in too many July 4th celebrations. Perhaps the frequent use of nicknames during introductions, although cute and entertaining, resulted in lack of focus at the start. Whatever the reason, most swimmers raced slower than their seed times; 30 of the first 32 swimmers to emerge from the pool added time.

The meet also was plagued by robbery; in two of the three cases, Dolphins were victims. Alas, the Timer Error Demon reared its ugly head again. In what your Times Reporter viewed as a dead even heat, **Madeline Alagia** was deprived of the 13-14 breaststroke crown by 0.07 second. Later on, **Emma Kelly-Bell** would clearly touch out her opponent in 11-12 fly for fourth, but the Timer Demon ruled otherwise. We are comforted by the belief that these things average out over the course of the year.

The Dolphin victory was aided by the many swimmers who finished in places lower than their seeds. Like last week, the boys 11-12 IM led off the meet with better-than-predicted finishes that would set the tone of the day. Thanks to **Vincent Steis** and **Evan Steingass** for showing how to start the meet with solid performances. Vincent would soon finish third instead of fourth in free; much later Evan would drop over a second and over three places to finish third in fly. Wow!

The parade of Dolphins outscoring River Falls swimmers seeded higher was a long one. Despite being seeded third, **Pieter Fosburgh** dropped over a second in 8 & under breaststroke to win! Second-seeded Dolphins who won their events include **Danielle Lair Ferrari** in free, **Nicholas Schulkin** in fly and **John Janezich** in breaststroke.

Joy London and **Jane Stirling** finished second and third instead of fourth and sixth in 8&U back; 13-year-olds **Andy Lair Ferrari** and **Alex Spigler** finished second instead of third in back and breaststroke, respectively. Special congratulations to **Matthew Tucker** for finishing second instead of third in 15-18 free, as he became the team's second sub-60-second 100-meter swimmer; he would later swim third instead of fourth in IM.

Other Dolphins with great performances include **Samantha Kline** finishing third instead of fourth in 11-12 back, **Kevin Wagman** finishing 3rd instead of 4th in 15-18 breaststroke, **Paul Rock** finishing third instead of fourth in 9-10 free, **Anita Montero** finishing fourth instead of fifth in 11-12 free, **Kaili Gregory** finishing fourth instead of fifth in 9-10 breaststroke, **Michael Perlman** finishing 5th instead of 6th 15-18 fly, and **Gabe Melrod** and **Mikela McMahon** finishing 4th instead of 6th in 11-12 breaststroke and 9-10 fly, respectively.

SWEEP! SWEEP!! SWEEP!!!

The boys were the sweeps champs this week: **Pieter Fosburgh**, **Nicky Schulkin** and **Paul Rock** swept 9-10 free; Nicky and Paul were joined by **Sam Snedden** in a sweep of back, and Nicky, Pieter and Sam swept fly. The 15-18 boys enjoyed two sweeps: **Jackson Janezich**, **Matthew Tucker** and **Michael Perlman** swept 15-18 free; the latter two and **Kevin Wagman** swept back.

ALL STAR TIMES

Congratulations to the following swimmers for their 23 all-star times: **Elena Palermo** in IM, back, breaststroke and fly; **Elizabeth Fosburgh** in free, IM, back and fly; **Callie Fosburgh** in free, IM, breaststroke and fly, **Danielle Schulkin** in free, back and fly; **Jackson Janezich** in free and IM; **Malena Lair Ferrari** in free and back; **Nicky Schulkin** and **Pieter Fosburgh** in fly, and **John Janezich** and **Hannah Melrod** in breaststroke.

NEW RECORDS

Callie Fosburgh celebrated the day after her 15th birthday by swimming up as a 15-year-old. She set new team records in 100 freestyle, IM and breaststroke, winning those events. Despite finishing third in 15-18 fly in a talented field, she dropped time from her 13-14 team fly record. Happy Birthday, Callie!

Another swimmer had a very special day. Not only did **Danielle Schulkin** drop a third of a second from her team 15-18 fly record, she also broke 30 seconds. This is the only under-30-second time swum in women's fly in MCSL this year. Very special, Danielle.

And how could anyone not notice the great swim by **Jackson Janezich**? He whacked off over a second from his team record in 15-18 100 free. Wow!!!

OTHER SPECIAL SWIM-UPS

On this holiday weekend plagued by a shortage of older swimmers, we were fortunate to enjoy a flotilla of Dolphins swimming up in the open relays. Special thanks to **Alex Spigler**, **Charlotte Jeppsen**, **Samantha Kline**, **Clare Rock**, **Kellan Steele**, and **Sarah Silberbrandt**, some of whom swan against swimmers weighing twice their size.

PERFECT MEETS

Five Dolphins won every individual event they entered: **Danielle Lair Ferrari, John Janezich, Elena Palermo, Elizabeth Fosburgh** and **Jackson Janezich**. Awesome!!

TIME DROPS

This week's time drop champs are **Matthew Tucker** and **Kevin Wagman**; each dropped a total of 4.0 seconds, Matthew in free and breaststroke and IM, and Kevin in fly, back, breaststroke and IM. Several swimmers dropped more than 2 total seconds from their seed times, including **Jane Stirling** in 8&U back, **Victor Colosi** in 8&U fly, **John Janezich** in 13-14 breaststroke, **Emma Kelley-Bell** in 12&U IM, **Ray Crist** in 8&U free and fly, and **Evan Steingass** in 11-12 back, breaststroke and fly. And congratulations to the following for one-second drops from their seed times: **Hugo Burbelo** in 8&U breaststroke, **Clare Rock** in 13-14 breaststroke, **Jackson Janezich** in 15-18 free, **Samantha Kline** in 11-12 free and back, **Anita Montero** in 11-12 free and fly, **Danielle Schulkin** in free, back and fly, and **Michael Perlman**, who uncannily dropped 0.72 second in two different events: 15-18 free and fly.

A MEET WELCOME

We extend a special welcome to A meet rookies **Alexander** and **Hugo Burbelo**, both who swam legally in 8-and-under breaststroke. We look forward to seeing you again.

WEEK 4 DIVISION E RESULTS

To see full results of all meets go to: http://www.mcsl.org/results/2008/week4/Div_E.txt

B MEET BLISS

Whenever **Adam Hollies** opens up a meet with his smooth crooning of the National Anthem, you know that good things are about to happen. The B meet last Wednesday with Somerset was no exception. Compared to a recording, have you ever noticed how much more spirited the Star Spangled Banner sounds when someone sings it or plays it on a musical instrument, as we do at Bannockburn?

Many members of the Dolphin horde swam their best times of the year, and **Jim Bell** and the **grill guys** cooked their best burgers of the year. Thanks to them for another great evening. We also thank all of the helpers, especially card runners **Clare Rock, Elizabeth Fosburgh** and **Danielle Schulkin**. Your Times reporter will testify that he had the job of card runner at the Palisades meet and found it more physically demanding than any of the other jobs he has done. **Elena Palermo** also deserves thanks for keeping the swimmers organized at the take-off end of the pool. Finally, we thank announcer **Tom Helf**, whose musical references during the introductions to some of the events led to discussions between at least two stroke and turn judges about which Beatles and Steely Dan recordings were the most personally influential.

Finally, we congratulate jelly-bean guessing champion **Kiara McMahon**, whose estimate of 118 jelly beans was one shy of the actual total. We suspect that she may have a promising future as a mathematician or accountant.

LONG COURSE REPORT

DETERMINATION, POWER, ELEGANCE, SPUNK and BEAUTY

Five female Dolphins qualified for the Coaches' Long Course Invitational Meet. This is the most prestigious meet in the MCSL schedule; the eight-fastest MCSL swimmers in each event swim twice the normal distance in a 50-meter-long pool. Merely being invited to swim in this event is an honor, as was reflected by the many Dolphin teammates, parents, brothers, sisters and other supporters present, including Sam Brownell, who delayed his return flight to California to watch swimmers he formerly coached.

As the first event of interest to the Dolphins began, the 13-14 girls' 200-meter individual medley, probably no one would have predicted that two swimmers would shatter the MCSL record. The sheer determination and competitiveness of **Callie Fosburgh** created the most heart-stopping race of the evening. Seeded nearly three seconds behind the top seed (at half-the distance, of course), the third-seeded Callie was in second place after the fly leg but pulled even after the turn into backstroke, where she seemed to remain for a long time but slowly pulled ahead. In breaststroke, the first-seeded swimmer (and the MCSL breaststroke record holder) slowly caught up to Callie, who trailed after the last turn. As the final leg progressed, the other swimmer peskily maintained a minuscule lead for seemingly the entire 50 meters. Or so we thought. From the far end of the pool where this reporter was, it appeared that Callie would be second going into the wall. But a fantastic Fosburgh finish yielded the results on the scoreboard that everyone screamed about: Callie had won by 0.03 seconds in a record-setting performance.

Elizabeth Fosburgh would be the next Dolphin swimmer to compete, in 13-14 100 freestyle. Obviously, no stranger would expect the 6th-seeded Elizabeth to compete for the title in this event. But such a person would be ignorant of the sheer power Elizabeth possesses in her freestyle. Coming into the turn at 50 meters, Elizabeth barely trailed the leader. Although some of us may have been thinking that she had gone out too fast, Elizabeth held onto this position and finished with a solid hold on second. And the 13-year-old Elizabeth could be swimming the same event next year!

The 5th-seeded **Malena Lair Ferrari** was the next to compete, in 15-18 200 back, an utterly grueling event. Malena sped out very fast, so fast that she almost hit the first turn even with the leader seeded nearly three seconds faster than her. Alas, this may have taken a bit too much from her too soon, as Malena would comment after the race that she was winded after the first 100. Still, she would finish a respectable 7th in a very competitive field. Moreover, she displayed her elegant, nearly-motionless-head-in-the-water form throughout the race, as well as her always-elegant support of her teammates.

After a 30-minute halftime break, the next Dolphin to swim appropriately would be 10-year-old **Hannah Melrod**; after qualifying for the meet with a stellar performance at the first A meet, she had missed much of the summer swim season and was seeded sixth in 50-meter breaststroke. Any other swimmer would have been expected to fare poorly. But the spunky Hannah responded with a superb swim in which she finished fourth. Awesome.

A few events later, **Callie Fosburgh** dove into the pool for her 100-meter breaststroke swim. Callie was seeded fifth, over three seconds behind the top seed, who also happened to be the girl who had swum faster than Callie during the breaststroke leg of the IM. But Callie immediately steamed ahead of everyone but the top seed and trailed her only slightly going into the turn. Callie would finish second in a time less than a second off the MCSL record.

As twilight progressed and the butterfly events began, the crowd began to thin out. It was soon time for the 13-14 fly; **Elizabeth Fosburgh** dove in as the fourth seed. In a race that mirrored her freestyle race, Elizabeth hit the turn slightly behind the leader and finished in second, only 0.19 second behind the leader. That's two spectacular swims in one night for one very special 13-year-old who will probably get another chance to win next year.

The last race of the night was the girls' 15-18 fly, a race with six people seeded within three-quarters of a second of each other. After a long wait, **Danielle Schulkin** finally had a chance to swim. When Danielle swims fly, timers at A meets are often overheard commenting on the sheer beauty of Danielle's fly. This evening was no exception. Seeded third, Danielle hit the turn no lower than fourth. With much of the field remaining closely bunched together, Danielle steadily gained ground to finish third. Much of the crowd of happy Dolphins and supporters then left the pool for what one supporter described as the best part of the Long Course Meet: the post-meet gathering at a local diner.

COACH'S CORNER—Ramzy Suleiman

Dear Bannockburn,

I love you. You love me. Going down the sugar tree. Let's go down the sugar tree, and see lots of bees. But the bees won't sting, because you love me. Welcome to my corner. I feel like a kid that gets put in timeout. Go to the corner Ramzy and write something. OK, Bannockburn, whatever you say. On that note, I'd like to start things off by giving a shout out to Lynn Brownell (a.k.a the Whimp). As some of you may know, Lynnard teaches pre-school at Bannockburn Nursery and pretty much taught all of us how to make trouble creatively. Any issues that arise can be directly linked back to Lynn Lynn. Not that we're having a lot of problems, but if any come up, we know who to blame. Just making that clear. Also a shout out to Sam Brownell, who is never leaving. Ever. While we're ragging on the Brownells, I'd like to say that Spencer is the smartest person ever. Brilliant. An underappreciated masterpiece with mind powers way beyond what any of us are capable of. A battle of wits with Spencer is like putting your fingers in the blender, he will destroy you. Anyway, sitting pretty undefeated is a good feeling. So seriously, I am insanely proud of everybody (except Lynn) for what has been so far a beautiful season. And we only have two weeks left to mess it up! Also, Sam Snedden is the fastest go kart racer on the east coast. But only in lessons. Apparently also he has Olympic ice skating potential. We expect glory in Beijing, Samus. But seriously, falling while skating backwards and hurting yourself is an honorable way to go down. At least he looks good in the water. Apparently the ice needs to be melted in order for him to realize what's going on. On a final note, Please please, please please tell me immediately if you're missing Saturday, Divisionals, or All Stars. Then tell me again. Then write a note on your face, so every time I look at you I'll remember and make fun of you for writing on your face. Then go home and change your plane ticket or whatever and come to the meet. I'm starting a system next summer for the number of meets you miss means the number of weeks that you have to hold a streamline at all times. Either that or I'll just call you and hang up really really fast. Click

For sale baby shoes never used.

SWIMMING TIP of the WEEK: .

Don't run with scissors or put ice cream in your pockets. That's pretty much all you need to know.

ADULT SWIMMING TIP OF THE WEEK:

Never attempt to swim laps with an older Dolphin swimming in the lane next to you. Not only will you feel totally embarrassed by the speed of someone who seems to require nary a breath, you will not be able to learn anything about technique or form because by the time you decide to look at someone's armstroke, he or she will already be out of sight. Above all, when you are finishing your own pathetic length and there's a rotating blue torrent of bubbles next to you, please remember that it is a Dolphin doing a flip turn and not a nearby explosion. Do not turn your head and be distracted; otherwise you will forget about the wall approaching your own body and smack your arm and head into it, as happened with me this past weekend.

DOLPHIN TIMES ON THE WEB

The Dolphin swimmer in the above incident will remain unidentified, although she was the same person who laughed hysterically during the infamous rubber chicken incident of last year. Per parent request, details of that incident can be found in the July 17, 2007 of the Dolphin Times, all recent issues of which are preserved on the Web at <http://www.bannockburnpool.com/dolphin.html>.

THANKS TO CHERYL ROTHENBERG

Former B meet coordinator **Karen Tucker** has asked that the Times acknowledge the wonderful work performed this year by rookie B meet coordinator **Cheryl Rothenberg**. Karen knows from personal experience what it takes to run a B meet. Cheryl has organized five Wednesday meets that have proceeded incredibly smoothly. Whatever happened to those home B meets where timers would scream for cards again and again? More impressively, during the last several years we have had two people doing this job; this summer Cheryl has been handling the responsibility all by herself! So when you see Cheryl, please give her a big smile and a huge THANK YOU!

We also thank the many parents and teens who have stepped up to help out with the many jobs that need to be done at the Wednesday meets. You are too numerous to mention individually, but each of these jobs is an important part of making the meets run smoothly.

ANSWER TO LAST WEEK'S QUESTION

Until it was broken this past weekend, the oldest Dolphin record was the 1969 mixed free record. What is now the oldest Dolphin record? The oldest relay record dates from 1975 and is the only relay record that does not include current Dolphin swimmers. It is the boys' freestyle crescendo record held by **Fred Brown, Erik Ophus, Toby Bilanow, John Cox, and Mike Johnston**. With respect to individual records, the oldest records are in 8 and under back, set by **Mike Johnston** in 1973 and **Molly Bleiden** in 1975. The oldest Bannockburn pool records were set by Rob Elliott of Tilden Woods in 13-14 fly in 1969 and Patti Marks in 15-18 freestyle, set in 1980. Two of Ms. Marks' three 1980 pool records fell in the meet with Tanterra

QUESTION OF THE WEEK

How many **current** MCSL swimmers qualified to compete in the 2008 Olympic trials?

PARENT NOTES & REMINDERS

1. **We still desperately need drink donations for this week's A meet.**
2. As always, please inform the coaches immediately if your swimmer cannot swim Saturday's A meet, or, if qualified for the All-Star relay meet, at the All-Star relay meet on July 26.
3. Please sign in on the bulletin board for your volunteer assignment at Saturday's A meet.

BOOK DONATIONS SOUGHT

As you hopefully remember, Dolphins **Katie** and **Willie Conaghan** organized this year's Dolphin community outreach event, hosting children from the World Mission Center in Washington, DC. In support of the creation of the Center's library, Dolphins are encouraged to place books in a box at this week's A meet. In addition, proceeds from this weekend's bake sale will benefit the Mission.

SWIM TEAM BANQUET

The annual swim team banquet will be held at a new location: **St. Bartholomew's Church**, located at 6900 River Road, Bethesda, MD 20817. The banquet is for all swim team families, and all pre-team families if they wish to attend. It will be on Saturday, July 19, the night of divisionals.

Food assignments are as follows:

8 and under and 9-10:	Main Dish
11-12 year-olds:	Large Salad
13-14 year-olds:	Desserts
15-18 year-olds:	Main Dish or Salad

Please bring food in **disposable** containers. **Meris Steele**, the organizer of the banquet, needs families or parents to sign up for banquet set-up or clean-up. As you can imagine, this event involves a tremendous amount of work. Therefore, she is asking—even begging—for you to volunteer. Please contact her at 5steeles@verizon.net.