
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Kathy Montgomery

Belated congratulations to **Scott Hubal** for breaking the 13-14 50-meter butterfly record at the meet against Cottontail two weeks ago! Scott swam a 30.40 that day, which broke our team record set in 1992. Way to go Scott!

Has anyone checked the photo gallery on the Fox Mill Woods Swim Team website lately? Some new photos have been added, and they look great!

This has been an outstanding season for the Fox Mill Woods Fantastics.... I mean Fintastics! I've enjoyed my post as Team Rep, and look forward to serving in that capacity again next year. Thank you all for the time and effort you gave the team this year!

As we look ahead to next year, it is not too early to volunteer for committee chair positions. The following positions are still open for next year. Please contact Kathy, Joan, Pat or Sheree if you are interested:

?? Assistant team representative

?? B-Meet Announcer

?? Shirts/Suits Coordinator

Thank-you to those that have already volunteered for a Committee Chair position for next year! It is reassuring to know that so many are already lined up for next year.

A survey is attached to this newsletter. Your feedback is important to us. Please take a moment fill out the survey. You may put it in a sealed envelope in my folder, or you may mail it to my home.

Good luck to our divisional swimmers! They take to the pool this Saturday at Cottontail.

See you all at the banquet this weekend! If the weather is questionable, please call the hotline for an update.

Fox Mill Woods Fintastics vs. Riverside Gardens Tsunamis -July 20, 2002

by John Callahan

Going into the final week of the regular swim season, Fox Mill Woods had the opportunity to complete one of its best seasons ever, grab a fourth straight win, and secure at least second place in the division. The Riverside Gardens Tsunami was visiting our home pool, and once again the Fintastics were facing a team with similar times and lots of good racers. "It's a replay of our last couple of weeks," said Coach Shelley. "The teams are evenly matched and we need to grab every point we can because it will probably come down to the final relays."

In freestyle, the first event, Coach Shelley was proved right. Neither team could build a wide lead. Swimming 8-and-under 25-meter freestyle, **Andrew Gyenis** and **Stephanie Hallock** both finished first. In 9-10, 50-meter free, **Bobby Demson** finished second and **Kristen Callahan** and **Katherine Leeds** finished second-third. In the 11-12 age group, **Michael Hallock** grabbed a second and **Stacey Forsyth** and **Katie Callahan** finished two-three. **Matthew Montgomery** snagged a much-needed first in 13-14, followed by **Jason Happ** in second, and **Lindsay Ward** and **Sascha Reed** did a second-third on the girls' side. **Justin Forsyth** finished first in 15-18 boys, with **Jennifer Dolson** and **Allison Kendrick** taking a second-third for the girls. With all the

balanced scoring, the Fintastics were off to a narrow 46-44 lead.

Coach Shelley asked the team to build a lead in backstroke and they responded. **Andrew Gyenis** took a first and **Stephanie Hallock** finished second in 8 and under. **Dan Traxler** finished third and **Allison Pinegar** finished second in 9-10. **Michael Hallock** finished first in 11-12 boys, and our girls, **Stacey Forsyth**, **Ana Demson** and **Rosie Montgomery** pulled off a 1-2-3 sweep. In 13-14 boys, **Matthew Montgomery** and **Zachary Kearns** finished first-second and **Lindsay Ward** and **Anna Clement** took first-third. In 15-18, **Justin Forsyth** won and **Julia Richmond** finished second. And just as Coach Shelley asked, Fox Mill Woods had built a little cushion into the meet, with us ahead 94-86.

In breaststroke, the Fintastics started slowly and gave up the meet lead, but we eventually found our fins and raced ahead to stay. In 8-and-under girls, **Alina Suyama** took a second place and in 9-10 girls, **Katherine Leeds** won and **Sally Wade** finished second. In 11-12 boys **Liam McLaughlin** finished third and **Suzanne Huycke** and **Katie Callahan** finished 1-2 for the girls. **Scott Hubal** and **Zachary Kearns** finished 2-3 for the 13-14 boys, while **Kirsten Siebach** grabbed second for the girls. The 15-18 boys and girls dominated their bracket, with **Rob Burton**, **Patrick Hines** and **Michael Leeds** finishing in a 1-2-3 sweep, and **Jennifer Dolson** and **Jennifer Callahan** finishing 1-2 for the girls. All of the sudden the Fintastics were back in a lead, 138-132.

Our butterflyers extended the lead with balanced attack in all age groups. **Bobby Demson** finished second in 9-10 boys, with **Kristen Callahan** and **Allison Pinegar** finishing 2-3 for the girls. **Suzanne Huycke** and **Ana Demson** finished first and third for the 11-12 girls, and **Christopher Kearns** took second for the boys. In 13-14, **Scott Hubal** and **Jason Happ** finished 1-2 and **Sascha Reed** and **Kirsten Siebach** finished 2-3 for the girls. In the 1518 bracket,

Rob Burton finished first and **Brendan Lins** third for the boys, while **Allison Kendrick** took second and **Amanda Hubal** finished third for the girls. By racing hard all through the 'fly, Fox Mill Woods was able to widen the lead to 176-166 going into relays.

The relays opened with the Fintastics dropping the first three events and losing the lead. But the 9-10 girls 100 meter medley team of **Katherine Leeds**, **Kristen Callahan**, **Leanne Hyer** and **Allison Pinegar** valiantly raced to 1:22.96-1:23.16 photo-finish victory which pulled us back into a tie. Again, the 11-12 girls, **Suzanne Huycke**, **Ana Demson**, **Katie Callahan** and **Stacey Forsyth**, winning with a time of 1:12.41, got us back into a tie.

The 13-14 boys, **Zachary Kearns**, **Jason Happ**, **Matthew Montgomery** and **Scott Hubal**, won with a time of 1:03.31, and kept us near the lead. Then we raced to three straight wins and clinched the meet.

In the 15-18, 200-meter medleys, the boys, **Patrick Hines**, **Rob Burton**, **Michael Leeds** and **Justin Forsyth**, won with a time of 2:11.40 to 2:24.41. And the girls, **Jennifer Callahan**, **Amanda Hubal**, **Jennifer Dolson** and **Allison Kendrick**, won by 2:22.34 versus 2:29.13. And in the mixed age, 200 meter freestyle relay, the boys team of **Michael Hallock**, **Bobby Demson**, **Scott Hubal** and **Justin Forsyth**, won with a time of 2:10.34 to 2:12.09.

Fox Mill Woods had raced to its fourth straight victory and a Fintastic 4-1 summer record, the final score standing at 206-196. **Coach Shelley** said, "The boys and girls did everything I asked of them and they came out big winners. All summer long in practice I stressed racing hard and they really pulled it off in the meet when it mattered. I couldn't be more proud of this fine group of kids. A special thanks to my assistant coach **Tommy Huycke** and to all my 15-18

leaders and to all the moms and dads who did so much to help us be a success this summer.”

Our notable improvers this week included **Mary Stoney**, with a 11 percent improvement in backstroke; **Chris Fertal**, an 8 percent improvement in freestyle; **Spencer Tiedge**, a 6 percent improvement in breaststroke; **Jason Happ**, a 6 percent improvement in freestyle; **Steven Matthews-Rurak**, a 6 percent improvement in breaststroke; and **Harper McGrath**, a 6 percent improvement in breaststroke. Congratulations to many others who significantly improved their times this week!

Monday Night Matchup: Fox Mill Woods vs. the Fox Mill Estates Foxes

by Pat Ward

Our final Monday night meet was full of great swims by both kids and adults (and a couple of frogs!). It was a huge thrill for many of our younger swimmers to cheer on Coach Shelley in a race - and she did not disappoint with her first place finish. Congratulations to all the other "grown ups" who braved the IM: **Tommy Huycke, Brian Tenenhaus, Tara Gyenis, Kim Trautman, Bob Cohen, Craig Chamberlin** and **Chris Clark**. We were amazed and impressed by your prowess. And our under 18 swimmers were also impressive with their 82 personal bests and 41 first place finishes! Special thanks to the **Leeds family** - to **Michael** for his excellent rendition of the *Star Spangled Banner* on trumpet and to **Jane** and **Jim** for stepping in to be our announcers. It was an enjoyable finish to a fun season - we thank you all for your countless volunteer hours, and we look forward to seeing everyone next year. Here are the meet results:

Freestyle

Our youngest swimmers got us off to a great start with a first place finish to **Jack Stoney**, second to **Kevin Wall**, fourth to **Patrick Gyenis**, and fifth to **Tommy Lopez** in the 6 &

under boys. The girls continued the pace with first place going to **Paige Humphrey**, followed very closely by **Liana Pendleton** in second, **Natalie Toma** in fourth and **Allie Delgado** in fifth.

Our 7 and 8 year olds were on fire as **Chris Fertal** took first place, Patrick Cary second, **J.T. Byrne** third, **Jonathan Nichols** fourth and **Kirby Vitek** fifth. Once again we had a complete sweep by our girls with **Alina Suyama** taking first place, **Mary Stoney**, second, **Elizabeth Dubois**, third, **Leeann Muncy**, fourth, **Sarah Wall**, fifth and **Catherine Muncy**, sixth.



Steven Robbins took first place followed by **Charlie McRoberts** in second in the boys' 9 year old freestyle. Our girls had a strong showing with **Amanda Bailey** in first, **Allison Brouckman** in third, **Caroline Beury** in fourth, **Elizabeth Osborn** in fifth and **Dani Barlow** in sixth.

In the 10-year-old freestyle, **David Rawlins** brought home the blue ribbon and **Kevin Bolger** took second place. **Lauren Angel** claimed first place in the girls' event.

In the 11-12 boys event **Jack Brennan**, who improved his time in all his events, claimed first place, followed by **Jeffrey Siebach** in third place, **John Suyama** in fourth and **Christian Tiedge** in fifth. The girls' event saw **Alexandra Toma** take first place, with **Jennifer Tummarello** in fourth, **Kim Blauer** in fifth and **Emily Chamberlin** in sixth.

Steven Matthews-Rurak was the blue ribbon winner in the 13-14 boys' event. In the girls event **Melissa Duvall** improved her time and took first place, closely followed by **Kayley**

Byrne in second place and **Annie Brennan** in fourth.

In the 15-18 age group, **Joey Coffinberger** tested his shoulder and earned second place, followed by **Brendan Lins** in third and **Michael Leeds** in fourth. Our girls' event saw **Hannah Cohen** finish in first place, **Jennifer Leeds** take second and **Bridget Lins** claim third.

Backstroke

In the 6 & under boys, **Jack Traxler** raced in for first place, while **Jack Stoney** took second and **Patrick Gyenis** claimed fourth. **Paige Humphrey** had a first place finish and **Natalie Toma** took fourth followed by **Jackie Trautman** in fifth place in the girls' event.

Patrick Cary zipped in for a first place finish in 7-8 boys followed by **J.T. Byrne** in second and **Brett Barlow** in fourth. Our strong girls posted the following finishes: **Abby Reed**, first, **Elizabeth Dubois**, second, **Leeann Muncy**, fourth and **Alina Suyama**, fifth. In the 9-10 age group **Charlie McRoberts** posted a first place finish. In the girls' event, **Amanda Bailey** grabbed first place, followed by **Dani Barlow** in second and **Elizabeth Osborn** in third.

John Suyama grabbed first place in 11-12 boys, while **Erica Demson** and **Melissa Jarmas** took first and second respectively in the girls' event.

Breaststroke

Liana Pendleton finished in first place and **Allie Delgado** in second in the 6 & under girls' event.

In 7-8 boys' event, **Spencer Tiedge** claimed first place, **Will Savino**, second and **Chris Fertal**, third. Our 7-8 girls finished strongly with **Stephanie Hallock** in first, **Margaret Murphy** in second, **Catherine Muncy** in third, **Emily Wade** in fourth and **Julia Horowitz** in sixth.

Dan Traxler finished first in 9-10 boys. **Caroline Beury** finished first and **Allison Brouckman**, fourth in the girls' event.

Our 11-12 age group had some great finishes with **Jack Brennan** in first and **Jeffrey Siebach** in third. **Rosie Montgomery** took first place, while **Melissa Jarmas**, who had strong improvements in all her events, took second, **Jennifer Tummarello** claimed third, **Alexandra Toma** finished in fifth and **Kimberly Blauer** took sixth.

The 13-14 girls' event was a close race with **Annie Brennan** posting a first place finish closely followed by **Kayley Byrne** in second.

Hannah Cohen took first place and **Bridget Lins** took second in the 15-18 girls' event.

Butterfly

We watched as **Andrew Gyenis** flew in for a first place finish in the 8 & under boys. In the girls' event **Stephanie Hallock** grabbed second place while **Abby Reed** took third and **Mary Stoney** claimed fifth.

In 9-10 girls, **Lauren Angel** finished in first place. In a race ending with a hug, we saw **Ana Demson** finish in first and **Erica Demson** in second.

Individual Medley

Our IM swimmers were very strong with the following finishes:

9 and Under Boys

Andrew Gyenis	1st place
Dan Traxler	2nd place
Steven Robbins	3rd place

9 and Under Girls

Leanne Hyer	1st place
Abby Reed	3rd place

Alison Jarmas	4th place
Catherine Muncy	6th place
10 and under Girls	
Kristen Callahan	2nd place
Kathryn Leeds	3rd place
Lauren Angel	5th place
11-12 Boys	
Michael Hallock	1st place
Chris Kearns	2nd place
Edward Reed	3rd place
Will Byrne	6th place
11-12 Girls	
Suzanne Huycke	1st place
Stacey Forsyth	3rd place
Ana Demson	4th place
Katie Callahan	4th place
Rosie Montgomery	6th place
13-14 Boys	
Matt Montgomery	1st place
Zach Kearns	2nd place
Stephen Matthews-Rurak	5th place
13-14 Girls	
Lindsay Ward	1st place
Melissa Duvall	2nd place
15-18 Boys	
Rob Burton	1st place
Brendan Lins	3rd place
Mike Leeds	4th place
15-18 Girls	
Hannah Cohen	1st place
Jennifer Leeds	3rd place

Just a few of the notable improvements in times this week belonged to:

Jacqueline Angel, Jennifer Bailey, Brett Barlow, Lindsey Bolger, J.T. Byrne, Allie Delgado, Elizabeth Dubois, Chris Fertal, Stephanie Hallock, Paige Humphrey, Stephen Matthews-Rurak, Charlie McRoberts, Keelyn

McLaughlin, Catherine Muncy, Jonathan Nichols, Liana Pendleton, Abby Reed, Edward Reed, Claire Rosenberg, Will Savino, Jack Stoney, John Suyama, Jackie Trautman, Marie Tummarello and Kirby Vitek.
Awesome!!

Coaches Corner

By Shelley Gesker

Shelly has been a very busy lady this week--dealing with our last two meets, divisionals, a pancake breakfast and preparations for the banquet on Saturday. So, we let her have the week off from writing a Coaches Corner. She will be speaking, of course, at the banquet about the season and the terrific kids and families who made it all possible.—Ed.

Volunteers of the Week:

Our Team Reps

A long overdue thank you to **Kathy Montgomery, Sheree Lopez, Pat Ward and Joan Duvall** for all they do to make the FMW program a success. These ladies organize all the meets and are at practice every morning to answer questions and help out. Most of us don't realize that they also go to meetings at night, write columns for the newsletter, and field hundreds of calls and emails to TRY to keep our 175 swimmers and families happy. Wow!

Craig Chamberlin deserves applause for helping out on the July 15th B meet. He was the only one to answer my HELP sign last Monday and we really needed the help. Thanks a bunch...too bad you're not a TWIN.

Karen Stierman has been a great help, stepping in and doing the tedious work of putting meet results into the computer again at this past week's A meet. Thanks, Karen!



Kudos to **Bridget Murphy, Shon Beury,** and **Kathy Lins**, who also brought her daughter **Kera** to help at tables Saturday. We could not have gotten the ribbons done if it weren't for you offering your services.

Mary Wade was our last minute Marshall Saturday and we would not have had enough timers if the **Forsyth's, the Putch's,** and the **Kendrick's** hadn't stepped up to the plate. Thank you all for your help.

John Callahan continues to delight us with his exciting columns about the A-meets. He is favorite of the newsletter editor, too, with his promptness in getting them in! Michael Wilbon, watch out!

Last, but not least, a very big thank you to all those who are always there without being asked and to the many who do far more than their six "required" volunteer duties. **Don Huycke** sets up and takes down the pool for every meet and event and every person on the team should thank him. Also, our many officials who go to the classes and then stand for many hours watching every stroke and turn and making sure every start is fair. Thanks to all of you for your many hours of time and effort. We would not have a team if it weren't for you.

Swim Team Banquet

Last call for the **Swim Team Awards Banquet!** Come celebrate the end of a great season on Saturday, July 27 at 5:00 p.m. For just \$5.00 per person, we provide yummy fried chicken—see the flyer in your mailbox for more details or contact Amy Hubal at 703 689-4915.

Jokes

Q: Which animal took the least luggage onto the ark?

A: The rooster. He took only his comb.

Q: What do you call spiders that just got married?

A: Newly webs