

TEAM MILLENIUM



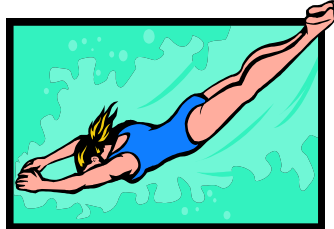
TURN IN SWIMMORE A THON \$\$\$ BY FRIDAY
I SHOULD HAVE ALL PRIZE SHEETS.



JANUARY 26, 2009

Y2K FLIPS OUT AT TOPS MEET

What fun to see so many team members show up and race this past week end at OPRF HS. We had a lot of highlights, including over **350** BEST TIMES!



We also challenged the swimmers to perform flip turns in the back and free events... I calculated that the team turned in **608** flip turns! Many of these came from swimmers for the first time. While incorporating flip turns into your race may initially slow you down, in the long run, you will see time improvements. YEA FOR ALL OF YOU!

100% BEST TIMES!

L COZZI, A CURRY, R DAILY, C DEE, L ECONOMOS, S HALPERN, S IANNACONE, R MULLANE, E PERKINS, K RAEDER, A RAJTER, E RICHARDSON, I SCHAIDER, MI SHEEAN, L SHELSTAD, O WENDT, S WHITE!!!! GREAT JOB

4+ BEST TIMES!

O CALDERON, G CURRY, J GARTLAND, N GARTLAND, K KEHOE, J KELLY, E KULIK, C KUPIEC, T MCGUIRE, K OBRECHT, S OBRECHT, T PEREZ, B WENDT, T WENDT, J WHITE

ACHIEVED NEW REG'LL TIME STANDARDS!

A CURRY	11&12G	100 BRST
G CURRY	11&12G	100 BRST
J KELLY	11&12B	50 BRST
J MULLEN	13&14B	200 IM
A RAJTER	13&14B	200 BK
J SCHIMMEL	11&12 B	50 FLY
J WHITE	13&14B	200 FLY
		100 FLY

TOP 3 FINISHERS!!!

A CURRY, E FRUMKIN, N GARTLAND, A GERBER, K KEHOE, J KELLY, E KULIK, I SCHAIDER, T SOJA, BR WEST, J WHITE, & J WOODS.



PRACTICE CONFLICTS

We are adding extra practice opportunities for the groups most effected by the practice cancellations this month....the extra practice time/date is italicized in the chart below. To simplify things, this practice schedule will be offered through the end of the season! Season ends February 22nd.

Please NOTE—there is NO PRACTICE Tues 1/27 between 5:30-7:15pm due to a HS Boys HOME swim meet.

GROUP:	Mon	Tues	Wed	Thurs
White	5:30-6:30		5:30-6:30	<i>5:30-6:30</i>
Meteors	<i>5:30-6:30</i>	5:30-6:30 Except on 1/27		5:30-6:30
Sh Stars	6:30-7:30		6:30-7:30	<i>6:30-7:30</i>
Black	<i>5:30-6:30</i>	5:30-6:45 Except on 1/27	5:30-6:45	5:30-6:45



TEAM RECORDS!!!

We have had quite a few Team Records broken already this season—and MANY swims that have come VERY close!!! Congrats to the following swimmers:

ERIN FRUMKIN: 8&UND

25 FREE 16.38
100 FREE 124.62
100 IM 135.85

WOJACK/WEST/GIRARDOT/

FRUMKIN:
100 FR REL 118.09

WILL HOPE: 8&UND

50 BACK 45.78

**HARTWEG/HOPE/MIZGALA/
SCHAIDER**

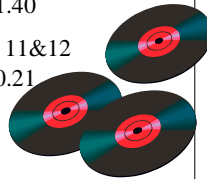
100 FR REL 115.28

GENNA CURRY 9&10

100 IM 121.40

ADDIE CURRY 11&12

100 FLY 110.21



Team Records are posted on line and I will post a copy at the pool...ARE YOU CLOSE?

PENTATHLON FEBRUARY 7

Entries for the PENTATHLON are due Jan 29.
Sign up on line or at the pool...

9-12 year olds: warm ups @ 7:30 meet @ 9:15

8&und, 13&ups warm ups @ noon meet @ 1:45pm

AHLGREN MC	LATHAM	SOJA
CALDERON	MACKIE JPK	STRZELCZYK
COOGAN, K/A	MACNAMARA	WENDT O
COSTELLO	MAHONEY	WENDT B/T
CURRY G/A	MASI	WEST B/B
FAJARDO	MCCORMICK B/C	WHITE J
FRUMKIN K	MCGUIRE M/M	WOODS
GERBER	MISHOULAM A/Z	
HALPERN	MIZGALA	
HOPKINSON	MOSHER P/S	
JOSS	OBRECHT S	
KEHOE	RAZZINO J	
KELTY K/G	SCHIMMEL	
KULIK	SHEEAN M/M	
KUPIEC	SLADE	
LAROCCA	SMITH	



8&UNDER WONDER FEB 8

We will host a FUN QUICK meet for our 8&unders on Sunday 2/8.

This will be a PERFECT opportunity for ALL of our little ones to participate - especially those that have not yet raced this season!

Warm Ups: 12:30 Meet @1:15pm Done by 3:00pm!!

BINGHAM T	HARTWEG C	ODONNELL	WEST B/B
COZZI T	HEILENBACH	RAZZINO M	WOJACK
DAILY R	HEYER	SCHAIDER I	
DOHERTY	HOPE	SHEEAN T	
ECONOMOS	LUNDEEN	SKLAR J	
FRUMKIN E	MISHOULAMA	STAPLES M	
GRIFFIN	MIZGALA	THOMPSON J	
HARLOVIC	MOSHER S	TREFONIDES	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27 NO PRACTICE COMTS, BLK, METRS 7:15-8:30PM FOR AST'D, BLU PRE S, HSG	28	29	30 NO PRACTICE FOR ANY GROUPS SCHOOL FUNCTION	31	FEB 1
2	3	4	5	6 NO PRACTICE HS BOYS MEET	7 PENTATHLON @ NSCP	8 8&UNDER WONDER
9	10	11	12	13	14 BR Ryall Last Chance Meet @ UIC	15