

Dolphin Times

Volume XV Issue 4

Tuesday, July 10, 2007

A WILD WILD WEEKEND!!

Longtime Dolphin swimmer and coach **Sam Brownell** returned to his swimming home for what was expected to be an exciting weekend of swimming. We don't think that Sam was disappointed in the amazingly close dual meet and the thrilling relay carnival; only 18 points separated the first through fifth-place teams, half the spread of the next closest division.

SATURDAY HEROICS

The Dolphins welcomed our friends and neighbors, the Merrimack Park Maniacs, for our first head-to-head meet since 2001. The meet was expected to be close, and our brave Dolphins finally emerged with the same four-point edge they had entered the relays with--the closest score since a three-point victory over Stonegate in 2005. At the end of breaststroke, the computerized projection was for a tie. But two mighty Dolphins dropped some serious time to outswim higher-seeded opponents to take third place in fly. Meanwhile, every other Dolphin flyer swam his or her seed. Hats off to **Jessica Kline**, **Max Palermo** and all the flyers for providing what turned out to be the final margin of victory. Dolphins who outswam higher-seeded Maniacs in other events included **Jessica Kline** in backstroke, **Julia Ely** in breaststroke, and **John Janezich**, **Charlotte Jeppsen**, **Mattie Conaghan**, and **Danielle Lair** in free.

Footnote: the last time the Dolphins and Maniacs met, the Dolphins suffered a 168-point loss. But who remembers? We do know that a drenched **Larry Wagman** will remember this meet, however.

SUNDAY CRAZINESS

The Dolphins had little time to rest before the next meet, the Division-wide **Relay Carnival** at the Potomac Glen pool on a hot, hot morning. But the heat was no match for the even hotter swimming executed by all 37 Dolphins and the screams of encouragement from all sides of the pool. Was an MCSL record set by the officials for the number of times they instructed "Quiet at the start, please"?

To get an idea of the closeness of the relay carnival and the competitiveness of Division E, the first six events were won by each of the six division teams. When it was all over, the Dolphins were in a tie for third place, only ten points from the two teams in a first-place tie. More impressive was their **six** first-place finishes in only 22 events and successful touch-outs of less than a third of a second in four events. The Dolphins also netted **four** second-place finishes.

The 11-12 swimmers truly sparkled, showing everyone that although other teams may (or may not) have faster individual swimmers, as a group they can't be touched in Division E. First, the mixed free team of **John Janezich**, **Ryan Chitwood**, **Madeline Alagia** and **Elizabeth Fosburgh** whacked 1.5 seconds off last year's team record to beat next week's opponent, Potomac, by only a second. In the boys' 11-12 medley, **Andy Lair** and **Alex Spigler** joined **John** and **Ryan** in smashing the 12-year-old team record (**Sam Brownell** included) by nearly nine seconds, well ahead of the Potomac team. And in the girls' 11-12 medley, **Sophie Koneff** and **Elena Palermo** joined **Elizabeth** and **Madeline** in breaking last year's team record by two seconds and finishing comfortably ahead of the second place team from, you guessed it, Potomac.

The above Dolphin teams will head to the All-Star Relay Meet on Saturday, July 28. They will be joined by at least two other teams: the open medley relay team of **Malena Lair, Callie Fosburgh, Danielle Schulkin, and Elizabeth Fosburgh** (who knocked over 1.5 seconds off the team record they set last year); and the 18-and-under “crescendo” freestyle relay team of **Kaili Gregory, Elizabeth Fosburgh, Danielle Schulkin, Callie Fosburgh, and Emma Kelly-Bell**. They broke the 30-year-old team record by five seconds! The remaining Dolphin victors, the 14-and-under freestyle squad (the above five minus Danielle), must await the results of the remaining dual meets and the divisional meet to learn if they’ll be competing in this event at relay all-stars. This is a highly competitive event in the division; as of now the Merrimack Park squad holds a 0.73 second lead over the Dolphin team. But two more meets remain, and we know our swimmers can come through in the clutch.

Like last year, setting a new team record was no guarantee that a team would win their event. The boys 14 and under medley team of **Nicky Schulkin, Pieter Fosburgh, Ryan Chitwood and Jackson Janezich** broke the 2001 team record by nearly five seconds yet finished second behind the Potomac team.

While the final score was being calculated and recalculated, the Dolphin parents and coaches also distinguished themselves with second-place finishes. Coaches **Ramzy Suleiman, Sarah Casey, Lauren Sullivan and Sam Brownell** clocked an impressive 100-meter medley performance in 59.59. The grand **Grace Melrod**, awesome **April Oliver**, breakneck **Bob Palermo**, and leapin’ **Larry Wagman** zoomed to a 56.77 finish in 100 free. Way to go!

Footnote: As the Dolphin Times goes to press, rumor has it that a disqualification may have not been included in the final scoring of the Relay Carnival. If true, this would break the third-place tie in favor of the Dolphins because they would have seven first-place finishes.

A MEET SWEEPSTERS

Back to the Saturday heroics. For the fourth consecutive week, **Elizabeth Fosburgh, Elena Palermo and Madeline Alagia** swept 11-12 IM. The same trio repeated in fly. In this highly competitive meet, the only other Dolphin sweepers were **Pieter Fosburgh, Vincent Steis and Max Palermo** in 9-10 fly.

PERFECT MEETS, WEEK 4

Week four netted four Dolphins who won every event they swam: **Nicky Schulkin** in free, breaststroke, and fly, **Elizabeth Fosburgh** in IM, free, back and fly, and **Callie Fosburgh and Jackson Janezich** in IM, free, breaststroke and fly. Congratulations!!!!

A MEET DEBUTS

A whopping 61 Dolphins swam versus Merrimack Park this week—possibly a new record. We welcome new-to-A-meet swimmers **Tyler Crist** and 5-year-old **Ray Crist**, the youngest Dolphin to make an A meet appearance in quite some time. And a special welcome back to **Robert Spigler**, whom we’re glad to see finally getting wet this year. Let’s hope that we go a long time before seeing any more broken Dolphin bones.

ALL STAR TIMES

An amazing 15 Dolphins joined for an astounding 32 all star performances! These included **Jackson Janezich and Callie Fosburgh** in IM, free, breaststroke and fly; **Elizabeth Fosburgh and Danielle Schulkin** in IM, free, back and fly; **Malena Lair** in IM, free and back; **Elena Palermo and Ryan Chitwood** in IM and breaststroke; **Nicky Schulkin** in free and fly; **Hannah Melrod** in breaststroke; **Vincent Steis, Pieter Fosburgh and Madeline Alagia** in free; and **Mikela McMahan** in back. And very special congratulations to first-time all-stars **Kaili Gregory and Emma Kelly-Bell** in free.

NEW RECORDS

What would a Dolphin meet be without an assortment of new pool and team records? Perhaps the most irreproducible feat was Callie **Fosburgh**'s tie of the pool and team 13-14 free record she set two weeks ago. Callie also lowered the team and pool records in breaststroke she set on different weeks this summer by over a half-second. A true close shave artist, **Malena Lair** nearly equaled Callie's tie, lowering Malena's 15-18 team and pool record in back by 0.04 second. **Danielle Schulkin** sliced 0.3 seconds off Callie's record in 15-18 100-meter free. **Sam Brownell** watched **Jackson Janezich** trim 0.12 second off Sam's 10-year-old pool record in 13-14 IM. The youngest record-breaker also whacked off the greatest amount from a team record (0.7 second) this week: **John Janezich**, in 11-12 fly. Congratulations, one and all.

We also congratulate Carmen Ferraro, Jill Catoe, Melanie Friedrichs, and Caitlin Merley upon breaking the pool record in the open medley set by Oakview 17 years ago.

TIME DROP AWARDS

Let's hear it for the champion time dropper this week: **Alexander Alagia**, who whacked off a total of 5.67 seconds in free and back. The champion one-event whacker was **Ray Crist**, who chopped 4.58 seconds off in free. Swimmers who dropped an amazing three or more seconds in their events include **Danielle Lair** in free and fly, **Max Palermo** in back, breaststroke and fly, **John Janezich** in free, back, and fly, **Spenser Steele** in free, back and breaststroke, **Willie Conaghan** in back and breast, and **Mattie Conaghan** in free, IM and back. Members of the two-second club include **Tyler Crist** in free, **Kaili Gregory** in free and breast, **Julia Ely** and **Gabriel Melrod** in breaststroke, **Elena Palermo** in IM, breaststroke and fly, **Danielle Schulkin** in IM, free and backstroke, **Andy Lair** in free, back and fly, and **Madeline Alagia** in IM, free, breaststroke and fly. The followed took off a second or more in their combined events:

Paul Rock and **Anita Montero** in free, **Jessica Kline** in back and fly, **Rachel Solonsky** in breaststroke and fly, **Jackson Janezich** in IM and breaststroke, **Malena Lair** in IM and backstroke, **Corinne Tucker** in free and breaststroke, and **Jacob Ross** in IM, backstroke and fly. Kudos for these great swims!

Special awards go to swimmers who took time off in each of their three or four events: **Max Palermo**, **John Janezich** and **Madeline Alagia**, the only four-event time dropper at the meet. Wow!!

SWIM-UPS TO THE RESCUE AGAIN!

This was yet another week in which our 11-12 swim-ups earned points in the 13-14 age group. A tip of the hat (or a swim cap) to **Sophie Koneff**, **Claire Rock**, and **Sarah Silberbrandt**.

COACH'S CORNER—**Ramzy Suleiman**

Another great of week of Bannockburn swimming has brought us a huge victory. A win for the ages over the ultimate rival the Merrimack Maniacs puts us in second place outright in an extremely competitive division. Tough swimming, hard training, and not drinking soda granted us a historic victory that gives our part of the neighborhood all the bragging rights in the world. Then we came back and spanked Merrimack again in the relay carnival, so it is official: Bannockburn now owns Merrimack. The age old question of who's better has been answered. Although it was never really a question because the neighborhood is called Bannockburn anyway, so I don't really know what Merrimack is or why they have rights to swim in BANNOCKBURN. In fact I think that gives us the right to annex Merrimack as part of the Bannockburn Monster. Anyway, this is pretty heavy political and military strategy so I'll just leave it to the pool board generals.

In other news, the relay carnival went swimmingly. The 8 and unders did not drown, though it was very close, and Bannockburn had countless top swims. First I would like to thank the relay carnival first timers, **Ray Crist, Victor Colosi, Alexander Alagia, Mikela McMahon,** and **Jessica Kline.** You guys were incredible and you've got a good looking future ahead. I would also like to say that the 11-12s swam perfectly. By bringing out their crazy spastic monkey attitudes they turned the relay carnival into a true carnival for animals of all ages.

On a side note I would like to remind parents and swimmers that **ALL RELAYS ARE SUBJECT TO CHANGE ANY TIME UP UNTIL THE RACE.** Relays by rule are the only events that can be altered up until the last second. Therefore coaches use this rule to determine who is swimming best that particular DAY and would fit best based on their earlier performances. Swimmers: know that this does not mean someone is better overall, but only swam better that day, and it is not a final statement on ability. Parents: It is the job of the coach to enter and set relays and nobody else's. If you have concerns or questions regarding my decisions please come see me after the meet, but not during the meet as I do not want to be distracted from concentrating on your kids racing. Thank you and congratulations for all the hard work in a tough week.

In other news, next Monday is Bingo Night. I'm not gonna lie to you guys but I'm pretty good at Bingo. I'm kind of a big deal in the Bingo Community. A typical day I'll wake up around 5 or 6 in the morning and start training in my Bingo training facility. I'll do workouts that consist of number recognition, hand-eye coordination, reading comprehension, and anti boredom exercises. So just know that if you decide to show up on Bingo night, you better bring it or you'll be sorry. That's all for this week. Get ready for PotoMAC this weekend. As of now they are the top team in the division, but a win this weekend will put us in first place in E Division. That

is INCREDIBLE. Keep up the hard work and we will swim well come Saturday.
Rambo

SWIMMING TIP of the WEEK FLIPTURNS. Notice there are two parts to this word. First you FLIP and then you TURN. Do not turn over on the wall but push off on your back and come on to your stomach in the streamline. Also, this cannot be done efficiently without the maximum amount of momentum possible. Sprinting in the red WITHOUT BREATHING gives you the momentum you need to change directions quickly. Work your turns during practice and you will get results in the meet.

WEEK 4 DIVISION E

RESULTS: To see the full meet results go to:
http://www.mcsl.org/results/2007/week4/Div_E.txt
For the Relay Carnival results, go to
http://www.mcsl.org/results/2007/relay/Div_E.txt

ANSWERS OF THE WEEK

1. Coach Ramzy dreamt that **John Janezich** would win 11-12 fly the night before the meet against Old Georgetown. Let's hope that Ramzy dreams about the team winning the Potomac meet this week.
2. Preteammers who swam their first B meet against Palisades were Eloise Snedden, Julia Varney, Chloe Conaghan, Sawyer Gouldman, and Adam Hollies.

QUESTION OF THE WEEK

Which older swimmer has helped out at the most preteam practices?

PRETEAM

The Preteam continues to make great advances, and the preteamers are ready to show their stuff at the **Preteam Meet and Awards and Dinner** at the pool on Tuesday, July 17 at 6:30. Please come and watch the newest Dolphins at one of the most enjoyable evenings on our schedule. Thanks to **Liz Gouldman** for taking the lead in organizing this event, and, as always, to grillmaster **Jim Bell**.

DOLPHIN GEAR

Don't let the summer pass by without adding the latest Dolphinwear to your wardrobe. Be cool! Be proud! **Patricia Ferrari** (pferrari@comcast.net) has an assortment of caps, tee shirts, sweatshirts and more available at reasonable prices.

UPCOMING MEETS AND FESTIVITIES

Wednesday, July 11

Final B meet at Strathmore-Bel Pre

The address is 13914 Bethpage Lane, Silver Spring, 20906 (301-460-6400). Note that this meet is **not** against an MCSL team, so directions are **not** on the MCSL website. (They are on the pool bulletin board or available from djchit@yahoo.com). Our warmups will begin at 6:00 pm, and the meet begins at 6:30 pm. Please allow ample time for traffic. And note that events will be swum in a different order than at MCSL meets.

Friday, July 13, 6:00 pm

Tie-Dye Party

Grab your plain cotton shirts or socks or whatever and head for the sloppiest event of the year on the Dolphin calendar. Parents are advised not to have their children dressed in their best clothes. All supplies will be provided, and pizza will be available. If you have any extra rubber bands, please bring them.

Saturday, July 14

A MEET AT POTOMAC: BATTLE FOR FIRST PLACE

Heading into the last dual meet of the year, the second-place Dolphins are four points from first place and two points from third. A victory at Potomac will vault them into first! Warm-ups are at 8:30 am. As always, directions are on the pool board, on the MCSL website (www.mcsl.org), or available from djchit@yahoo.com

Monday, July 16

Bingo Night, 6:30 pm

Join your fellow Dolphins for a fun-filled evening playing one of America's favorite pastimes. Food from Lebanese Taverna and California Tortilla will be available at bargain rates.

Tuesday, July 17

Preteam Meet, Awards and Dinner

See preteam section for details.

Friday, July 20

Pancake Breakfast

At the Bannockburn Clubhouse immediately after morning practice (9:30 – 10:00). Details TBA

Saturday, July 21

E Divisional Meet at Potomac Woods, 7:00 am

Because the winner of this meet receives over three times as many points as the winner of a single dual meet, the Divisional Meet is the most important meet of the year. It is also the earliest. Warmups can start as early as 7:00; the meet starts at 8:00.

Awards Banquet, 6:30 pm, Concord-St. Andrews

As always, we thank **Meris Steele** for coordinating this wonderful evening. Food assignments will be announced.

Monday, July 23

Visit of Martha's Table campers

The postponed visit of Martha's Table has been rescheduled. The Martha's Table campers will visit Bannockburn immediately after morning practice ends (10:00-10:30). They will leave at 1:00. If you're age 11 and up, please come to enjoy the fun with the campers so that each camper may have a Dolphin buddy. We need at least 15 of you. Dolphins will give swim lessons to their campers, have fun in the water and enjoy a great lunch.

PARENT REMINDERS

Please inform the coaches **well in advance** if your swimmers will not be able to make it to the final A meet 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.

Happy swimming!!