

MAY/JUNE

2009

UPCOMING

MEETS:

Oz Classic

May 29-31

Mustang

Classic

June 5-7

Summer

Sizzler

June 12-14

Salt City

June 20-21

Air Cap

June 26-28

WICHITA SWIM CLUB

APRIL JUNE 2009

Katie Yevak Head Coach/General Manager

It took a little vacation, but the newsletter is back!

As we look back on the winter and spring seasons there is a great deal for WSC swimmers, parents, coaches and patrons to be proud of. From best times, to achieving new qualifying standards and setting team records; it was a successful year for our club.

We had 74 swimmers participate in the Chisholm Trail Championship, 36 participate at Division II's, 63 at Division I's, 27 swimmers represent WSC at Sectionals, and 6 compete at NCSA Jr Nationals.

WSC proudly hosted the Missouri Valley Division I Championship meet this past March. This is the biggest championship meet in our LSC with over 600 swimmers and their families coming to Wichita to race. We had a tremendous amount of volunteer help from our families, without whom this type of event would not be possible. I would like to extend a **Thank You** to all of those who help make this year's meet a great success!

Moving forward, we have a busy summer with two upcoming meets hosted by WSC: OZ Classic (May 29-31) and Air Capital Invitational (June 26-28). Oz is the kick off meet for many teams as they begin their summer season, and a great opportunity for any swimmers new to long course meets to get experience. Air Capital is our signature meet, bringing in teams from all over the country. This year we have teams from Texas, Oklahoma, Colorado and Missouri who have requested space in the meet. Speedo has also donated goodie bags to be given away during the meet. Air Capital is a great opportunity to showcase our great facility, swimmers, and meet hosting abilities. I ask that you help us continue the tradition of these two great meets and volunteer you time and talents.

Thank you for ALL you do!

Katie Yevak



WICHITA SWIM CLUB



Todd as Brad Pitt's stunt double in the 2004 Summer Blockbuster "Troy".

Todd Kramer Head Age Group Coach

Spring is here, marking the start of another season at the Wichita Swim Club! It seems like just yesterday that we hosted the Missouri Valley Championship meet for the short course season. The season was a tremendous success and we had a lot of fast swimming. As a team we had multiple Missouri Valley Division 1 and Division 2 champions, continuing the tradition of fast swimming at WSC!

We have already started to focus on the long course season, and some swimmers have even competed in their first long course meet of the season in Topeka, even if it was shortened due to bad weather. We have also had several practices with the pool 'turned' to 50 meters. It's very important for all of our swimmers to try to take advantage of every practice we have in the 50 meter pool as all of our meets this summer will be in 50 meter pools. We are very lucky at WSC to own a 50 meter pool that we can take advantage of throughout the year.

The summer season can go by very quickly, so I want to go over the meets that we will be attending this summer so you can start to make your plans. The first meet for the majority of our age-group swimmers will be the OZ Classic held here at WSC May 29-31. This will be the first chance for many of our swimmers to get new long course times so I would like to encourage all of our swimmers to swim in this meet. I know that we have several swimmers who will be swimming with their summer league teams starting in June, so I would like to encourage all of them to swim in OZ before they go to their summer league teams.

Following OZ we will be traveling down to Dallas, Texas for the Mustang Classic. That meet is June 5-7 and is for anyone who qualifies. Qualifying times are posted on our website. This will be a fun and very fast swim meet. It will be a great opportunity for our swimmers to get out of the state and race a different group of swimmers. If your child has qualified for this meet I would like for you to strongly consider attending this meet.

The next two meets are the Aquashock's Summer Sizzler (June 12-14) and the Salt City Invite in Hutchinson (June 20-21). These meets are great for our White, Red, and Black squad swimmers and provide a very good opportunity to qualify for Division 2's and Division 1's.

Rounding out the 'regular season' will be the Air-Capital invite(June 26-28), which we host at WSC, and the Emporia Invite(July18-19). The Air-Capital meet is for swimmers on all squads and it is shaping up to be one of the faster Air-Cap meets in recent years with teams from Texas, Oklahoma, Colorado, Kansas, and Missouri already committing to attending the meet. The Emporia invite will be the last chance for our swimmers to qualify for Sectionals or Division 2 championships.

Following those meets we will be attending the Division 2 championships (July 24-26), Sectionals (July 22-25), and Division 1's(July 31-Aug 2). Everyone who qualifies for these meets should attend. These meets are after most Summer League championship meets so our summer league swimmers should attend this meet as well. Summer flies by very quickly so be sure to plan ahead on which meets you will be attending.

Darrell Swank President - Board of Directors

“The quality of a person’s life is in direct proportion to his commitment to excellence, regardless of his chosen field or endeavor.” – Vince Lombardi, football coach.

All in all, It was a great year at the Wichita Swim Club. The swim year started off last August with several changes including a new head coach and general manager, a new age group coach, and numerous renovations involving the pool, roof, heaters and much more. Along the way, the coaches coached, swimmers swam, swim school teachers taught, and volunteers volunteered. At the end of the year, we “graduated” 19 seniors and celebrated theirs and others’ successes in a wonderful event at the Crestview Country Club.

Through all the activities, facility work, practices, lessons and meets I was proud of the Swim Club’s commitment to excellence this past year. It’s easy to measure excellence in terms of swim times in the pool, it’s a lot more challenging on a daily basis 365 days a year, particularly when no one is watching, to maintain and live standards of excellence not only in the pool but in all the other ways that go into making a private, non-profit swim club excellent. The organization has been blessed during the life of the club including this past year with tremendous parents, volunteers, board members, and coaches/teachers/office staff members who have tirelessly worked to improve the club and carry-on its activities. Although “thanks” doesn’t seem enough recognition, THANK YOU for all your efforts, as we couldn’t do it without each of you...each of you have truly made a difference.

Finally, I want to close with something that was shared with me recently that I would like for everyone associated with the club to take to heart and strive to live out this upcoming summer season as we consider our definition of “excellence”. I think it summarizes very simply but quite eloquently what really matters at the end of the day, particularly as we work with children and young adults at the Swim Club and shape them in their pursuits of excellence not just in the pool, but in life. Have a great summer and look forward to seeing you around the club!

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou, poet.



Championship Meet Swimmers



Junior Nationals:

Bailey Beins
Nikki Daniels
Christian Kilgore
Chelsea Morey
Elizabeth Strother
Rebecca Swank

Sectionals:

Kara Aaby
Brooke Brittain
Gina Cernohous
Emily Chesser
Ian Cullinan
Kelsey Eklund
Jana Harms
Chesley Kilgore
Lindsey Legako
Rose Mayou
Caroline Olson
Mallory Schroeder
Kelsey Schultz
Chris Scott
Ryan Sellers
Jake Spitz
Jenna Steffen
McKenzie Strother
Rebecca Swank
Paige Thoman
Ciciley Withers

Missouri Valley

Champs:
Philip Aaby
Madison Allen
Noah Baden
Kaelyn Balch
Emily Borger
Matt Bowser
Aiden Chan
Kyle Cullinan
Brooke Dreiling
Richard Fu
Caitlyn Goodman
Alli Griffin
Zach Huber
Madison Hutchison
Janis Hwang
Kendall Kilgore
Charlie King
Sammy King
Brandon Kingrey
Emily Knocke
Kelsey Lahey
Ryan Maloney
Erin McAdam
Jordan Neugebauer
Dillon Park
Nate Pirner
Trent Pirner
Ben Plank
Josh Ralston
Kyrsten Rezac
Aspen Schmidt
Brandon Shinsato
Willie Smith
Will Spitz
Demi Tam
Mitchell Wagner
Kate Wickham
Sean Witt

Division 2 Championships:

Bliss Baird
KC Chambers
Dillon Cullinan
Adam DeBey
Rachel Dodson
Alyssa Dotson
Sarah Griffey
Brett Harms
Laura Harms
Sara Harms
Nicholas Kellerman
Kevin Kilgour
Katharine League
Davis Lee
Dylan Lee
Ian Lee
Shannon Lee
Stefanie Neal
Trent Pirner
Meg Plank
Josh Schroeder
Emory Vittitow
Mikaela Winn
Garrett Wolf

Chisholm Trail Championships:

Lauren Arterburn
Joseph Bachman
Sean Barleen
Hannah Balch
Baylee Bloom
Kennedy Brandenburg
Isabel Brosch
Oliva Brosch
Reganne Bundy
Tim Cargle
Leo Cernohous
Hannah Chadd

Jonah Clotfelter
Matthew Clough
Lauren D'Empaire
Evan Evans
Austin Farber
Hannah Farney
Jenny Hahn
Colton Hall
Drake Hall
Kamren Hall
Colin Hutton
Earl Hwang
Helen Innes
Benjamin Kellerman
Alex King
Megan Kinnane
Ryan Kinnane
Hayley Knapp
Brecken Lawrence
Alec Lebeda
Alina Lee
Cale Lee
Nhuy Le
Madison Martin
Olivia Neideigh
Joslyn Olsson
Dene Pfalzgraf-Saffel
Calli Pirner
Jack Quah
Jasmine Quah
Hope Reasoner
Tate Reitan
Skyler Roath
Andrew Sousa
Douglas Sousa
Lauren Spielvogel
Hannah Steinert
Matthew Steinert
Cailan Steward
Henry Thengvall
Raddek Thomas
Treyton Thornton
Madison Tykolis
Brandon Vandeventer
Brenna Vandeventer
Malina Wagner
Sabrina White
Nate Wickham
Isaac Woodcock



National Squad



National Squad has had a successful and exciting year. I have had a wonderful time coaching each of these swimmers, and they have made my first year as head coach a very special one. We had a huge group of seniors who were all terrific leaders and great representatives of the club this year. Some of them are lifetime swim club swimmers, and some came to us later in their swimming career, but they all have helped shape the club into a terrific organization. I am so proud of all they have accomplished this year and look forward to hearing about their success in the future.

Bailey Beins-University of Denver
Matt Bowser-University of Southern California
Rose Mayou-Air Force Academy
Chelsea Morey-Vanderbilt University
Caroline Olson-University of Kansas
Mallory Schroeder-University of Kansas
Christopher Scott-US Merchant Marine Academy
Ryan Sellers-University of Missouri
Elizabeth Strother-Undecided
Rebecca Swank-University of Kansas
Paige Thoman-University of Arkansas at Little Rock

STEVE'S CORNER :)



2009 Summer Meet Schedule

April 24th-26th	Voorhees-Maxfield	Everyone
May 29th-31st	Oz Classic	Everyone
June 5th-7th	Mustang Classic	Qual. Standards
June 12th-14th	Summer Sizzler	Black, Red , White
June 20th-21st	Salt City	Black, Red , White
June 26th-28th	Air cap	Everyone
July 9th-12th	Wave The Wheat	Nationals
July 18th-19th	Emporia	Everyone
July 22nd-25th	Sectionals	Qual. Standards
July 24th-26th	D-II's	Qual. Standards
July 31-Aug. 2nd	D-I's	Qual. Standards
Aug. 4th-8th	U.S Open	Qual. Standards
Aug. 7th-9th	Zones	Qual. Standards
Aug. 10th-14th	Jr. Nationals	Qual. Standards



Kathi Cernohous Office Manager

Wichita Swim Club would not be the premier club in the region without –YOU, our parent volunteers. Swimming parents are a very important part of the program. This club is private but not in the exclusionary sense of the word. We are private in that we have never received any money from any government agency. There is no one subsidizing our club but ourselves. WSC parents are the driving force behind running our swim meets and countless other jobs. The opportunities to get involved at WSC are limitless. There are no special skills required to be a volunteer – just a positive attitude and a willingness to help. Think about being a timer, helping in the café or hospitality or with the upkeep of the facility. We are hosting 2 meets this summer and we need your help. The Oz Classic is May 30-31 and Air Capital is June 26 – 28. Please sign up on-line, email me [wichtaswimclub@gmail.com](mailto:wichitaswimclub@gmail.com) or call me in the WSC office 683-1491.

Chris Erickson - Black Squad Assistant Coach

As school is coming to a close, we've been working even harder to settle your children down! We've had a very successful short course season in black squad and are awaiting another spectacular long course season. Since our last newsletter we have had a lot of new faces join our squad. These swimmers are – Toni Anderson, Joseph Bachman, Adam Debay, Audrey Donovan, Paul Knapp, Jessica Miller, Zack Reed, Brandon Vandeventer, Dina Vu, Donna Vu and Ryan Zwick. So if you see them on deck, tell them congratulations. In black squad we have started the distance portion of our training to build up our endurance in longer races. This summer we will be stressing longer distance events for all our swimmers to encourage a wider spectrum of racing.

White Squad - Carla, Tyler and Jana

White Squad

As we gear up for the summer we want to touch base on a few things for White Squad.

White Squad F.A.Q.:

1. How do I get information about WSC news/events?

Once you turn in your paperwork to the office you will be assigned a family mailbox (located by the SE entrance) and receive an email with a login and password for the teams website. All information about practice changes, meets, volunteering, etc will be passed on via these two places. If you do not get an email or do not see your family's mailbox please let someone in the office know.

2. Is my swimmer ready for meets?

If you are on white squad you are ready for meets! If you are unsure about what meets to attend feel free to speak with one of the white squad coaches AFTER practice about it. You will find information about the meets in your mailboxes and on the website.

3. How do I sign up for meets?

For each meet your swimmer is eligible to compete in you will receive a form in you mailbox. This form has a great deal of information including: meet location, warm-up and meet start time, awards given, events offered and order of events, as well as a sign up slip at the bottom of the page. All of this information is also located on the website.

You can sign-up two ways:

Paper- write your swimmers name on the bottom portion of the meet information page, detach, and return to the office.

Website-you can also sign up through the website. This will require you to log on and click on the "attend this event" button. There you will be able to sign up for the meet and also leave a note for the coaches if you will only be able to attend one day, or need to come late or leave early, etc.

Once coaches complete entries an email with the completed list is usually sent out. It is a good idea to double check and make sure your swimmers name appears on this list.

4. How can I help at meets?

When WSC hosts a meet there are a million ways to help, and we love to utilize any special talents you might have. There is a place to sign up on the website where you can see specific jobs needed, as well as food requests for hospitality and concessions. You can always volunteer to help on the day of the meet, or at a meet that your swimmer is not participating in.

5. Is my swimmer ready to move up to Red Squad?

White Squad is a very important part of a swimmers progression in the sport. This is a place to transition to larger group practices, work on endurance, and continue to refine stroke technique. One of the most important qualities coaches are looking for in swimmers ready to move to Red Squad is the ability to listen. Listening to directions and stroke corrections while surrounded by other swimmers is a difficult skill and one that is vital to their success. Swimmers ready for Red Squad must also have the endurance to handle the increased yardage and work volume in Red Squad. Not just be able to muddle through, but maintain proper stroke technique while swimming.

All of the coaches are here to help and work with your swimmers because we want to see them succeed. If you have questions about your swimmer moving up please talk to their coach AFTER practice. It is difficult, if not impossible, to give an exact timeline for when you swimmer might move up, it is much more constructive to ask, "What does my swimmer need to work on to be considered to move up?"

May/June Birthdays

Phillip Aaby May 1st
William Anderson May 19th
Vivienne Ayala June 14th
Bryce Birdwell May 23rd
Victoria Bloodworth May 24th
Patrick Botros June 26th
Alyssa Bouton June 30th
KC Chambers May 19th
Aiden Chan June 4th
Emily Chesser June 15th
Lucas Chinn June 8th
Lucas Chinn June 8th
Matthew Clough May 11th
Nikki Daniels June 11th
Madchen Defrain May 16th
Rachel Dodson June 13th

Josh Edger June 2nd
Aira Firooz June 21st
Sam Gartner June 28th
Colton Hall May 29th
Laura Harms May 13th
Madison Hutchinson June 25th
Colin Hutton June 3rd
Charlie King June 27th
Brandon Kingrey May 26th
Paul Knapp May 15th
Nhuy Le May 4th
Katharine League June 17th
Sam League June 20th
Alec Lebeda June 30th
Miranda Lee June 20th
Marisa Meyer May 6th

Noah Patton June 2nd
Dene Pfalzgraf May 9th
Jasmine Quah June 26th
Josh Ralston May 25th
Cameo Roush June 27th
William Rowley May 18th
Lauren Spielvogel May 3rd
Elizabeth Strother
May 22nd
Rebecca Swank June 6th
Garnett Tate May 24th
Henry Thengvall May 19th
Madison Tykolis May 19th
Emma Valliere May 10th
Mitchell Wagner May 28th
Kate Wickham June 13th
Mikaela Winn May 3rd
Josh Yonkin May 31st



Summer Practice Schedule 2009

Nationals

Monday-Friday

6:00 am - 8:30 am

Mon, Tues, Thurs, Fri

3:00 pm - 5:00 pm

Saturday

8:00 am - 10:30 am

Seniors

Monday- Saturday

8:00 am - 10:00 am

Monday & Wednesday

4:00 pm - 6:00 pm

Black

Monday - Saturday

8:20 am - 10:00

Red

Monday - Saturday

10:00 am - 11:00 am

Monday - Thursday

6:00 pm - 7:00 pm

White

Monday - Thursday

10:00 am or 10:50 am

Monday - Thursday

5:15 pm or 6:05 pm