



# The Blazer Newsletter

## KANSAS CITY BLAZERS SWIM TEAM

COMMITMENT TO EXCELLENCE



Eternal Loyalty

Passion Education

Discipline Dedication

Commitment Leadership

Excellence

February 2009 Edition

Page 1

### You Too Can Become a Swim Official!

Dear Blazer Parents,

At this stage in the year I expect that many of you have had the opportunity to watch your kids compete at a meet whether this was an inter-squad meet or one against other local area teams. Hopefully you had a good time and your kids enjoyed the experience.

I am sure that, wherever you swam, you will have noticed the meet officials at the event – they are the ones wearing white and blue! What you may not know is that all these officials are volunteers, parents of swimmers, and the swim meets would not be able to run without their participation.

Many of these officials had no experience of swimming before their kids joined the Blazers but all share an enthusiasm to be part of a sport enjoyed by their children and the ability to be an impartial observer on the deck. They have swimmers who range in experience from the Blue group through to the Elite group – truly a cross section of swimming ability. We are looking for new parents who are interested in stepping up on the first rung and becoming a Stroke and Turn Judge. Training includes an open book online test, a classroom session and multiple shadow sessions with experienced officials on deck. Having no prior experience in swimming is not a hindrance in this position and you will not work 'solo' until you are fully ready.

Maintaining this qualification requires that you complete 6 sessions a year. With many of the meets comprising 4 or 5 sessions it doesn't take long to fulfill this requirement and **it is a great way to complete your Blazer volunteer hour commitment.** I am sure that if you ask any official that they will agree – being on the deck is the very best place to be at a swim meet.

Please contact any of the officials at the next meet you attend or Brad Bond at [bdrbond1@aol.com](mailto:bdrbond1@aol.com) if you think you may be interested. We welcome any questions and look forward to seeing many new faces on deck.

Many Thanks,  
Blazer Officials

### Blazer Trash Bag Fundraiser

Our annual trash bag fundraiser is upon us and the deadline for orders is February 25<sup>th</sup>. With the funds raised by the trash bag fundraiser, the coaches have decided they would like to purchase underwater cameras to enhance the visual teaching ability of our swimmers. These cameras can be purchased for \$600 a piece and would be acquired for each site as funds become available.

Each roll is \$10. The blue roll holds 16, 55-gallon bags; the yellow roll holds 25, 39-gallon bags; while the white roll holds 65, 15-gallon bags. Order forms have been distributed to all the swimmers' mailboxes and should be returned to your coach's mailbox with the money collected no later than Feb. 25<sup>th</sup>. Cathy Musser is also accepting e-mail orders at [cmusser@everestkc.net](mailto:cmusser@everestkc.net) and your account would be billed for the total.

For every 10 rolls sold, the swimmer earns a blue ("livestrong") bracelet with KC Blazers Commitment to Excellence written on it. Delivery for the bags is expected the first week of March. For questions call Cathy Musser at (913) 814-8413.

### Inside This Edition

- Page 1 – You Too Can Become a Swim Official! & Blazer Trash Bag Fundraiser
- Page 2 – What is COMVAC? & 2008 Fall Semester GPA Report
- Page 3 – Greater SW Invitational Swim Meet & Thank You Plano Chaperons
- Page 4 – Midwest LSC All Stars Championship & Polar Pop Blue/Gold Swim Meet
- Page 5 – Polar Bear Swim Meet
- Page 6 – NLU Swim Meet & Prep Swimmers Inspired by Phelps
- Pages 7 through 11 – Swimmer of the Month Awards
- Page 11 – Used Swim Gear for Sale
- Pages 12 through 15 – Corporate & Family Sponsorship Recognition

A Speedo Sponsored Team



## What is COMVAC?

Some of you may have seen some laminated posters up at our facilities and wondered what COMVAC is and how it is associated with the Kansas City Blazers. COMVAC stands for Community Violence Action Council. It is an entity that was organized to help address family oriented violence in our community. One prong of this initiative has to do with youth athletics.

In this spirit, COMVAC has set up an award to identify and recognize those coaches and organizations that instill respect and good sportsmanship in their programs. As outlined in the posters, they are looking for those who:

- Teach respect, teamwork, cooperation, discipline and other life skills
- Serve as positive role models to players and parents
- Exhibit and promote sportsmanship at all times
- Promote a love for the sport and provide a fun and meaningful experience

The Blazers feel that these points are very much in line with our values and are proud to be associated with this initiative.

COMVAC has partnered with Johnson County Park and Recreation District as well as City of Olathe to recognize coaches in **any** of their activities who promote these ideals. Many of our swimmers are active in other activities that JCPRD and Olathe offer, or have siblings or friends who are. If you feel that the **coach of any activity** – whether it is their full-time job or not - is deserving of a nomination, you can download the form from <http://jcprd.com/activities/sports.cfm>.

## 2008 Fall Semester GPA Report

**Here is the fall semester GPA report, congratulations your hard work outside of the pool!**

### **Students with 4.0 GPA**

Cole Anthony, Afton Apodaca, Caroline Backs, Nickie Belvedere, Alexis Bergen, Helena Bertels, Graham Bolar, Rebecca Bond, Mackenzie Bravence, Alaine Breidenthal, Hallie Breidenthal, Riley Brown, Brooke Brull, Anna Burnett, Ariana Cecil, Zane Champie, Oskar Cheranov, Tyler Cunningham, Claudia Chen, Deanie Chen, Akshay Dinakar, Caroline Ehrich, Alexandra Elleman, Caitlynn Engholm, Grace Euler, Isaiah Euler, Kelli Fast, Maxwell, Goeke, Sarah Gorn, Marston Fries, Delany Green, Brianne Grudek, Katherine Hartman, Clarissa He, Laura Hibschman, Nathan Hoisington, Chiranth Honnur, Adam Houghton, Samuel Hutchens, Logan Johnsen, Cole Kenney, Katie Kenny, Catherine Kenny, Eric Kim, Nicholas Klock, Laura Klover, Faith Kopecky, Aurora Kuhn, Samantha Laflin, Tyler Laflin, Ian Lee, Joshua Legge, Demi Levitch, Yifan Li, Alexa Lipham, Andrew Liu, Edward Liu, Elizabeth Liu, Lucas Liu, Selina Liu, Tiffany Liu, William Liu, Elexyss Lode, Alezander Lombardo, Cara Lunsford, Joseph Lytle, Anderson Maginn, Morgan Masters, Mikaela McCabe, Paige McClelland, Kent McDonald, Katie McIntyre, Matthew McIntyre, Erin Miller, Katherine Miller, Madison Moore, Austin Morris, Shale Morris, Himadri Narasimhamurthy, Shyam Narayanan, Srivats Narayanan, Danielle Neighbour, Cassandra Nichols, Daniel Pankratz, Kami Pankratz, Nick Pate, Vishesh Patel, Fee Pauwels, Isaac Powell, Aditi Rastogi, Ansley Reynolds, Tyler Schissel, Nicholas Schmidt, Gillian Schwartz, Mason Shipp, Meghan Shirling, Carolyn Shonkwiler, Hannah Singhal, Jack Snyder, Hannah Spoolstra, Chloe Stanford, Marko Tasic, Janelle Tong, Aubrey Torkelson, Katya Vakshteyn, Ilya Verekhman, Shannon Vreeland, Paula Walewicz, William Wang, Charlie Weber, Samuel Weber, Alexandra Wilson, Alexandra Wooden, Emma Wormington, Freddie Xu, Natalie Xu, Zhisheng Xue, Zhiyuan Xue, Rishita Yadali, Srcharan Yadali, Kaitlin Yu, Michael Zhou, and Emily Zhu.

### **Students with 3.5-3.9 GPA**

Kyle Anderson, Sam Arteberry, Brody Arvesen, Kelsey Bakalar, Jennifer Bolton, Samuel Boyd, Collin Braden, Samantha Brennan, Taylor Burkhead, David Burnett, Kevin Cao, Maksim Cheranov, Jamie Cohen, Noah Coleman, Tori Compton-Purduski, Emma Connelly, Nicole Danisi, Cynthia Dong, Mary Donnelly, Amy Dusselier, Hallie Dusselier, Ethan Ellis, Vaughn Ericson, Erin Fast, Michael Glenn, Andrew Goode, Kali Gotts-Trefry, Jeremy Grenell, Haley Hapgood, Alexis Harmon, Austin Harmon, Sarah Holland, Eric Hu, Garrett Flottman, Jenna Flottman, Jack Freshnock, Sarah Freshnock, Rilye Fries, Rose Hutchison, Gregory Jacobs, Maddison Jarman, Alena Jensen, Jenny Johnson, Harichandana Karne, Kyle Kopecky, Joshua Legge, Mya Levitch, Chase Lipman, Madeleine McCully, Jordan Milhon, Madeline Mills, Tanner Myers, Jeffery Nasse, Haley Nunnink, Claire Ridgway, Emily Rohde, Madison Ruffalo, Jake Scovell, Sophie Shapiro, Carley Sherer, Haley Sieben, Haley Smith, Paige Steiert, Jade Steffensmeier, Rosie Trotta, Felicia Walker, Chelsey Weatherford, and Caroline Woody.

## Greater Southwest Invitational Swim Meet – Plano, TX

The Greater Southwest Invitational is a meet with a lot of tradition. Sitting in the Blazers office, you will see that we have a tradition of bringing back trophies in the shape of the state of Texas – many of them, first place trophies. Over the past couple of years, the tradition has been one of getting second place. However, this year, there was a real contest for the first place award.

It was a regular occurrence to hear the names of Blazer swimmers winning races this year – especially on the girls side. Of the 58 female events, Blazer girls won 20 of them. We weren't quite so impressive on the boys' side – Vito Cammisano's 1000 freestyle was our lone victory. For the girls, here is who placed first: 10&Under girls – Haley Hynes – 50 Back, 100 Back, 50 Breast, 100 Breast. 11-12 Girls – Both Relays, Tiffany Liu – 100 Free, 200 Free, 500 Free, 100 Fly, 100 I.M., 200 I.M.; Audrey Snyder – 1000 Free. 13-14 Girls – Amy Davis – 500 Free, 400 I.M.; Senior Girls – Shannon Vreeland – 200 Free, 500 Free, 200 I.M.; Monica Dudley – 1000 Free; Bryce Hinde – 100 Breast. All of these victories generated a lot of points. Tiffany Liu ended up tying for 2<sup>nd</sup> place among the girls in the meet with 137 points!

Of course, this was a team effort to get the Silver Boot back from the City of Plano Swimmers (COPS). As mentioned above, it was a great team race. We had great leadership from the Elite swimmers in both spirit and performance at the meet. On Friday night, there were several lead changes in the team scores announced over the loudspeaker that sent up a roar from the crowd and helped set the tone for the entire meet. As the dust settled, we had scored over 1000 points more than the previous year and 500 points more than in 2007, but still came up a bit behind COPS. It wasn't for lack of team spirit (we did bring home the spirit award for the 4<sup>th</sup> straight year), or performance. The City of Plano Swimmers were ready for us and raced well enough to retain the traveling trophy for another year.

Looking at the scores over the past three meets, we are trending in the right direction to overtake the host team next year. While there were fewer teams in the meet, and that can partially account for some of our increased point total, the Blazers "soaked up" more points than COPS and even the 3<sup>rd</sup> place teams! The grid below shows the trend over the past three years:

| Team                  | 2007 | 2008   | 2009   | Avg. % increase |
|-----------------------|------|--------|--------|-----------------|
| COPS                  | 3089 | 2738   | 3498   | 20.0%           |
| KCB                   | 2268 | 1619   | 2811.5 | 44.7%           |
| 3 <sup>rd</sup> Place | 1723 | 1339.5 | 2073   | 35.4%           |

All in all, we'd rather have the 1<sup>st</sup> place trophy, the Silver Boot instead of the spirit award, but let's go back next year and get all three!

The trip was a great success in and out of the pool. The swimmers behaved appropriately, were focused on swimming fast, and the chaperones – headed by Liz Kent – helped make it all happen. We appreciate the help of everyone involved who made the trip a success and look forward to seeing who will help make next year even better!

## Thank You Plano Chaperons!

The Kansas City Blazers would like to recognize and thank the chaperons that worked so hard to make the Plano, TX trip such a success. You guys & gals were great! We could not have done it without the help from each and every one of you!

**Plano Chaperons:**  
LIZ KENT  
LAURIE NEELEY  
KAREN MCCOLLUM  
SANDI ADAMS  
AMY TOR KELSON  
LISA HYNES  
JON CROSBY  
JON KOELLER  
MICHAEL FARRAHI

## Midwest LSC All Stars Championship

Lawrence Aquahawks, in conjunction with the Missouri Valley LSC hosted the 24<sup>th</sup> Mid West All Star Championships in Lawrence, Kansas. This meet unlike most of the USS meets had the top five swimmers in each event from all the Missouri Valley teams to represent the Missouri Valley LSC instead of their respective teams. There were a total of five LSCs, Colorado, Missouri Valley, Iowa, Mid Western, and South Dakota participating in the meet this year, and what a year it was with 15 new meet records being established. Haley Hynes (10), Tiffany Liu (12), and the 10 & under girls relay were Blazers that all established new meet records. Haley in the 100 IM with a 1:07.81 and Tiffany in the 200 yd Free with a time of 1:57.09 and the 10 & under girls in the 200 medley relay with a time of 2:07.26. Our girls certainly deserve kudos for these achievements. Two of our Blazer girls 10 year old Haley Hynes and 12 year old Tiffany Liu were our most blazing stars with both of them winning the high point awards in their respective age groups. They are both to be commended for their many truly excellent performances in the mist of some very intense competition.

Missouri Valley place second overall in the meet being easily out scored by a bigger and stronger Colorado team. Team Iowa, Midwestern Swimming, and South Dakota Swimming followed in the meet scoring.

At the end of the day it was a very exciting meet with many extremely close races and some really outstanding finishes. There were always Blazers to be found in the most exciting races. Our top three finishers for the individual meet events were as follows: Haley Hynes 1<sup>st</sup> in the 50 & 100 yd fly, and the 2<sup>nd</sup> 50 yd back, 100 back, 200 IM; Tiffany Liu won first places in the 100, 200, and 500 free; Katie Grover place 2<sup>nd</sup> in the 50 & 100 backs, and 3<sup>rd</sup> in both the 50 free and fly; Hannah Musser placed 3<sup>rd</sup> in the 50 back; Hallie Breidenthal and Rylie Fries both placed 3<sup>rd</sup> in the 200 free and the 100 fly respectively. Katt Sickle race to a 2<sup>nd</sup> place in the 200 free and a 3<sup>rd</sup> in the 200 IM; Amy Davis raced to 3<sup>rd</sup> in both the 500 and 200 freestyles.

On the boys side top three scoring was limited to only two Blazer swimmers, 10 yr old Yousef Eldakak and 14 year old Jesse Musser. Yousef placed 3<sup>rd</sup> in the 100 backstroke; while Jesse race to 2<sup>nd</sup> place in the 200 yd back stroke and a 3<sup>rd</sup> in the 500 free and the 100 yd. butterfly.

While all of the Missouri Valley swimmers all swam with great success, that success was significantly limited due to a lack of many of the eligible swimmers. Next year with much better representation by the LSC Missouri Valley LSC could possibly come home as the number one All Star team champions.

The Blazer swimmers will now begin to set their sights and goals towards our championship season beginning with the MAL Championships February 13-15 and ending with the Division I Championships in March.

## Polar Pop Blue/Gold Swim Meet

The Polar Pop Blue/Gold meet is the first chance for many of our swimmers to race in the beginning of a new year and set the tone for the rest of 2009. However, it is also the middle of short course season and a place for swimmers to be polishing their skills as we head into the *end* of Phase II of our swim year. In 2009, we had some swimmers do both while we found we still have a lot we can work on before we wrap up Phase II.

The Blue/Gold meet series focuses on our newest swimmers, many of whom are still in the novice group. As such, they are still working on the fundamentals of all four strokes. One big focus to be promoted from the Novice group to the Blue group is to legally swim a 100 I.M. At this meet, we had 25 swimmers complete their first legal 100 I.M.! That is the good news, the bad news is that we had nearly that many (21) swimmers disqualified in the I.M. races. While we still hold on to the ideal that we want to challenge our swimmers to try new things and not wait until they think they are perfect to try them, with 47 DQs for the whole meet, we showed that we still need to focus better on the fundamentals in practice.

The meet wasn't just about swimming legally; it was also about improving times. We had several swimmers move up a level in their swimming by achieving new qualifying times. The following swimmers achieved new standards at the Polar Pop meet: Nickie Belvedere – Level2 – 50 Fly, Lu Branton – Level2 – 50 Free, Grace Chisholm – Level2 – 100 I.M., Akshay Dinakar – Level2 – 50 Breast, Phoebe Fyffe – Level2 – Level2 – 50 Back, Max Goeke – Level2 – 50 Free, Andrew Goode – Div2 – 50 Back, Level2 – 100 Free, Kristi Lin – Level2 – 50 Back, William Liu – Level2 – 100 I.M., Yifan Li – Level2 – 50 Breast, Patrick Pagano – Level2 – 100 Free, Kate Traw – Level2 – 50 Back.

Thanks to the officials who volunteered to work the meet, they were worked very hard. Hopefully, in the next Blue/Gold meet in April, we will have more officials, fewer DQs and more qualifying times. Go Blazers!

## Polar Bear Swim Meet

Since things are always interesting in Blazerland, it was only fitting that over the Christmas holiday was when we would find out that the pump at the Central High School pool broke and would not be repaired in time for the 2009 Polar Bear meet on Jan 9-10-11, thus sending the entire coaching staff into a tizzy!

Since the Polar Bear meet was the last chance to qualify for the bus trip to the Greater Southwestern Invitational, it was critical to find a quality pool to host the meet and help our swimmers reach their performance goals.

We contacted our good friend, and former Blazer coach, Trevor Tomney at the Henley Aquatic Center and asked to host the meet there. Trevor got back to us like lightning and we were in. Now all we had to do was contact everyone involved with the meet and let them know during the news. One team pulled out and we ended up with 499 swimmers. The Blazers still had the largest crew with 340 swimmers.

The Polar Bear meet provides the Blazer swimmers the opportunity to see if the work they put in over the holidays was effective. The tired Blazers who went best times now know that they can have confidence in dropping a lot of time at the end of the season when they are rested. The swimmers who might have missed practices know if they have more work to do.

Here are some of the stats of the meet:

New "A" Times:

10 & Under Girls

Aubrey Torkelson – 100 IM 1:22.70 – 100 Back 1:21.43

Isabelle Finzen – 100 IM 1:21.80

10 & Under Boys

Liam Bresette – 100 IM – 1:21.24

Zach McConnell – 100 IM – 1:20.95 – 200 Free 2:30.10

11-12 Girls

Hannah Musser – 50 Breast - :35.81

Alexandria Nutter – 50 Back - :33.60

Audrey Snyder – 100 Breast – 1:21.02 – 50 Back - :33.74

11-12 Boys

Kent McDonald – 50 Fly - :32.28 – 50 Back: 33.26

Matthew Farrahi – 50 Breast - :35.40 – 200 IM – 2:35.66

Michael Hynes – 200 Free – 2:15.72

Kyle Kopecky – 200 Free – 2:16.05 – 100 Back – 1:11.85

Ryan Sweat – 200 IM – 2:35.46 – 50 Fly - :31.82

13-14 Girls

Becca Bond – 100 Breast – 1:17.14

Laura Klover – 50 Free - :26.76

Ali O'Hearne – 400 IM – 5:19.24 – 200 IM – 2:30.11

13-14 Boys

Jackson Granstaff – 100 Free - :57.11 – 50 Free - :26.49

Danny Hynes – 200 Back – 2:14.17 – 100 Fly – 1:00.86 – 100 Back – 1:03.18

Andrew Swetnam – 200 Back – 2:17.15 – 200 IM – 2:17.94

Among the 8 & Under swimmers, Delany Butler and Josh McConnell went 4 for 4 in best times. Derrick Yang went 3 for 3. Jack Brimacombe was 8 of 11 and Piper Schuerman was 8 of 9 in best times; of all the remaining Blazers in the meet only Alexandria Nutter (10 of 10), Sarah Gorn (9 of 9), Caleb Huff (10 of 10), Danny Hynes (10 of 10), Carsten Leimer (7 of 7) and Matt Spangler (8 of 8) had 100% best times.

## NLU Swim Meet

The meet was a nice change of pace. The older swimmers were done by 4:30 pm each day and we all made it home before darkness settled in for the evening. The venue was clean, fast and nice for the swimmers and spectators alike. First place winners: Sidney Drew (13) 500 free; Georgia Gettys (13) 100 fly; Katya Vakshteyn (12) 200 back and 400 IM for the 14 under division

Swimmers with 100% best times: Brody Arvesen (13), 8 of 8; Sarah Freshnock (13), 8 of 8; Cole Kenney (13), 8 of 8; Jonathan Lara (10), 4 of 4; Savaha Lara (13), 4 of 4; Lakin Powell (11), 4 of 4; Michael Semidubsky (13), 4 of 4; Katya Vakshteyn (12) 3 of 3.

Swimmers and events with great improvements of time: Taylor Akason -4.41, 200 free; Afton Apodaca -11.62, 200 IM; Jay Arends -6.71, 50 fly; Brody Arvesen -5.93, 200 breast; Caroline Backs - 21.25, 200 free; Justin Backer -10.79, 200 IM; Lainey Berry -22.35, 400 IM; Meredith Brook -5.16, 100 fly; Louie Carter -6.25, 100 back; Sidney Drew -14.39, 500 free; Isabelle Finzen -3.69, 50 breast; Sarah Freshnock -6.35, 200 breast; Cameron Gabel -25.64, 500 free; Madeleine Hosick -33.52, 200 IM; Cole Kenney -9.49, 200 back; Jonathan Lara -18.85, 200 IM; Savaha Lara -7.02, 100 breast; Ian Lee - 8.24, 200 IM; Elexyss Lode -5.72, 200 free; Gabriella Lorino -11.45, 100 back; Riley Manning -9.67, 200 free; David Martinez -5.99, 200 back; Madeleine Mc Cully -5.04, 200 breast; Madeline Mills -3.49, 100 free; Madison Moore -3.79, 100 IM; Ashley Murrell -6.44, 100 breast; Cassie Nichols -22.98, 100 fly; Carolyn Osborn -13.39, 200 free; Sophie Paulk - 6.49, 200 free; Isaac Powell -12.99, 500 free; Lakin Powell -5.45, 100back; Ansley Reynolds -6.01, 50 fly; Claire Ridgeway -9.80, 100 fly; Piper Schuerman -9.08, 100 IM; Emma Shapiro -3.75, 50 fly; Sophie Shapiro -13.06, 100 back; Elly Sharemet -4.97, 200 free; Mason Shipp -9.73, 100 IM; Matt Spangler -6.80, 200 free; Hannah Spoolstra -26.56, 500 free; Abigail Stoetzel -12.57, 100 breast; Colin Strickland -4.82, 200IM; Jack Sullivan -7.18, 200 IM; Katie Vahle -2.96, 50 free; Olivia Vance -2.97, 50 breast; Kale Wiley -3.96, 100 fly; and Harrison Wright -4.37, 200 free;

**Great Job Kids!** We all hope everyone had a fun time!

## Prep Swimmers Inspired by Phelps

**By Maggie Thach**  
**The Salt Lake Tribune**

Meagan Stone has awoken at 4:30 a.m. so many times that she rarely needs an alarm. It's instinctual -- her body just wakes up before loud, piercing sounds come out of her clock.

It's hard to get up that early to go to swim practice, but she tells herself, if Michael Phelps can do it, so can I.

"It's a struggle every morning, but when we have a hard practice, I look to my teammates and we say, 'Michael Phelps can do this. He wouldn't complain,'" said Stone, a senior swimmer at Timpview. "He has a lot of heart and he loves what he does. I admire that, so I've certainly put in more work this year."

She only needs half an hour to get from her bed to the pool. She'll eat whatever she can grab for breakfast and grab her bag that will most likely contain the shirt that she and the other seniors made -- a shirt with a picture of Phelps with the words "Timpview Swimming" over it.

Practice starts at 5:30 a.m. But she wants to get an extra half-hour of practice. She knows to accomplish her goals; she will need to put in the additional practice time. This year, it's to get a state record -- faster than 2 minutes, 4.68 seconds in the 200 individual medley.

"My goals aren't to the extent of Michael Phelps, but I am hoping to get some state records," Stone said. "His dedication and hard work makes me want to work harder."

Phelps' feat of winning an Olympic-record eight gold medals in Beijing has inspired female and male swimmers alike. His accomplishments brought an increased attention to the sport, perhaps nowhere more so than at the high school level. Brigham Merrell, a senior at Timpview, says he has noticed how his peers at school have a new appreciation for swimming.

"[Previously,] they would just associate being on the swim team as just playing around in the water," Merrell said.

"Timpview is such a football school, but this summer they saw how awesome and tired [Phelps] was and how difficult swimming is.

"He had an impact on not only me but everybody else watching it."

It seems Phelps' biggest impact is that he has become a role model for those in the sport. There are plenty of role models to choose from in bigger sports like basketball and football, but for the first time in a long time, swimming has its own hero. Kearns coach Chris Horne has seen an increase in participation among the boys. He usually has 25 swimmers come out for the team. This year, he had 38.

"I use him as an example for his dedication. He decided what he wanted to do and went for it," Horne said. "It's important to have a role model. For basketball, you have Michael Jordan, and now we've got Michael Phelps."

[mthach@sltrib.com](mailto:mthach@sltrib.com)

**MOST INSPIRATIONAL SWIMMER OF THE MONTH**  
**ELITE GROUP, January 2009**  
**Home School**  
**AMY DAVIS**

**CRITERIA:**

A: Attendance

B: Attitude

C: Growth as a Swimmer

D: Growth as a person

E: Inspiration to staff & team

Amy Davis was a new member to the Elite group this fall. Amy practiced with the Elite Select group this summer, so she had an idea of what to expect when she moved up in the fall. Amy has shown consistent improvement in practices throughout the fall. She started as one of the new members in the group just trying to make interval, to a lane leader and leader among her peers. Amy has shown dedication to making stroke improvements and adjustments since the fall. What made Amy stand out this month were her improvements in race strategy during the All Star and Plano meets. Amy learned how to take out races aggressively, something she's been working on all fall.

Congratulations on your hard work and dedication to being excellent. Keep looking up and your work ethic will get you there.

Head Coach Peter D. Malone

Assoc. Coach Scott Bliss

Asst. Coach Kate Zabler

**MOST INSPIRATIONAL SWIMMER OF THE MONTH**  
**BLUE VALLEY WEST – ADVANCED BLUE GROUP**  
**January 2009**  
**Jung Bin Choi**

In the month of January, we had some very good performances from the Blue and Advanced Blue swimmers both at meets and in practice. The person who had the biggest gains in the Advanced Blue group was the smallest person – Jung Bin Choi – and if he keeps doing things like he did in January, February should be even better.

Meet performance starts at practice and Jung Bin was at every practice offered – including Fridays – during the month of January. One might think that he's completely focused on swimming to be there every night, but we found out that he's also playing basketball. We found out because he injured his hand (possibly from dunking and hanging on the rim, but we're not sure), and kept coming to practice with a bandage on anyway.

The hard work and determination have paid off. Jung Bin swam in two meets in January and got a total of 11 best times – every event for the 10&Under age group. Now he's got his sights set on the Division I meet in Wichita with four events already and more to come in February. Keep it up, Jung Bin!

Coaches Derek, Jenny, & Pat

**MOST INSPIRATIONAL SWIMMER OF THE MONTH  
BLUE VALLEY WEST – SENIOR GROUP**

**January 2009  
Ally O’Hearne**



Each month, there is a different story. Something that stands out that makes that month special for the person who receives this recognition. Usually, attendance is a big reason. And while nobody came to more practices in January than Ally O’Hearne, that isn’t what stands out the most.

In January, we usually see some breakthrough performances from people trying to get their three “A” times for the Plano meet. Ally already had four “A” times heading into January, but still picked up two more – the 1000 free and 400 I.M. While impressive, that wasn’t what stands out the most.

What stands out the most is a Friday night when we were working on strokes and Ally chose to work on her butterfly because it is her weakest stroke. What she didn’t know at the time was that I was going to make the group do 10 X 100 of the same stroke on the fastest interval possible. When we got to the 6th 100, I realized that if she did all ten, we may run over our time slot, so I said “Ally, if you make nine, we’ll call it ten” .....Ally didn’t stop at 9. THAT is what stands out the most. Keep it up, Ally!

Coach Derek

**MOST INSPIRATIONAL SWIMMER OF THE MONTH  
BLUE VALLEY NORTH – GOLD GROUP**

**January 2009  
KYLE KOPECKY**



Kyle has really impressed me this January by working harder and smarter in practice. He has made a renewed commitment to making Saturday morning practice, showing his true dedication to his swimming and the swim team. One of Kyle’s short term goals was to make the Plano Texas team travel meet. Going into the Polar Bear Meet, Kyle had not made the Plano meet yet and needed 2 more “A” times to be eligible. His Polar Bear Meet was fantastic! With 9 out of 10 best times, Kyle made 3 more “A” times and is getting very close in 4 more events.

Kyle has stepped up this month in helping to lead his lane more often. One of the biggest things I have noticed is Kyle focusing on the smaller details of a workout which will pay off in big dividends this coming summer.

GREAT JOB & CONGRATULATIONS!

Coach Bob

**MOST INSPIRATIONAL SWIMMER OF THE MONTH  
BLUE VALLEY NORTH – BLUE GROUP**

**January 2009**

**ADAM HOUGHTON**



Adam has inspired me this whole Short Course Season with his great attendance, hard work, focus at practice, great dry land, the leader of his lane and group at practice.

Adam's attendance has been in the 90 percentile all season long. His dedication and hard work at practice was a huge factor in Adam's selection for the Missouri Valley All-star Team. Adam swam 3 individual races all in personal best times and will be making the team trip to Plano Texas.

Adam is a true leader in practice. He understands how to use the pace clock to push himself in practice. Adam has always quietly gone about his dry land exercises as well. I am very proud of Adam's leadership, focus and what he brings to the Blazers Swim Team.

KEEP UP THE GREAT WORK AND CONGRATULATIONS!

Coach Bob

**MOST INSPIRATIONAL SWIMMER OF THE MONTH  
ROELAND PARK – SENIOR GROUP**

**January 2009**

**MICHELLE TOWNER**



There are a lot of ways to measure inspirational performances. Surely, one has to be at practice and performing well. While there are swimmers who came to more practices than Michelle in January, this was a month that stood out as one where Michelle was doing more with each practice she attended. She's been swimming much more consistently and has maintained a positive attitude.

At meets, one could say that this was the best month she's ever had. She achieved eight best times – from the 50 to the 1000 free, as well as the other strokes and an I.M. – showing that she's improving in all areas.

One could have a month like that and still not be most inspirational swimmer of the month. However, Michelle went one further to prove that she's had her mind on swimming. After the COOL meet, she showed me a doodle that she'd made with the team logo on it. I complimented her and made some comments and asked her if she purposely had the 9 points of the Blazer sun on the picture. The next time I saw her, she had completely re-done the artwork and made sure it had the 9 points (they were bigger this time).

For Michelle, January was a very good month in a lot of ways. We hope she keeps it up in February and beyond!

Coaches Derek, Eric, & Christie

**MOST INSPIRATIONAL SWIMMER OF THE MONTH  
SHAWNEE MISSION NORTH/ROELAND PARK – BLUE GROUP**

**February 2009**

**SARAH FRESHNOCK**

Starting competitive swimming at thirteen years old and becoming successful is considered a very challenging task and yet Sarah Freshnock our Blue group “swimmer of the month” has not only accepted the challenge, but has embraced it.

Sarah’s positive and pleasant demeanor has allowed her to meet each new challenge she encounters with an enthusiasm that breaks through obstacles that keep her from getting better. Sarah will occasionally get what I call “the hurt puppy dog look”. It is a counter productive attitude that keeps Sarah from doing her best, but when she is reminded of it Sarah most always smiles knowingly and bounces back with her normal enthusiasm.

Sarah loves to race and has a natural competitive spirit that allows her to race anybody any time, and no matter the out come I have yet to see her back down. Her attitude is mostly positive goal oriented that yields itself to hard work and commitment towards success. Sarah has recently demonstrated her pledge toward success by giving up her dance class to better pursue her swimming. This allows her the opportunity to attend an extra night of practice per week.

Lastly, Sarah has help to bond the Gold group and the Xtreme Blue groups together by being inclusive, and being supportive of all the swimmers. She is a team player and has helped to make our team stronger. Sarah’s presence in our group has been a blessing and we are all a little better for it. Thanks Sarah!

Sincerely,  
Coach Henry

**MOST INSPIRATIONAL SWIMMER OF THE MONTH  
SHAWNEE MISSION NORTH/ROELAND PARK – BLUE GROUP**

**February 2009**

**PAGE McCLELLAND**

This will be the 2<sup>nd</sup> time this year that I have chosen two Blue group swimmers of the month. There are so many good choices from all the Blue groups I could not single out just individual over another. While even picking two does not do justice too many other deserving swimmers.

Paige McClelland has undeniable made all the criteria and more to meet the standards of “Swimmer of the Month”. First her attendance has been excellent with Paige averaging around 4 times per week. This in turn partially reveals the high level of commitment Paige displays everyday in practice. She listens, is attentive and responds in a positive way to the instruction she is given and even asks for additional help on her technique. Paige’s work ethic is as good as anyone’s. No matter what lane she swims in she will give her best efforts and will always take the lead when possible. It has been very satisfying to watch Paige’s confidence level grow with each passing week.

Paige has grown from a little shy girl to a little confident girl who is quick to voice her opinion when asked, or when a group decision or choice presents itself. Paige has changed her reasoning for racing from not to get beat, to doing whatever it takes to win. Win or lose, I love watching Paige race because I know she is giving her best effort possible and to me that is what winning is all about. Kudos goes to Paige and best of luck for a great season.

Again let me say I consider many of Blue group’s swimmers to be “Swimmers of the Month” and I feel badly I can not choose them all. However, let me also say that it is very satisfying for a coach to be able to work with such an enthusiastic energetic group. How can the future of the Blazers not be bright when we have so many wonderful people as part of the team? I am very proud of all of you and am honored to be working with you.

Sincerely,  
Coach Henry

**MOST INSPIRATIONAL SWIMMER OF THE MONTH**  
**KCB EAST – MO BLUE GROUP**  
**January 2009**  
**GARRETT ADAMS**

---

The January swimmer of the month for Blue was someone that I've noticed has been particularly tough and determined lately. Garrett Adams has really shown us what he is made of over the last month. He seems to have a strong desire to perform well and give us his best, and that is just fantastic. Though he joined late this year, he shot right to the top of the Blue group, and has really become a leader. He is always willing to help out, and has no problem setting a good example for younger swimmers.

I've also been very impressed with his focus and attention to detail on the pool deck and in the water over the last month; and I appreciate every day that I never have to repeat instruction for him, and that he is remembering things we talked about days, or weeks, before. He has taken the responsibility for getting faster onto his own shoulders, and has been working hard at practice to become so. And, lately, he's been putting extra emphasis on his streamlines and his breathing patterns, on his own.

He had his first swim meet in January, the Polar Bear meet, and he gave his best in every event, with courage and determination. I don't know if he realizes it, but most new Blue swimmers do not have that sort of positive attitude towards swimming the 200 IM in their first meet. But, I'm not surprised, that's just the kind of swimmer that he is. He is confident, humble, determined, respectful, and just a real pleasure to coach.

Thanks for the inspiration!

Coaches Mike Lewellyn and Ann Gibler

**USED SWIM GEAR FOR SALE**

---

KCB Parents & Swimmers,

From time to time ads to sell gently used items are submitted requesting that they be placed in the KCB Newsletter. Please submit any ad to sell items to Mrs. Denise Holm, KCB's Business Manager at [dduncan600@aol.com](mailto:dduncan600@aol.com) for approval. Upon approval by Denise, your ad will be forwarded to me for publishing in the next newsletter.

Thanks! 😊  
Dan Savage

**Check out this deal!**



**FOR SALE:** Used Blazer swim Parka. This is the highly sought after tri-color Blazer parka...gold, white, & navy with a gold fleece lining. This swim parka will keep you warm before and after your swims. It has a water resistant outer shell, polar fleece lining, polar fleece lined pockets and drawstring hood. It is lined with 19oz artic fleece. Oxford nylon shell, water repellent coating, reinforced seams and lined pockets. It has been repaired around the pockets, has "BLAZERS" on the back, and could be personalized with a name on the front. This parka sells for \$115 new after Blazer discount!!! Shows some wear, but is in overall good condition. Sold "as is" for \$65 OBO. Please call Margaret at 913-897-0922 with any questions, to see it, or make an offer. Thank you!



Come visit us at our  
new location in  
Parkway Plaza  
at the NW corner of  
135<sup>th</sup> & Roe

**Swim Quik**

4876 W. 135<sup>th</sup> St. Leawood, KS  
913.649.8456 • [www.swimquik.com](http://www.swimquik.com)

**The Blazer Swimmers  
Wish to Thank  
The KC Blazer Boosters!  
2008-2009 Blazer Booster Families:**

|                                |                                      |                                       |
|--------------------------------|--------------------------------------|---------------------------------------|
| Brad Adams Family              | Faulkenberry Family                  | Holly and Alex Pahulu                 |
| Bakalar Family                 | Flottman Family                      | Paulk Family                          |
| Bartnett Family                | Foster Family                        | Perfect Family                        |
| Bayer Family                   | Steve, Rebecca and<br>Stephan Franke | Rohde Family                          |
| BLAZER COACHES                 | Fries Family                         | Schwartz Family                       |
| Bond Family                    | Garies Family                        | Schwermann Family                     |
| Bonicelli Family               | Hearl Family                         | Sherard Family                        |
| Branton Family                 | Teri Helm                            | Schultz Family                        |
| Bravence Family                | Russ & Cerise Ivey                   | George Smith Family                   |
| DeVolder Brown<br>Construction | Jackson Family                       | Rich & Jane Snyder<br>Family          |
| Burkhead Family                | Kirby Family                         | Kate and Jack Snyder's<br>Grandfather |
| Burkhead Family                | Lafin Family                         | Strickland Family                     |
| Sandy Cohen Family             | Mike and Willie<br>Lewellyn          | Swetnam Family                        |
| Clausen/Clark Family           | Lytle Family                         | Trombley Family                       |
| Crampton Family                | Margritier Family                    | Vreeland Family                       |
| Donnelly Family                | McMonigle Family                     | Steve and Cathy<br>Weatherford        |
| Gus and Cres Elsener           | Neeley Family                        | Welchlin Family                       |
| Lisa Elsener                   | Nicklaus/Simpson<br>Family           | Wooden Family                         |
| Farrahi Family                 | O'Hearne Family                      | Woody Family                          |

**SPECIAL THANKS TO KCB's CORPORATE SPONSORS!**

The Kansas City Blazers swimmers would like to thank the many wonderful businesses for their continued support in assisting the team in their quest for excellence. Please let them know that you appreciate their support!

**EXCLUSIVE LANE SPONSORS**

**Commerce Bank  
Westlake Ace Hardware**

**GOLD LEVEL SPONSORS**

**Lathrop & Gage L.C.  
Midwest Gloves & Gear  
Peavey Corporation  
Capitol Federal Savings**

**ADVERTISERS**

**Dr. Andrew Jacobs  
Copy Club  
Swim Quik  
Wellbody-DR. Goldstein  
RPS Properties  
Jam Ridge Services**

**The KC Blazers East Branch  
Corporate Sponsors  
& Advertisers**

Swim Quik

Dick's Sporting Goods

Show Me Presentation Resources

Lovelace and Associates

Summit Lanes

Thank you Sponsors!

**These generous companies help to make it possible for the Kansas City Blazers to continue to offer a quality swim program in our area. Please support their businesses whenever possible.**