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# Fox Mill Woods Gazette

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## FINTASTICS SWIM TEAM NEWS

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### Team Rep Corner

*By Kathy Montgomery*

Thank-you coaches, reps, committee chairs, parents, and swimmers for contributing to a very successful start of the 2003 season!

This is a transition season for FMW with a new head coach. All transitions involve embracing the new and letting go of the old, often with a perplexing “neutral zone” in the middle. Thanks to the leadership of our highly qualified and dedicated new coach and the day-to-day cooperation, flexibility and “can do” attitude we see from swimmers and families, we are managing the transition well. Thanks to all whose patience and commitment make our program a success.



Check the board on Thursday morning for swimmers that will go to this week’s A-Meet. I apologize to swimmers for our first meet “hiccup” – some of you were placed in last Saturday’s meet although you were not available to swim. We now have all the swimmer availability in the computer and should avoid this problem going forward.

Thursday is our first **evening practice** for swimmers that miss morning practice due to camps etc. See your calendar for time.

On Friday morning, after the 7:30 practice, there will be a brief **meeting for swim team mentors**. (Hint: Mentors review the list of swimmers in your mentor group that is posted on the bulletin board.)

Friday is our first **movie day** of the season. Because the theaters don’t update their movie schedules until Friday, we will not know exact movie/times until Friday morning. Paris will announce, and I will post on bulletin board as soon as we know. And of course, Friday evening we have a Pep Rally. Which reminds me...it is never too late to start thinking about a routine for our lip-sync Pep Rally in two weeks!

With a “New Sheriff in Town”, come a few changes. One of which is that all swimmers that swim in a Saturday meet, must caravan from Navy School on Saturday morning. This is done to facilitate teambuilding, and to get an early headcount.

Next Wednesday, July 2, is the **Patsy Graham Relay Carnival** at Greenbriar pool. Paris will make relay team selection next week, and I will post on the bulletin board sometime on Tuesday afternoon. If you are a parent that would like to swim in an adult relay team that night, please put a note in my mail folder at the pool. Also, important note to parents: if your child swims at the Patsy Graham Relays, plan on working. This volunteer obligation is outside the 6 or so required by our team. Thanks for your help!

Reminder: Books for Coffee. We have not received many books. Please remember to donate.

### Fox Mills Woods Fintastics versus Hunt Valley Stingrays, June 21, 2003

*by John Callahan*

For the first Saturday swim meet of the season, the calendar said it was the first day of summer. But the outside air and pool water told a

different story as chilly, early spring breezes greeted shivering swimmers at Week One of the NVSL summer season. The Fox Mill Wood Fintastics were visiting the Hunt Valley Stingrays. While there were the usual radiant new faces in the 8-and-under crowd and sunny new teammates sprinkled throughout the age group brackets, one of the most visible newbies was none other than the coach, **Paris Jacobs**, who brought a big smile and a “can do” spirit to the team. Also new was our division, Number 6, a climb up the ladder in recognition for last season’s winning ways.

Could the Fintastics prevail in these rougher seas populated with more dangerous predators – like scary Stingrays?

Refusing to take a stinging from Hunt Valley right from the start, the Fintastics took an early lead in freestyle with seven first places. First place finishers included **Gregory DeRosa, Stephanie Hallock, Kristen Callahan, Michael Hallock, Scott Hubal, Justin Forsyth** and **Allison Kendrick**. Splashing on second place points were **Leanne Hyer** (sporting an arm cast from a skating spill), **Edward Reed, Katie Callahan, Kirsten Siebach** and **Jennifer Dolson**. Third placers included **Chloe Siebach, Melissa Jarmas, Sascha Reed** and **Rob Burton**. Wow! “No Fear” Fox Mill Woods stormed its way into Division Six with an opening 54-36 lead.

In backstroke, the Fintastics again used seven first place finishes to extend the lead. Our first placers included **Gregory DeRosa, Chloe Siebach, Leanne Hyer** (how fast without the cast?), **Michael Hallock, Erica Demson, Justin Forsyth** and **Julia Richmond**. Gathering second place points were **Meagan McRoberts, Alison Jarmas** and **Lindsay Ward**. Third placers were **J.T. Byrne, Bobby Demson, Suzanne Huycke** and **Zachary Kearns**. The Fintastics now were leading to 102-78.

Feeling the pressure from their teammates winning ways, the breaststrokers had to find a way to finish first seven times. And they did! First place honors went to **Stephanie Hallock, Kristen Callahan, Liam McLaughlin, Katie Callahan, Kirsten Siebach, Michael Leeds** and **Jennifer Dolson**. Second place finishers included **Edward Reed, Melissa Jarmas, Suzanne Huycke**, and **Hannah Cohen**. The Fintastics maintained a strong 149-121 lead.

In butterfly, our lucky string of seven first place finishes was broken, but we won five out of eight events in a strong, balanced showing. In first place were **Alison Jarmas** (an impressive first butterfly winning by nearly 4 seconds), **Bobby Demson, Scott Hubal, Rob Burton** and **Allison Kendrick**. Finishing second was **Sascha Reed**. Third-place points were added by **Steven Robbins** and **Melissa Duval**.

Going into the relays, Fox Mill Woods had the Stingrays searching for their stingers, 179-162.

Anticipation built among Fintastic fans as everyone wondered if we could hold onto the lead during relays. Nothing is more frustrating than to lose the meet in the final few events.

The 8-and-under crowd quickly put everyone at ease in the 100-meter free relay. The boys team of **J.T. Byrne, Jack Stoney, Jack Traxler** and **Gregory DeRosa** easily put away the opposition with a time of 1:38.95. The girls team of **Chloe Siebach, Meagan McRoberts, Elizabeth Dubois** and **Stephanie Hallock** likewise dominated its race and won by nearly 10 seconds with a time of 1:28.52.

In the 9-10 medley relay, the girls Fintastics team of **Alison Jarmas, Alina Suyama, Kristen Callahan** and **Leanne Hyer** powered to an easy win with a time of 1:24.53.

The 11-12 100-meter medley relay, the boys and girls swept the competition and clinched the win for the Fintastics. The team of **Michael Hallock, Liam McLaughlin, Edward Reed** and **Bobby Demson** won with a 1:14.95. The girls, **Erica Demson, Katie Callahan, Melissa Jarmas** and **Katherine Leeds**, prevailed with a time of 1:14.99.

In the 200-meter medley relay, the 15-18 boys, **Justin Forsyth, Michael Leeds, Rob Burton** and **Matthew Montgomery**, won with a time of 2:06.38.

In the mixed age 200-meter free relay, the boys team of **Michael Hallock, Dan Traxler, Scott Hubal** and **Justin Forsyth** won with a time of 2:08.56. The girls mixed age team also easily won, with **Katie Callahan, Kristen Callahan, Kirsten Siebach** and **Allison Kendrick** turning in a 2:17.09.

<b>Final score: Fintastics 219, Hunt Valley, 183.</b>
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**Coach Paris** said, "From top to bottom our team put in a great effort in an away meet in Springfield in cold conditions. For this first meet, honestly, I was just amazed and pleased with our success. All of our hard work at practice is paying off. Thanks for a great effort. The sun should finally be out this week so let's get warm, work hard and see if we can win again this Saturday!"

Notable improvements over time trials: **Bobby Demson**, a 13 percent improvement in fly; **Meagan McRoberts**, an 11 percent improvement in back; and **Steven Robbins**, an 11 percent improvement in fly. Some 58 swimmers out of 105 clocked a personal best at this meet, so great job!

## The Monday Night Contest: Fox Mill Woods Fintastics vs. the Hiddenbrook Hurricane

*By Beth McNamara*

The Fintastics' opening night was a stellar one, with 35 of our swimmers snatching first places, and many, many more boasting personal bests! Too, thanks to all of the volunteers who worked long and hard into the pitch of night to make this first swim meet of the year a great success. High fives all around to the Fintastics!

Special kudos go to **Kristen Callahan**, who smashed the longstanding FMW team record in the Girls 9-10 25M butterfly with an amazing time of 17.62. The previous record of 18.13 had been set in 1996 by **Allison Kendrick**.

### Freestyle

Both boys and girls 6 and under swept their events. Representing the Fintastic boys, **Tommy Lopez** stroked his way to first, with a time of 40.78. **Nate Duvall** followed with second, **Jimmy Bailey** came in third, **Benjamin Christenson** fourth, and **Connor Irwin** fifth. For our girls, **Amy O'Connor** cruised to a first with a time of 31.28, **Jackie Trautman** came in second, **Brianna Lottchea** third, **Claire Rosenberg** fourth, **Emma Savino** fifth, and **Charlotte Edwards** sixth.

In the boys' 7 and 8 race, the Fintastics turned in a strong performance, with **Jack Traxler** coming in third, **J.T. Byrne** fourth, **Daniel Paddock** fifth, and **Jack Stoney** sixth. The girls nearly came away with a clean sweep – only fourth place eluded them! **Meagan McRoberts** finished with a fast first at 23.24, **Emily Edwards** was a close second at 23.75, **Elizabeth DuBois** third, **Laura Broukman** fifth, and **Paige Humphrey** sixth.

**Patrick Cary** was touched out of first in the boys 9 free, and claimed a second place. The 9 girls proved to be a powerhouse in the event,

with **Abigail Reed** finishing second, **Alina Suyema** third, **Catie Humphrey** fourth, **Mary Stoney** fifth, and **Jennifer Bailey** sixth.

**Steven Robbins** splashed to an outstanding first in the boys 10 free, with a time of 39.57, with **Andy Putch** coming in second, **Charlie McRoberts** third, and **Christopher Paddock** fifth. The girls 10 free event offered a tight match up, with **Amanda Bailey** taking the first at 46.46 and **Emily Clark** coming in a close second at 46.72. **Allison Brouckman** took third and **Dani Barlow** fifth.

**David Rawlins** wowed the crowd with his first place in the boys 11-12 free. Commendable performances were turned in by **Evan Hyer** (third), and **John Suyama** (fourth). In the girls 11-12 free, **Allison Pinegar** brought home a second, and **Lauren Angel** a fifth.

The 13-14 boys proved to be tough with **Christopher Kearns** coming in second, and **Johnny Maguire** third. That strong performance was duplicated by our 13-14 girls, with **Suzanne Huycke** taking second, **Ana Demson** third, and **Rosie Montgomery** fifth.

The 15-18 crowd wrapped up the freestyle events with a true showing of might. The boys took command, with **Zachary Kearns** winning first with 29.34, **Jason Happ** was a close second, and **Steven Matthews-Rurak** took third. The girls grabbed second (**Hannah Cohen**), third (**Kayley Byrne**), fourth (**Anna Clement**), and fifth (**Bridget Lins**).

### ***Backstroke***

The backstroke events were kicked off with super swims by the 6 - under crowd! For the boys, **J.T. Byrne** cruised to first with 32.36, and **Benjamin Christenson** second. **Amy O'Connor** took top honors with 34.02, **Brianna Lottchea** was a close second, followed by **Jackie Trautman** in third, **Claire Rosenberg** in fourth, and **Emma Savino** in fifth.

**Jack Traxler** won second for the 7-8 boys, with **Will Savino** winning third, and **Brett Barlow** fourth. **Stephanie Hallock** knocked our socks off with a stunning 23.71 first place for the girls. **Elizabeth Dubois** (third), **Emily Edwards** (fifth), and **Emily Wade** were a force to be reckoned with.

**Patrick Cary** earned top honors with a 51.07 finish in the boys 9-10 back. Kudos also go to **Cory Pinegar** (third), **Jacob Rosenberg** (fifth) and **Timmie Rawlins** (sixth). Hats off to the 9-10 girls, with **Amanda Bailey** taking second, **Dani Barlow** third, **Leeann Muncy** fifth, and **Emily Clark** sixth.

**Evan Hyer** (second) and **Joseph Maguire** (fourth) had great times for the boys 11-12 back. The Fantastic 11-12 girls were tough in the event, with **Melissa Jarmas** earning top honors with a 44.30, **Allison Pinegar** taking second, **Jenny Rau** third, and **Catherine Murphy** sixth.

First places were won by the Fintastics in both the 13-14 boys backstroke (thanks to **Christopher Kearns** with 41.09), and girls (way to go **Rosie Montgomery**)! **Johnny Maguire** took home a second.

### ***Breaststroke***

**Emily Wade** propelled herself to a fantastic first in the 7-8 breaststroke, boasting a time of 30.58. **Liana Pendleton** finished a strong third, **Natalie Anderson** fourth, and **Laura Brouckman** sixth.

The 9-10 girls took the coveted one-two finish, with **Leanne Hyer** (53.77) coming in first followed by **Alina Suyama**. **Steven Robbins** sped to first for the boys with a time of 58.93, and **Spencer Tiedge** got third.

The 11-12 boys overran (or should we say "overswam") the breaststroke event, with **Liam**

**McLaughlin** finishing strong at 45.73, **Bobby Demson** second, and **Christian Tiedge** third. **Sally Wade** snatched first for the Fintastics with a 52.52.

**Jennifer Tummarello** swam to a first place 58.06 finish for the 13-14 girls, and **William Byrne** was second for the boys. The 15-18 boys rounded out the breaststroke events by taking 1-2-3: **Michael Leeds** (first; 38.32), **Pat Hines** (second), and **Matthew Montgomery** (third).

### *Butterfly*

The Fintastics were strong “Flyers” on Monday night, with our swimmers taking a first in nearly every event. **Stephanie Hallock** (23.97) claimed the blue ribbon for the girls 8 - under, and **Andy Putch** (23.06) did the same for the boys 9-10. Besides the record-breaking swim by **Kristen Callahan**, the girls 9-10 were represented with great showings by **Abigail Reed** (third), **Allison Brouckman** (fourth), and **Mary Stoney** (fifth).

**Edward Reed** (42.82) was tops or the boys 11-12, and **John Suyama** took third. **Melissa Jarmas** (42.63) was the star for the girls 11-12, with super swims turned in by **Allison Pinegar** (third), **Lauren Angel** (fourth), and **Jenny Rau** (fifth).

**Suzanne Huycke** (second), **Ana Demson** (fourth), and **Stacey Forsyth** (fifth) were impressive in the girls 13-14. **Hannah Cohen** (39.40) zipped to first for the girls 15-18, and **Brendan Lins** was “top dog” in the boys 15-18, followed by **Matthew Montgomery** (second), and **Steven Matthews-Rurak** (third).

### *Individual Medley*

Those tenacious IM-ers hung on to the bitter end to turn in some sweet performances. The girls 9 - under IM event was dominated by FMW: **Stephanie Hallock** took first (2:01.18), **Abigael Reed** second, **Alina Suyama** third.

The boys 10 event as another one-two for FMW, with **Steven Robbins** coming in first (1:43.75), and **Andy Putch** second. The girls 10 category was a stronghold for the Fintastics, with **Kristen Callahan** gliding to an easy first at 1:35.32, followed by **Leanne Hyer** (second), **Alison Jarmas** (fourth), and **Allison Brouckman** (fifth).

**Edward Reed** (1:30.66) stroked to top honors for the boys 11-12, followed by **Bobby Demson** in second, and **John Suyama** in third. **Melissa Jarmas** saw “gold” with her 1:32.64 finish for the girls 11-12, and her teammates turned in great performances: **Erica Demson** (second), **Allison Pinegar** (fifth), and **Jenny Rau** (sixth).

**Christopher Kearns** (1:28.14) touched the wall first in the boys 13-14. **Suzie Huycke** nosed out Hiddenbrook to take first with a 1:26.63, and **Ana Demson** finished strong in third.

**Zachary Kearns** (1:16.30) (first), **Matthew Montgomery** (second), and **Michael Leeds** (third) swept the boys 15-18, and **Jennifer Dolson** grabbed second for the girls.

### *In addition....*

We are proud to report that Fox Mill Woods achieved 76 personal bests at Monday's meet - 15 of which were in double digit percentages. The Fintastics mean business!

**Kristen Callahan** wowed the crowd as she set a new team record in the girls 9-10 butterfly. She flew down to a time of 17.62 which broke a record held at the pool since 1996. She even dropped her own personal best time by almost a second. Kristen, you are awesome!

Joan and Pat spied many displays of good **sportsmanship** on Monday night by FMW swimmers. In his backstroke event we watched EDWARD REED remain in the water and encourage his teammates to stay in as well until

the heat finished. We also saw **Suzanne Huycke** stay in the pool and congratulate other swimmers. We saw **Steven Robbins** display good sportsmanship in both of his events. Several other swimmers were spied stayed in the water until all swimmers finished - **Christopher Paddock, Alina Suyama, Ana Demson, Kristen Callahan, Andy Putch, Leanne Hyer** and **Allison Brouchman** just to name a few. We also saw some strong cheering for teammates. All of this is a very important part of playing sports, and our hope is that Fox Mill Woods will be known as the team with outstanding sportsmanship. Keep up the good work!

Next week's meet is Monday, June 30th at home against the Oakton Otters.

### Lollipop Meet

It's almost here!! The best meet of the season for 8 - unders – they receive a lollipop for every swim and there are NO DQ's!! This year the Lollipop will be held at Pinecrest on the morning of Friday, the 4th of July. The meet begins at 9:00, and we will let you know when our warm-ups will start.

For those of you who have not participated in this meet, it is for 8 and unders only. The swimmers are timed, but there are no officials, so no DQ's and the times are not used to determine eligibility for an A meet. We encourage all our youngest swimmers to come out to work on their strokes and have some fun in this meet just for them. They can swim two strokes and a Modified IM (no fly). Parents, for our planning purposes, there will be a sign-up sheet at the pool for you to sign up your child and write down the strokes he/she would like to swim at the meet. We will need to provide a few volunteers (4 timers and a clerk of course), so be on the lookout for a notice from Jane Leeds. Any questions, call Pat Ward (703-716-0422) or Joan Duvall (703-453-0456).

### Volunteers of the Week

#### *Jim and Mike Leeds*

On very short notice, the Leeds men willingly took center stage at Monday's meet. Mike beautifully played the *Star Spangled Banner* for us on his trumpet, then turned the microphone over to dad who kept us informed and on track at our first home meet of the season. Hey, guys, thanks for helping in a big way. Jane, you would have been proud!

#### *Kim Troutman and Lisa Tumarello*

We'd really like to extend a thank you to both Kim and Lisa who took over key volunteer positions (Head Timer and Head Table Worker) and handled them calmly and thoughtfully. The first B meet can be very chaotic, but both of these ladies weathered the evening like old pros.

#### *Mark Hubal*

Speaking of old pros, Mark Hubal got plenty of exercise, as the referee of Monday's meet when Hiddenbrook's assistant referee was unable to work. Hey, Mark, thanks for going the extra mile(s) to keep the meet flowing as smoothly as a first meet can go. We appreciate all you do, and you even manage to keep everyone smiling!

### Reminders

Pep Rally this Friday, June 27th at 6:00 p.m. This one's the South of the Border fiesta! If you have not yet done so, please turn in Pep Rally payments (\$20) to Carol Byrne.

In the event of a thunderstorm at a swim meet: When there is thunder and/or lightning at a meet, initially we try to wait it out for a time. This means sitting in cars in the parking lot. Usually within 45 minutes the team reps and officials confer to make a decision regarding the continuation of the meet. Whatever the decision, they will spread the word to families in their cars. **If you are timing at a meet and must leave the pool area due to an impending storm, please make an effort to return your**

**stopwatch to the FMW head timer prior to going to your car.** This way we minimize any loss of watches.

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/629-8479 or [janet.osborn@hewitt.com](mailto:janet.osborn@hewitt.com). Submissions for the newsletter are due (preferred by email) by 4 p.m. on Wednesdays.