

Dolphin Times

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Tuesday, July 17, 2007

TOUGH LOSS AT POTOMAC

The Dolphins faced the strongest team in Division E this past week and emerged with a 47-point loss at the hands of Potomac. In addition to fielding many very strong swimmers, the narrow lanes and slippery footing of the Potomac pool certainly created a considerable home pool advantage. Dolphins managed to swim faster than their seed times in only about one-third of their swims; at one point, thirteen consecutive Dolphins swam slower than their seed times.

Nonetheless, each Dolphin can take pride in finishing the dual meet season with a very respectable 3-2 record. The Divisional Meet will occur this Saturday, and the tied-for-third place Dolphins can still move up in the standings. For example, winning the Divisional Meet counts for more than three times the points as winning a dual meet. (Incidentally, of the 15 MCSL divisions, only Division E is without an undefeated team.)

TWO SWEEPS

Because Potomac seemed to field outstanding swimmers in all age groups, there were only two Dolphin sweeps this week. Congrats to **Ryan Chitwood**, **Alex Spigler**, and **John Janezich** for their opening sweep in IM. Although the pool had narrow lanes, the widest of the Dolphins, the 15-18 boys, seemed to be bothered the least. Hats off to **Alex Kinnaird**, **Stephen Spigler** and **Kevin Wagman** for their sweep in breaststroke.

PERFECTION

Kudos to the following Dolphins who won every event they swam: **Elizabeth Fosburgh** in IM, free, back and fly; **Jackson Janezich** in IM, free, breaststroke and fly; and **Callie Fosburgh** in back,

breaststroke and fly. Callie had to rush from another meet (the Senior Championships at the University of Maryland) in order to make it to three of her usual four events. We appreciate her efforts as well as father **Whit** for his speedy but legal excellence in transportation.

A MEET DEBUT

A special welcome to **Amy Oechsler**, who swam in her very first A meet this week (and dropped 2.7 seconds in backstroke!). We look forward to many more meets from Amy.

ALL STAR TIMES

The slow pool resulted in somewhat fewer all star performances this week. Still, 12 Dolphins combined for 26 all star performances! We congratulate **Elizabeth Fosburgh** in IM, free, back and fly; **Jackson Janezich** in IM, free, breaststroke and fly; **Nicky Schulkin** in free, back, and fly; **Ryan Chitwood** in IM, free and breaststroke; **Callie Fosburgh** in back, breaststroke and fly; **Danielle Schulkin** in free and fly; **Malena Lair** in free and back; **Elena Palermo** and **Hannah Melrod** in breaststroke; **Vincent Steis** in back, **Kaili Gregory** in free; and **Mikela McMahon**, who dropped over a second while adding fly to her all-star repertoire. Congratulations!!!.

NEW RECORDS

Has it been said before that the Potomac pool was slow? Instead of the usual half-a-dozen new records, only two Dolphins managed to break team records. Congratulations to **Callie Fosburgh** and **Ryan Chitwood** for knocking about a half-second off their team records in breaststroke set earlier this summer.

TIME DROP AWARDS

The Gass Family takes the top prizes in this week's time drop sweepstakes: **Eleanor Gass** dropped over 10 seconds in IM (and a half-second in back); brother **Jonathan Gass** dropped over four seconds in back. Three-second droppers included **Matthew Tucker** in IM, free, back and fly, **Kevin Wagman** in breaststroke and fly, and **Sarah Silberbrandt** in free. Swimmers who whacked two-plus seconds were **Amy Oechsler** in backstroke and **Alex Kinnaird** in breaststroke. Swimmers who dropped over one total second were **Charlotte Jeppsen** in IM, free and back, **Mikela McMahon** and **Beau Johnson**, in free and fly, **Alex Spigler** in IM and back, **Callie Fosburgh** in back and breaststroke, **Spenser Steele** in back and fly, **Alexander Alagia** in free, **John Janezich** in IM, **Kaili Gregory** in breaststroke, and **Rachel Solonsky** in fly.

Perhaps the swimmer of the day was **Matthew Tucker**. Not only was he the lone Dolphin to drop time in four events—and by a total of nearly four seconds—in three races he captured first place instead of a higher-seeded Potomac swimmer! Awesome!!

SWIM-UPS DEAR TO OUR HEART

Yet again, several 11-12 girls earned precious points by filling in 13-14 lanes that would have gone unfilled. Tremendous thanks to **Kellan Steele**, **Anita Montero**, and **Charlotte Jeppsen**.

LONG COURSE RESULTS

The most prestigious event in the summer swim season is the Coaches' Long Course Invitational Meet, where the eight-fastest MCSL swimmers in each event swim twice their normal distance in a 50-meter-long pool. Merely being invited to swim in this event is an honor. A fleet of seven Dolphins qualified; two in two events.

Congratulations to **Nicky Schulkin**, **Ryan Chitwood**, **Jackson Janezich**, **Elizabeth Fosburgh**, **Callie Fosburgh**, **Malena Lair** and **Danielle Schulkin** for not only getting into the meet but for providing the excitement that made their

teammates and other Dolphin spectators glad they made the trip to Rockville.

Each performed admirably. Merely to climb up on the high blocks at the Rockville pool and stare at the other end some 50 meters away when you've never competed in such a pool requires an act of courage. It may even be worse at the level of a backstroke start. Nonetheless, and despite having a grueling day, **Nicky Schulkin** swam strong in the last 25 meters of his back and fly events, finishing a respectable seventh in each. Congratulations, Nicky.

Particularly exciting swims were provided by **Jackson Janezich** (finishing third in 100-meter back after a consistently solid race), **Malena Lair** (in second place after the first turn before finishing seventh in 200-meter back), and **Ryan Chitwood** (who finished seventh after being in what appeared to be a three-way-tie for first at the turn in 100-meter breaststroke.)

If there is anything boring about the long course meet, it is that the first-seeded swimmer nearly always wins. For example, when **Callie Fosburgh** climbed the blocks in event 14 (100-meter free), 11 of the previous 13 first seeds had won. The third-seeded Callie provided a particularly nerve-racking performance in her 100-meter free event, narrowly leading much of the way and winning with a tiny 0.15 second margin of victory. In her next event (100-meter breaststroke), despite being seeded nearly two seconds at a 50-meter distance behind the first seed, **Callie** trailed by only a third of a second at the turn and finished in second place, one second out of first but four seconds from third. **Elizabeth Fosburgh**, although seeded eighth in 100-meter fly, swam consistent and fast and finished an awesome fourth. Perhaps the most thrilling event was the very last one of the meet, the 15-18 100-meter fly. The fifth-seeded **Danielle Schulkin** was third at the turn, overtook the leaders in the final 25 meters, but was just outtouched for first by another swimmer as the race ended. The screaming Dolphin fans were nearly making as much noise for Danielle as the entire team does at relays each week. Whew!

COACH'S CORNER—Ramzy Suleiman

Yet another great week in Dolphin playland leaves us with only one more meet left in the season. Although we didn't bring home a win, I was incredibly happy with our performance against Potomac this past weekend. We had numerous top swims and we hung in there the entire meet against the top opponent in our division, and possibly even the strongest opponent that Bannockburn has ever faced in its history!!!! Now that is impressive! Divisionals should be close this weekend, and we have a great shot at winning it, so let's get after 'em.

That said I would like to say a couple of things about recent team events. Last week we had a B meet that was very far away. If you dig a hole in your backyard and try make it to China through underground tunnels it might take you less time than it took me to get to Bel Pre last week. But somehow somehow we had an incredible turnout at the Bel Pre meet. So I would like to thank everybody that drove all the way out there and spent \$80 bucks on gas just to get their kid there for the meet. Also, since I was busy getting lost and was very late, I would like to thank **Mr. Solonsky, Patricia Lair, Sandy Spigler**, and others, for covering for me. All of you have now been officially promoted to first class junior achiever coach. You will be receiving your badges shortly.

Next, I would like to say that Bingo night was completely rigged and was a very unprofessional execution of an extremely sophisticated game. Anybody that won Bingo is automatically scratched from Divisionals.

Finally, I would like to give a shoutout to Miss **Bishop Snedden** for being outstanding. Especially in comparison to her brother, who had his hand stuck in a fence for five minutes while trying to reach through to get a ping pong ball. Keep up the good work, Bishop.

That's it for this week, hold off on beating each other up for one more week, and then feel free to go at it all you want.

SWIMMING TIP of the WEEK

REST. Please REST your body all week. We are tapering in practice, and you need to keep your high energy activities and high risk actions to a minimum. Only one week left to stay healthy, so go home, read a book, drink water, and stop injuring yourselves!

WEEK 5 DIVISION E

RESULTS: To see the full meet results go to:
http://www.mcsl.org/results/2007/week5/Div_E.txt

ANSWER OF THE WEEK

Madeline Alagia is the older swimmer who has assisted with the preteammers more than any other older swimmer. Second-place awardees would be **Willie Conaghan, Mattie Conaghan** and **Malena Lair**. What would the coaches do without these helpers? Thanks!!

QUESTION OF THE WEEK

When are the birthdays of the three coaches?

PRETEAM

We have stopped the mighty Dolphin Press to report on the **Preteam Meet and Awards and Dinner** at the pool on Tuesday. Perhaps the largest crowd ever turned out to watch this always happy event. Special thanks to **Liz Gouldman** and **Jennifer Felten** for organizing the event, and, as always, to grillmaster **Jim Bell**.

Congratulations to the heat winners: **Alexander Austin, Sawyer Gouldman, Ellie Sulser, Talia Moss, Greta Felton, and Morgan Weise** in kickboard; **Ellie Sulser, Morgan Weise, Talia Moss, Leah Melrod, Lily Enzinna**, and **Morgan White** in free; and backstrokers **Talia Moss, Lucy Waldmeir, Morgan Weise, Leah Melrod, Greta Felten**, and **Sawyer Gouldman**.

The cannonball competition was too close to call. The cannonballers must have been doing a great job, as a few spectators had to move in fear of being splashed again.

TIE DYE A SUCCESS

About 80 Dolphins showed up last Friday to design and color a variety of garments and towels. And they also showed up to gobble pizza. **Mary Conaghan** and her corps of volunteers were ready for everything. The stains in the grass still remind us of the fun everyone had.

BINGO: Dolphins 11, Parents 1

The game of bingo is derived from a popular Italian game played in the 1500's. The word "Bingo" originates from "Beano", because beans were originally used to cover the numbers. (If you've read this far in the Times, you deserve to learn something!) Over 60 Dolphins showed up Monday at the first-ever Dolphin Bingo Night, organized by **Meris and Mark Steele** and **Une Lee**. And, yes, authentic beans were used! We also thank **Penny Mitchell** and **Jim Bell** for obtaining and organizing the great food from California Tortilla and Lebanese Taverna.

The Dolphins certainly showed their parents how to succeed at Bingo. Only one parent won a game. The Dolphins were led by dual-winner **Eliana Oechsler**; other victors included **Bryna Steele, Max Palermo, Emma Kelly-Bell, Jackson Janezich, Andy Lair, Morgan White, Gabriella Helf, Nicky Schulkin, David Solonsky**, and **Coach Sarah Casey**.

The great success of the bingo night was not spoiled by the fowl event that happened during cleanup. Those involved shall remain nameless. Among the numerous prizes was at least one small rubber chicken. This highly coveted bird immediately became involved in a friendly game of catch in the pool. To his great surprise, your humble Times reporter was struck by a flying chicken as he carried plasticware towards the pool office! Perhaps I should request hazardous duty pay from my editor. Although not injured, I was concerned that the hysterically laughing lifeguard would fall from her perch. I am grateful that the chicken was not a real chicken, and that the Steeles did not provide a rubber gorilla as a prize.

UPCOMING MEETS AND FESTIVITIES

Friday, July 20

Pancake Breakfast

At the Bannockburn Clubhouse immediately after morning practice (approximately 10:00). Thanks to **Une Lee** for organizing this tasty event. We can smell the sizzling pancakes already. But **volunteers are needed!!!** Please contact Une to help out. (ujlee@verizon.net).

Saturday, July 21

E Divisional Meet at Potomac Woods, 7:15 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, starting an hour before a typical dual meet. Warmups will be at 7:15; the meet starts promptly at 8:00. Directions are posted on the pool bulletin board or are available from djchit@yahoo.com.

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

As always, we thank **Meris Steele** for coordinating this wonderful evening. Food assignments are as follows: 10 and under, main dish; 11-12, large salads; 13-14, desserts; 15-18, main dish or salad. Please bring your food in disposable containers. The entrance to the church is on Goldsboro Road just north of River Road.

This event requires a tremendous amount of work. **Meris desperately needs volunteers** to assist in setting up tables and in moving chairs from the Bannockburn Clubhouse to Concord-St. Andrews on Saturday afternoon. Please contact her at 5steeles@verizon.net.

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.

Happy swimming!!

And watch out for flying rubber animals.

Saturday, July 28

All-Star Relay Carnival

Entrants for this meet include Every Dolphin team that was victorious at the Relay Carnival (except for the girls' 14-and-under freestyle relay team, which must win this event at Divisionals and drop nearly a second to qualify). The meet will occur at the Rockville Municipal Swim Center. If you or your child has never swum in this meet, then please read the MCSL instructions at

<http://www.mcsl.org/allstar/2007/meets.html>

. Directions to the Swim Center are as follows: From I-270 North, take the Route 28 exit, but at the light at the end of the exit ramp go straight through onto Nelson Lane. Continue on this road for quite a while; the pool entrance will be on your right after the traffic light at the intersection with Manakee Street. The pool opens at 6:00; warm-ups are at 6:30, and the meet starts promptly at 7:00.

PARENT REMINDERS

Please inform the coaches **well in advance** if your swimmers will not be able to make it to the Divisional meet or (if qualified) to the All-Star Relay Carnival on July 28. Empty lanes cost us points. We are still looking for that perfect meet where there are no no-shows. **Please** do not make the coaches phone every parent on the list. Thanks.