
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Sheree Lopez

I want to thank all swimmers and parents for making my first home meet so successful (and a win, to boot!) Please check the swim team board (glass cabinet) to see if you are swimming Thursday night at the Patsy Graham relay carnival. The meet is at Greenbriar pool and we need to be there for warm-ups at 5:30 p.m. The meet starts promptly at 6:30 p.m. Please report to the pool even if it is raining. They will only cancel if it is lightning or if it is raining so hard that you can't see the bottom of the pool. We are (as always) in search of parents to help at the meet. We need 3 timers, one relay take-off judge and 3 table workers. Please see Jane Leeds or me if you are available to help.

Fox Mill Woods Fintastics vs. Walden Glen Wahoos – June 30, 2001

By John Callahan

After a tough opening week meet in nasty weather, the Fox Mill Wood Fintastics were looking for a strong and sunny performance against the visiting Walden Glen Wahoos. While the Wahoos sported great-looking orange and blue swim suits, would their swimmers be equally cool in the water?

As it turned out, the meet was marked by a dominating performance by the Fintastics' **Scott Hubal**, in two different categories, including one new NVSL record.

The freestyle events proved to be balanced, with the Fintastics breaking out to a narrow 48-42 lead. First place finishers included **Kristen Callahan, William Byrne, Sascha Reed, Lindsay Ward** and **Tommy Huycke**. Second place honors went to **Andrew Gyenis** (of Paris, France), **Edward Reed, Matthew Montgomery, Katie Callahan** and **Jennifer**

Dolson. Third placers included **Leanne Hyer, Jack Brennan, Melissa Jarmas, Amanda Hubal** and **Sarah Wallace**.

Prospects for a winning event got brighter in the back event, with the Fintastics pulling out to a 97-83 margin. But the true fireworks – delivered several days before Independence Day – were delivered by **Scott Hubal**, aging up in the 13-14 event. Scott, suffering from a heavy cold, turned in a 31.35, smashing the 11-12 team record by more than two seconds, and establishing in the process a new NVSL record. Way to go, Scott! Other first place finishers included **Leanne Hyer, Michael Hallock, Erica Demson** and **Hannah Cohen**. Gathering second place points were **Allison Pinegar, Christopher Kearns, Suzanne Huycke, Kelly Sherman, Austin Hyland** and **Allison Kendrick**. Third placers included **Andrew Gyenis, Stephanie Hallock, Kevin Pujanauski, Ana Demson, Brian Pujanauski** and **Sarah Wallace**.

As often happens with Fox Mill Woods is on a roll, the Fintastics essentially put the meet away by breaststroke. First place honors went to **Kristen Callahan, Michael Hallock, Kirsten Siebach, Hannah Cohen, Ben Coffinberger, Brian Pujanauski** and **Jennifer Dolson**. Second place finishers included **Jack Brennan, Katie Callahan, Suzanne Huycke, Annie Brennan** (of San Jose, Costa Rica), **Patrick Hines** and **Jennifer Callahan, Matthew Montgomery** and **Jennifer Dolson**. Third place points were gathering up by **Dan Traxler, Caroline Beury, Melissa Jarmas, Christopher Kearns** and **Brendan Lins**. In our first sweep of the season, the trio of **Pujanauski, Hines** and **Lins** took the 15-18 boys event and sealed the Wahoos' fate. Can you say, Fintastics, 158, Wahoos, 112?

In what was becoming a dominating performance by the team, the Fintastics widened the lead during the fly event. Okay, okay, **Scottie** set another team record with a **Hubalicious** 31.15 as he aged up in the 13-14 event. Other first place finishers included **Edward Reed, Sascha Reed, Amanda Hubal** (who wowed the audience earlier with a stirring-sung National Anthem, Coach **Tommy Huycke** and **Allison Kendrick**. Finishing second were **Erica Demson, William Byrne** and **Austin Hyland**. Third-place points were added by **Coach Brigid Howland, Ana Demson** and **Zachary Kearns**.

Going into the relays, Fox Mill Woods ruled, 200-142.

In the 8 and under 100 meter free relay, the girls team of **Leanne Hyer, Stephanie Hallock, Alison Jarmas** and **Kristen Callahan** easily won with a time of 1:33.66. After dropping the next three events, the Fintastics ripped off three straight winning heats.

The 11-12 girls medley relay team of **Kirsten Siebach, Ana Demson, Suzanne Huycke** and **h** edged out the Wahoos with a time of 1:12.26. The 13-14 boys medley relay team of **Matthew Montgomery, Zachary Kearns, Ben Coffinberger** and **Scott Hubal** also powered to victory with a time of 1:13.03. On the girls side, the team of **Hannah Cohen, Amanda Hubal, Lindsay Ward** and **Kelly Sherman** easily bested the Wahoos with a 1:08.92.

The Fintastics continued an excellent performance by winning eight of 12 relay events. Winning 8-and-under girls freestyle were **Leanne Hyer, Allison Brouckman, Alison Jarmas** and **Kristen Callahan** with a 1:39:31. Winning the 9-10 medley were **Edward Reed, Liam McLaughlin, Michael Hallock** and **Jack Brennan**, with a 1:25.84.

The boys and girls both won the 11-12 medley. **Christopher Kearns, William Byrne, Thomas Burton** and **Scott Hubal** turned in a 1:15.78 while **Kirsten Siebach, Suzanne Huycke, Ana Demson** and **Sascha Reed** turned in a 1:11.87.

Our 13-14 girls, **Hannah Cohen, Amanda Hubal, Lindsay Ward** and **Kelly Sherman**, took the medley with a time of 1:07.96.

Moving up to 15-18, 200 meters, both our boys and girls took the medley events. The boys, **Austin Hyland, Michael Leeds, Brian Pujanauski** and **Tommy Huycke**, turned in a 2:20.93 and coasted to victory. The girls, **Jennifer Dolson, Jennifer Callahan, Brigid Howland** and **Allison Kendrick**, took a nail biter with a 2:25.06.

The Fintastics also won the boys mixed 200 meter freestyle relay. **Scott Hubal, Michael Hallock, Matthew Montgomery** and **Tommy Huycke** swam a 2:04.62 and easily won.

Final score, Fox Mill Woods 240, Walden Glen 162.

Coach Shelley said, "We had a fantastic win after a hard week of practice and I especially liked how our swimmers fought hard even though some were suffering from colds and injuries. **Scott Hubal's** records were awesome and he should be very proud. Our young team is making great progress. Let's go out and win again on Saturday."

Notable improvements this week: **Laura Duggan**, a 20 percent improvement in her backstroke time; **Caroline Beury**, a 14 percent improvement in her breaststroke; **Allison Pinegar**, a 12 percent improvement in fly; **Thomas Burton** and **Kimberly Blauer**, a 10 percent improvement in fly; and **Jack Brennan**, a 10 percent improvement in breaststroke. Congratulations to many others who significantly improved their times this week!

The Monday Night Action: Fox Mill Woods vs. Hiddenbrook

Were those blue lips from the cool weather or the ring pops? There were brisk sales at the concessions as well as some brisk swimming in the pool on Monday night against Hiddenbrook. Our swimmers set 49 new personal best records, and our team collected first place ribbons in 28 events. Way to go FMW swimmers! Specific results are as follows:

Freestyle

In the boys 6 & under events, **J.T. Byrne** took 4th place for the Fintastics. FMW had a strong showing in the Girls 6 & under, led by **Stephanie Hallock** in first place, **Chloe Siebach** in third and **Meagan McRoberts** in fourth.

Not to be outdone, the 7 and 8 year boys grabbed first place (**Andy Putch**), third (**Steven Robbins**) and sixth (**Jimmy O'Connor**). FMW swept the first four places in the Girls' 7 and 8 event. **Alison Jarmas** powered to first, **Allison Brouckman**, second, **Katie Roberts**, third, and **Caroline Beury**, fourth.

The FMW 9 year old boys gave a strong performance, with **Bobby Demson** finishing first and **David Rawlins** in fifth. Likewise, the 9 year old girls took four of the top five places, with **Allison Pinegar** in second, **Lauren Angel** in third, **Katherine Leeds** in fourth and **Kimberly Blauer** in fifth.

"Dominant" was the word to describe the FMW Boys 10 year olds in the freestyle events. First place went to **Liam McLaughlin**, second to **John Suyama**, third to **William Happ**. **Catherine Murphy** ably represented the 10 year old girls with a second place freestyle finish.

How about those 11-12 boys? **Chris Kearns** took first, **Dylan McLaughlin**, second, **Thomas Burton**, third, and **Jason Horneck**, sixth in the freestyle.

And what about the 11-12 girls? **Ana Demson** stroked to second place, **Suzanne Huycke** took fourth, **Rosie Montgomery** and **Abby Clement**, brought home fifth and sixth, respectively.

In the boys 13-14 event, second place went to **Steven Matthews-Rurak** followed by **Zach Kearns** in third. Five out of the top six places in the Girls' 13-14 freestyle went to the swift swimmers of FMW. The results: **Kayley Byrne**, second, **Lizzie Hines**, third, **Bridget Lins**, fourth, **Anna Clement**, fifth, and **Annie Brennan**, sixth.

The top two places in the Boys 15-18 event went to **Rob Burton** and **Mike Leeds**, respectively. The girls' 15-18 events were strong for FMW, with **Brigid Howland** in second place and **Jen Leeds** in fourth.

Backstroke

Surpassing even his own performance in the freestyle, **J.T. Byrnes** took third in the Boys 6 & under backstroke. FMW was successful in the Girls 6 & under, bringing home first place (**Emily Wade**), second (**Chloe Siebach**), fourth, (**Laura Brouckman**) and sixth (**Christina Gill**).

Determined stroking led to a first place finish for **Andy Putch** in the Boys 7-8 backstroke. **Steven Robbins** took second in this event, followed by **Jimmy O'Connor** with a fifth place finish.

The girls swept the 7-8 event, winning first, second, third and fourth places! **Caroline Beury** powered to a first place finish, **Katie Roberts** took home second place honors, **Sarah Wall** added points with a third place finish and **Alina Suyama** contributed a fourth place for FMW.

A solid effort in the Boys 9-10 resulted in a first place finish for **Jack Brennan** and a second for **Liam McLaughlin**. **Melissa Jarmas** secured second place in the Girls 9-10 backstroke.

Thomas Burton took second place in the Boys 11-12 heats.

Breaststroke

The Girls 7-8 heats were dominated by FMW as **Leanne Hyer** touched in first and **Abby Reed**, second.

The Fintastics grabbed most of the glory in the Girls 9-10, with **Sally Wade** finishing first, **Katherine Leeds**, fourth, **Allison Pinegar**, fifth and **Catherine Murphy**, sixth.

The Boys 11-12 event saw **Dylan McLaughlin** finish 3rd and **Jason Horneck**, fourth. The girls in this age group turned in good performances; **Melissa Duvall** finished first, **Abby Clement**, third, and **Ana Demson**, fourth.

Second place in the Boys 13-14 backstroke went to **Zach Kearns** while four of the top six finishes in the Girls 13-14 went to FMW. Here, **Kayley Byrne** secured third, **Anna Clement**, fourth, **Lizzie Hines**, fifth, and **Bridget Lins**, sixth.

Our biggest swimmers were also the best in their age group! **Rob Burton** brought home first and **Mike Leeds**, second, in the Boys 15-18. Outpacing the field for the Girls 15-18 event was **Jen Leeds**.

Butterfly

The Fintastics flew through the water to claim first and second in the Girls 8 & under 'fly. **Leanne Hyer** got to the wall first and **Alison Jarmas**, second.

Likewise, Bob Demson took first and William Happ, second, in the Boys 9-10 event. Melissa Jarmas defended the honor of FMW in the Girls 9-10 butterfly, securing a third place finish. Chris Kearns and Melissa Duvall contributed points for the Fintastics by bringing home first place finishes in the Boys and Girls 11-12 heats.

Individual Medley

Super results were posted by the Boys 9 & under Fintastics in the IM. Michael Hallock took first and Bobby Demson, second.

The 10 year olds took top honors, with **Edward Reed** and **Erica Demson** both bringing home first place ribbons. **Melissa Jarmas** contributed a fourth place finish in this event.

The 11-12 Boys swept the top three spots; **Scott Hubal** finished first, **Will Byrne**, second and **Chris Kearns**, third.

Equally awesome were the 11-12 Girls, led by first place finisher, **Kirsten Siebach**. **Sascha Reed** grabbed second place, **Suzanne Huycke**, fourth, and **Ana Demson**, sixth.

In the Boys 13-14, **Matt Montgomery** took top honors.

The FMW Girls 13-14 IM team had a good showing. Stroking to second place was **Hannah Cohen**, followed by **Amanda Hubal** in third, **Kelly Sherman** in fourth and **Lindsay Ward** in fifth.

The top three finishers in the Boys 15-18 IM were all from FMW. First place went to **Tommy Huycke**, second to **Rob Burton** and third to **Joey Coffinberger**.

Walking away with the top four places in the Girls 15-18 were the Fintastics. First went to **Allison Kendrick**, second to **Jennifer Dolson**, third to **Sarah Wallace** and fourth to **Brigid Howland**.

Great Leaps Forward!

Some "double digit" time improvements came to **Caroline Beury** with a 15% improvement in backstroke, **Jack Brennan** 16% improvement in backstroke, **Christina Gill** 15% improvement in freestyle, **Leanne Hyer** 13% improvement in breaststroke, **Meagan McRoberts** 11% improvement in freestyle, **Liam McLaughlin** 19% improvement in backstroke, **Jimmy O'Connor** 10% improvement in freestyle, **Steven Robbins** 19% improvement in freestyle and 12% in backstroke. Keep up the great work!

Congratulations to **Scott Hubal** for breaking the club record in 11-12 IM with a time of 1:13.86, beating the old record by more than a second. Scott is breaking the record for breaking records!

All in all a very successful night!

Lollipop Meet

Our younger swimmers should plan to participate in the upcoming Lollipop meet which will take place at Oakton on July 19. All 8 & unders are welcome at this fun event where they are awarded a lollipop for every swim. More details will follow soon. We will also be looking for some older swimmers to be timers.

Coaches Corner

By Shelley Gesker

Well, things are definitely in full swing at FMW! Morning practices have been extremely productive...ranging from vertical kicking in the deep end before our weekly water polo games-to an entire practice devoted to backstroke, the backstroke count for our turns and sprints. We have placed a lot of emphasis on finishes (No lip grabbers!) and aggressive starts (streamline drill). The team has gotten in to their mentoring groups and enjoyed the first of many pep rally traditions: Balloon toss turned water fight :) As usual I got plenty wet and enjoyed every minute of it! (Yes, Michael Leeds, I remember that you were the first one to peg me!!!)

Don't forget to hand in your goal sheets or ask me for a new one so Tommy, Brigid and I know what you're working towards or for this summer.

Swimmers of the Week

Emily Chamberlin dove in Monday night, losing her goggles and almost lost her cap as well, but she didn't stop; didn't even hesitate, she kept swimming, did her turn and finished the race strong! Her quiet persistence and positive attitude are a great example of sportsmanship and teamwork. Actions do speak louder than words...great job, Emily :)

Hannah Cohen is not only consistently one of the first ones in the water at the 7:30 practices, but she helps with the lane lines and leads by example during workouts...always giving her best! She also swam two best times Saturday in our meet against Walden Glen (one second off in her backstroke and one second off her breaststroke), accomplishing her goal of best times for the season!! Great job Hannah :)

Sally Wade was very unsure about swimming backstroke, as breaststroke is her favorite and the one she feels most confident about. When asked to swim backstroke for the TEAM on Saturday, she said all she needed to do so was a little extra

help on her turn and she would do it...then she swam it and dropped her time six seconds!!! To go even further to show her determination to conquer the backstroke and it's tricky turn, Sally swam it again on Monday night!!

Caroline Beury's determination to be a good swimmer and be a positive leader in the 8 and under practice is definitely paying off. On Saturday she made the A-meet and then placed 3rd in the breaststroke with a best time (having dropped 5 seconds!!!). Then she continued her fast swimming Monday night when doing two more best times, dropping eight seconds in her freestyle and then seven seconds in backstroke!!!! You're on a roll, Caroline!!!

Patrick Hines has really stepped up to the plate to become a positive leader for the younger members of the team...coming early to the meet to help set-up, looking out for his sister and her friends and working hard to drop time like he did on Saturday where he took off one second in his breaststroke and four off of his fly time!!!! Keep it up, Patrick :)

Jack Brennan has been a welcome addition to the 9-10 boys (coming back to us all the way from Uruguay). He has been positive, upbeat and working hard. He also dropped quite a bit of time on Saturday--one second in freestyle and six seconds in breaststroke!!!!!! Go Jack :)

Steven Robbins has come in and really worked hard to improve on all parts of swimming: starts, finishes and techniques. He has been a great addition to the 8 & under boy contingent. His hard work has also paid off, dropping six seconds in freestyle and four in backstroke last week. Great effort, Steven--keep it up!!!

Chris Kearns has been doing a good job on keeping the 11-12 boys upbeat, working hard and enjoying the scenery as they go. He even managed to keep his spirits focused and positive after getting stung by a wasp on Saturday and lowered both of his times! (He dropped two

seconds in backstroke and one second in breaststroke :)

Laura Duggan has not only been positive about swimming but has enjoyed what being part of a team is all about. She has worked hard and once again, the hard work is paying off.....she dropped another second in her freestyle n Saturday and thirteen seconds in her backstroke!!!!!! Way to go, Laura!!!!!!

Allison Brouckman has encouraged her sister Laura to join and swim hard. She has set a good example, swimming to two best times on Monday night against Pinecrest and getting herself on the 8 & under girls relay on Saturday that did place first!

Keep up the fast swimming and good efforts. We are off to a great start and have the month of July to continue that stretch of fast swimming!

Volunteer News

Thanks to all of our volunteers who pitched in to make our first meets a success.

Volunteers of the Week:

Don and Mary Jo Huycke

Don faithfully prepares our pool for time trials and every home meet – rain or shine. This is quite a bit of work and requires a real commitment.

Last week Don spent time on a very hot day troubleshooting the temperamental gas grill and getting it to work. Thanks to Don's efforts our facility is well-prepared.

Mary Jo has willingly worked in a variety of positions this season to help our other volunteers learn the ropes. We are so grateful to her for sharing her knowledge and experience and her positive attitude about all we have asked of her.

Bob Cohen and Karen Stierman

Bob and Karen quietly help the team enormously. Prior to the start of the season, Bob spent a lot of time varnishing the clerk of course benches. He came to the pool repeatedly

to apply several coats. Besides being a team official, Bob also prepares the DQ explanation slips, so our swimmers can have an understanding of where they need to correct a stroke.

As a team rep emeritus, Karen has made herself available to help in many ways. Most recently she has been filling in on the computer - entering times and training others. She is frequently called upon for advice.

Peter and Marian Kendrick

Peter and Marian are often at work behind the scenes. Their home is "spirit central", where the skit props and fun signs are created. Peter has greatly increased the fun factor of our team by providing music for practices, warm-ups and other events, as well as lots of fun pictures and video. He also helps in the set up of the pool and is the voice of our Monday night home meets. Marian, his trusty Monday night assistant, is also another former team rep. She wears her whites to the meets and volunteers wherever needed. Despite the fact that their daughter Allison will miss a few meets due to travel, Peter and Marian assure us they will still be pitching in.

Trisha Demson

Trisha quite simply operates the best concession stand in the NVSL!

Next time you see these awesome volunteers, please say THANKS!

Reminders

Pep Rally this Friday, July 6 at 6:00 p.m. Come get fired up to host Arlington Forest on Saturday and Oakton on Monday!

Lost swimsuit: Please check to make sure you don't have an extra team swimsuit! A size 28 girls' FMW swimsuit went missing Tuesday, June 26th from the girls' locker room. If found, please contact Mary Wade at 703 620-1603.

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/758-9150 or janet.osborn@hewitt.com. Submissions

for the newsletter are due (preferred by email) by noon on Wednesdays.