



# The Blazer Newsletter

## KANSAS CITY BLAZERS SWIM TEAM

COMMITMENT TO EXCELLENCE



Eternal Loyalty

Passion Education

Discipline Dedication

Commitment Leadership

Excellence

September 2009 Edition

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# SWIMATHON

Rock-n-Roll Swim-a-Thon 2009

Sunday November 1, 2009

Grab your goggles and come to:

**Roeland Park Aquatic Center (KS Swimmers)**

**Longview Recreation Center (MO Swimmers)**

(All other equipment will be provided).

Swim, socialize, eat, rock out and win prizes!  
Mix 93.3 will provide the music and entertainment.

Bring \$ bills for the raffle!

Please check our website for more information.

This is a mandatory fundraiser for ALL Blazers except **KANSAS NEW** novice and blue swimmers.

Start your pledge gathering now for how many lengths of the pool you can swim.

Come have fun and raise money for your swim team!

**RED ROBIN BOUNCE BACK DINNER-SWIMATHON**

Event Date

November 1, 2009

The bounceback dinner at Red Robin has MOVED to Sunday night, Nov 1st. What is a bounce back dinner? Simple, all families go to Red Robin (135th and Antioch, Overland Park) anywhere between 4-9pm, tell them you are BLAZERS! They will donate back to us a small percentage of your total ticket. Please take the entire family and enjoy dinner! This is not an organized team meal, you can sit with your own family and there will not be a "program". Just enjoy dinner and mingle with other KCB families if you would like. All Blazer families East & West are invited to attend.

HAVE A NIGHT OUT OF THE KITCHEN, GREAT FOOD, AND HELP THE TEAM!

See you there.

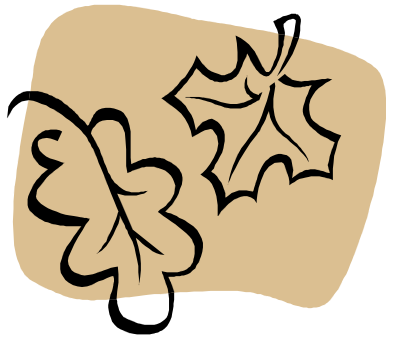
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A Speedo Sponsored Team



# **DO YOU NEED LEAF/TRASH BAGS?**



Please buy them from KCB and support YOUR swim team.

These are everyone's favorite heavy duty/high quality bags!

ALL bags are \$10 per roll.

**White** plastic kitchen bags– 15 gallon– 65 bags per roll

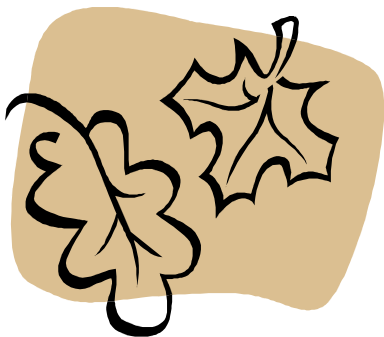
**Yellow** plastic trash/leaf bags– 39 gallon-25 bags per roll

**Blue** plastic trash/leaf bags– 55 gallon– 16 bags per roll

**NEW**

enviro friendly paper yard waste bags-35 gallon– 5 per package \$5.00

EASY to order! Simply email [dduncan600@aol.com](mailto:dduncan600@aol.com) and place your order. We will get them to your pool and bill your family account. Order anytime!!



## THANK YOU SUPER BLAZER PARENTS!

The following parents attended the October parent meetings. Thank you and we appreciate your support and dedication!

**BVW-** Traw, Liu, Price, Myers, Wilder, Edmonds, Brocks, Hannah, McIntyre, Kindred, Prettyman, Weber, Spencer, Nanson, Legge, Munholland, Wormington, Arenholz, Pankratz, Sibenaller, Chhajlani, Blackburn, Wombolt, Wastler, Goode, Khan, Verekhman, Ervin, Redstone, Magsamen, Johnsen, Zhang, Zimmerli, Klock, Trusdale, Lumbirt, Aye, Hanners, Minor, Narayan, Agarwal, Gorham, Kircher, Euler, Loftus, Goyal, Houghton, Klover, Waldron, Bennett, O’Hearne, Gates, Donnelly, McDonald, Balkenbusch, Tao, Johnstone, Miller, Morash, Maginn, Davis, Sandoy, Smith, Emerson, Lipham, Danisi, Cohen, Bartnett, Boyd, Flottman, Agarwal, Sevcik, Schultz, Kenny, Hutchison, Asnicar, Buchanan, Koeller

**OLATHE-** Lee, Zeiler, Bravence, Novotny, Wisner, Bajich, Blackwell, Lunsford, Schwartz, Gupta, Moylan, Burgoon, Murphy, Grenell, Dean, Miller, Morris, Liu, Maginn, Brown, Anderson, Macaluso, Laflin, Lunsford, Branton, Rohde, Einspahr, Steffensmeier, Vazquez, Govreau, Lowe, Bajracharya, Galley, Nasse, Talley, Murphy, Knein, Dressel, Meier, Lee, Spittler, Anderson, Southard, Harohalli, Lu, Hartman, Askew, Cruciani, Li, Murphy, Wilson, Blackwell

**SMN/RP-** Miller, Merriman, Smith, Manners, Clark, Ries, Steelman, Lauer, Hafner, Seyferth, Latimer, Phillips, Dunn, Kidder, Stevens, Townsend, Vahle, Smith, Ehrich, Roe, Schuerman, Freshnock, Gibbs, Jones, Pagano, Kim, Cunningham, McClelland, Fast, Beiter, Snyder, Knapp, Mbogori, Deedy, Shonkwiler, Bonge, Sanchez, Powers, Lee, Holbrook, Murrell

**BVN-** Khalif, Sullivan, Breidenthal, McConathy, Arteberry, Schloegel, Finzen, Sharemet, Becker, Engelmann, Reynolds, Easley, Lode, Kopecky, Peterson, Houghton, Wooden, Spoolstra, McDonald, McMonigle, Smith, Kenny, Vance, North, Chen, Musser, Kamberis, Bachar, Wong, Wang, Li, Harmon, Cheranova, Ramasamy, Hewlett, Rosenthal, McConathy, Ramanujan, Sorensen, Kierst, McInerney, Kirkland, Davlantes, Andrews, Johnson, Mullane, Barraglioli, Neupane, Freeman, Grover, Foust, Rafik, Kannan, Cohoon, Sullivan, Khalif

## BLAZER VOLUNTEER OF THE YEAR 2008-2009

It goes without saying how much Debbie has added to our Swimathon program in recent years. From the prizes to the posters and T-shirts, to the DJ’s and themes, it has become a major event that the kids enjoy and the team benefits enormously from. Her energy and hard work have been huge assets to KCB!

Debbie stepped in to the role of Chair for Swimathon in October 2004. She didn’t see what was broken, she saw what could be. This is the way Debbie is. She is creative but also implements. She works countless hours to ensure that we maximize profits but also that the swimmers have a fun event. Whoever would have thought of having a theme and dressing up and hiring a DJ! This is why we placed 2<sup>nd</sup> in the United States this past year in donations. The Swimathon proceeds go to incentives for the swimmers and needed equipment. This fundraiser is our biggest asset and Debbie Glenn is Swimathon.

Debbie doesn’t stop there- she stepped into the open Secretary position also on the Board of Directors, which is not an easy office. She keeps the Board organized and prepared to administer all of the business before it. She also is one of our best and most popular chaperones and has travelled with hundreds of swimmers all over the Midwest. She is a favorite among staff members as she can always be counted on to do the “dirty work” such as sorting ribbons, stuffing mailboxes and envelopes, filing and running errands.

Debbie supports ALL swimmers and the program and is known for not saying no, but when do you need it.

## BLAZER VOLUNTEER(S) FOR THE MONTH OF SEPTEMBER

There were so many excellent volunteers in the month of September that it was impossible to select just one. Board Directors Annette Rohde, Debbie Glenn and Steve Brimacombe attended every site parent meeting in September to explain their respective programs, volunteers, Swimathon, and Officials. This is not easy to be out four nights in a row. Stacey Wooden worked overtime to recruit “pool Moms” and implement the Blazer Buddy program for all new families. Stacey also organized and produced an excellent end of the year Award Ceremony complete with Culvers! Diana Dusselier assisted with New Family informational recruiting nights. THANK YOU TO ALL THESE GREAT VOLUNTEERS!

## THE TALENT-MAXIMIZED ATHLETE OF A QUALITY SWIM PROGRAM

In lieu of selecting a Swimmer of the Month from California Trail, I'd like to include the following article: Profile of a Talent-Maximized Swimmer, written by Bill Sweetnam, former National Performance Director for British Swimming. This profile provides the qualities and characteristics of a motivated, driven swimmer who is working to develop their talents to the fullest. I hope, in reading this article, that all swimmers have a better idea of what is necessary to achieve increasing levels of success.

Remember – excellence isn't convenient, and it isn't easy. Practicing excellence is admirable – but alone, however, it is insufficient. Practicing sustained excellence is the Blazer standard.

### *THE TALENT-MAXIMIZED ATHLETE OF A QUALITY SWIM PROGRAM:*

- Has an annual or a two-year plan incorporating academic work, family life, training, and competitions-and distributes copies to all of the relevant and associated people.
- Has 100% attendance at practice sessions.
- Does not arrive late or leave early from competitions or training.
- Does not need to be instructed or reminded more than once.
- Incorporates both a team and an individual approach to their sport.
- Loves to race.
- Has an open mind and believes that anything and everything is possible.
- Has great self-esteem and confidence developed by exposure to and success in defeating challenges and obstacles - and, in fact, enjoys the higher and more difficult challenge.
- Always does more than the coach asks.
- Has learned and practiced the ability of self-promotion but understands that confidence, not arrogance, is a key factor in performance.
- Is very honest in self-assessment of training and competition.
- Is competent in turning both ways (right to left and vice versa) in training and competition.
- Practices difficult breathing patterns.
- Practices circling lane both right to left and left to right.
- Practices pulling first on alternating arms in backstroke and freestyle.
- Can repeat exact stroke counts and specific pre-determined times with even split, efficient strokes.
- Uses two self-prepared (not prepared by parents or coach) drink bottles in each workout.
- Carries at all times two suits, two caps, two pairs of goggles, and so forth.
- Advises the coach of any illness or injury before training or competition.
- Is capable of fruitfully using his or her free time to enhance training or competition performance.
- Practices good self management in all areas, understanding that focusing on solutions is always better than focusing on problems.
- Practices quality nutritional habits at all times, especially during competition and travel.
- Loves the sport and is committed to it.

## MOST INSPIRATIONAL SWIMMERS

### 2009 BRAIN HOWARD MOST INSPIRATIONAL SWIMMER FOR THE PROGRAM – WINNER

Shannon Vreeland

School: Blue Valley West High School - Senior  
Age: 17  
Stats: 2009 Top 16 Finisher World Trials  
2008 Top 8 Finisher Short Course Nationals (December)  
2009 Top 8 Finisher U.S. Open  
2009 Sectional Spring High Point Winner  
2009 Set Team Records in the 200y free, 200y IM, and 200m free.  
2009 National Junior Team member

Elite Group Member

Shannon had a breakthrough year in 2007-2008. She is my one Elite female who has moved every year to top of this sport in the USA. the ages 12-13, she made a commitment to "be the best she could be" which was supported by all her choices and followed by actions. Four years ago, Shannon, along with a number of girls, was invited to move to Elite

group. She was the only one who accepted the invitation going into her 8th grade year. She quickly moved to the top of our women's team through that first year. Without any demands or pushes from Peter D., she proceeded to choose to not swim high school and to center her focus on doing what she "needed" to do to reach her potential. In life, most people today seem to let their choices and decisions be made based on what "they like" and what they "want to do". The key to Shannon and anyone who realizes their peak potential is to focus actions and choices on what "I need to do." Hopefully in time it will match what you like and want. This has happened with Shannon as her needs, likes, and wants are beginning to match up. She has qualified for the 2nd year in a row for USA National Youth Team.

Shannon has been fortunate to have Bobby Bollier, our 2008 Brian Howard Award winner, as a mentor over her first three years in the Elite group. It does not always work out where a person looks up to and wants to learn from the "star" that is ahead. Shannon has embraced and was excited to learn all she could from those lessons. This really showed this year as she became the highest level swimmer in the Elite group. How would she do with reaching the next level when she was the peak of the Elite group? Shannon stepped up her personal ownership for what needed to be done and did an exceptional job. Not only did she make the steps forward, but she also accepted being the role model and led by example. She has been very supportive and a great pleasure to coach and work with.

Congratulations on all you have done! I am sure that in the years ahead you will be asking, "What do I need to do this year to realize the next step in experiencing my potential?" Well Shannon, look, listen, and act as you have done.

Peter D. Malone  
Head Coach and Program Director Kansas City Blazers

Blazer Coaching Staff – 2008 / 2009  
Derek Shipp, Henry Morrow, Scott Bliss, Kate Zabler, Denise Holm, and Maggie Kroemer

**2009 BRIAN HOWARD MOST INSPIRATIONAL SWIMMER - NOMINEE**  
**2009 ELITE GROUP MOST INSPIRATIONAL SWIMMER - WINNER**  
**Stephan Franke**



School: Pembroke Hill High School – Graduate  
George Washington University - Freshman  
Age: 18  
Stats: Top 8 Sectional finisher 2009  
Junior National Qualifier Short Course 2009

Stephan Franke and family moved to Kansas City from Chilcathe, MO to enable Stephan to pursue his swimming potential and dreams. As we looked at him joining the Blazers and the elite group, we discussed the lifestyle changes that were needed for both him and his family. I was concerned about what they could or would be willing to do. With the support of his parents, Stephan followed and took ownership of all the recommendations that were made.

After joining the Elite group in June 2007, Stephen would face some large challenges. He was now part of a large team and a very talented and successful Elite group. He also entered a high school that was a major cultural and academic change and challenge. He was on the way to what came to be a great two years. He learned from tough choices followed by ownership and willingness to take risks and learn from all he did. The strides were slow in the first twelve months in meet performances. During the next fifteen months, things came together. From March 2007 through August 2009, Stephan made some exceptional strides in his performance, training, racing, and becoming a leader in all he does. Stephan has been a major complement to the both the Elite group and Blazer program. He has magnified himself and the program.

Congratulations Stephan for being an Elite Blazer! We have become a better group and program because of all you have accomplished and given. We are excited to follow you in the years ahead. The best is yet to come.

Peter D. Malone  
Head Coach and Program Director Kansas City Blazers

Scott Bliss  
Associate Head Elite Coach

Maggie Kroemer  
Assistant Elite Coach

2008-2009 Shawnee Mission North Swimmer of the Year Award

Ben Koeller



This year's recipient award I am very pleased to announce goes to Ben Koeller. It has been my pleasure and at times, my great challenge to have coached Ben for the five years I have been with the Blazers. I have watched Ben grow from a gangly unfocused swimmer to a tall gangly young man who has learned to set high standards for himself and then reach his goals with a quiet determination resolve and focus of swimmer driven to achieve the great results.

I have watched Ben's steady growth from a maturity stand point and have watched him become a leader of the Gold group by example and by his actions. Ben has learned to make good choices and has distinguished himself as a person of good character with leadership quality. Ben's journey has not been an easy one and has been filled with numerous setbacks and disappointment along the way. These setbacks may have slow Ben down temporally, but Ben has always bounced back a little stronger and a little more determined than before. Ben has learned from these setbacks and turned them into strengths. He has the mindset of a winner and has been an example to all that have been involved with him.

Ben's birthday is in August just before the Zone meet. When Ben was 10 he missed Zones because he had just aged up. The same thing happen when he was 12. However this year Ben not only made the Zone team as a 13 year old but, qualified for Zone meet in 4 events placing 3rd in the open water event and 6th in the 1500 meter event with a time drop of over 42 seconds from last year. Ben accomplished this though lots of hard work, perseverance, and self sacrifice. You see Ben set his goal to place at Zones this year and knowing what it would take to make it, gave up his annual Scout Camp experience. He also made the choice to do double practices. Ben's achievements this year have been no accident, but are an excellent example of what can be accomplished when a person makes the right choices, then follows through with pursuit of his goals

Ben will now be moving on to Shawnee Mission North West High School and to the Blazer Senior group but he will be remembered and greatly missed. Ben will be in four honors classes another choice he made and will still be continuing his quest for the Eagle Scout award. I would like to wish him the best of luck with his continued success with both his swimming and his life. Ben is has been a pleasure and congratulations. This award given to you is well deserved.

2008-2009 Most Inspirational Swimmer of the Year

Kansas City Blazers – Blue Valley West Site

Beth Houghton



If you have been to a Senior group practice over the past year, you don't need much of an explanation of who Beth Houghton is. For one thing, she's there just about every day – she is hard to miss. While she was the youngest member of the group, she blended in as well with Juniors and Seniors in high school as she did with her own 13-14 age group. But most people did not see a senior group practice this year, so I will have to tell you a little more about Beth.

Beth is a naturalized citizen of the United States. However, she is a true-blooded Kansas City Blazer. When she started high school last year, she was challenged by her academic schedule. When her parents laid down the rule that she had to have homework done before practice, she made the adjustment to make sure the studies were always done so she could keep coming to practice. This resulted in honor roll performance at school and practice attendance over 98% throughout the swim year.

With regards to performance, Beth has blossomed this year. Younger swimmers take note. When Beth was a 10 & Under, she was nowhere near an "A" time. When Beth was an 11-12, she worked hard to achieve "A" times and came up with none for her effort. When she was thirteen, she achieved five "A" times but lost two of them as the time standards for the new quadrennium got faster. This past year, Beth ended up with six "A" times plus three new "AA" times as a 14-year-old. As she ages up to the Senior age group, she will come in with seven "A" times to her credit.

It has been a true breakthrough year for Beth, though it hasn't all been easy. The Greater Southwest Invitational was probably the low point of the year. She only achieved one best time and got yelled at by her coach (me). To her credit, she didn't give up. She didn't hold a grudge. She re-grouped and adjusted so that five months later, she had the meet of her life (the Long Course Division I Championships). She dropped time in all but one event and placed second on the whole team in the Ultimate Game. I'm proud of what Beth has done this year and am excited to coach her for another year!

Coach Derek

**MOST INSPIRATIONAL SWIMMER OF THE MONTH**  
**BLUE VALLEY WEST BLUE GROUPS**  
**September 2009 - Maddie Prettyman**  
**Blue Group - 9 years old**



Every year, September is all about getting back into the flow of swimming indoors and working on building the foundations of the skills that we'll build upon all season. In September of 2009, nobody has built a stronger foundation in the Blue Valley West Blue groups than Maddie Prettyman.

Maddie has embraced the new dryland exercise routine and made it fun for her and others around her. She works hard on the exercises and encourages others to keep up and on count. Her enthusiasm is very contagious.

She's been taking the same positive attitude into the water. Maddie is a regular lane leader and has been doing a great job of keeping track of what we're doing on the pace clock. Whether we're working on 5-second streamlines, kicking or other skills on land or in the water, Maddie has been working hard to build the best foundations for an outstanding season.

Keep it up, Maddie!

Coach Derek

**MOST INSPIRATIONAL SWIMMER OF THE MONTH**  
**SENIOR GROUP**  
**September 2009 - Kyle McDonald**  
**Senior Group - 16 years old**



In May of 2009, Kyle McDonald earned swimmer of the month for his steady attendance and hard work at practice. To earn it again in September, Kyle had to do something different – and he did. Kyle has committed himself to making changes in stroke technique to make his hard work that much more efficient.

During freestyle week, Kyle started off with the highest T-30 count in the group and 3.5 lengths more than all of last May. He dedicated himself to 5-second streamlines and better kicking. During backstroke week, Kyle took his best stroke and made it better. He extended his pushoffs and made his breakouts more explosive.

Kyle was at his best during breaststroke week. Breaststroke was Kyle's worst stroke. We'll have to see after the week he put in working on all aspects of the stroke, but especially his pull. I would like to say that Kyle has improved his breaststroke technique over the past year that he's been a Blazer, but the truth is that almost all of that improvement has come in the last week. He even demonstrated some of the breaststroke drills for the entire group. The result was him being within two tenths of a second of his best time in the Thursday pentathlon swim. Great job, Kyle!

Coach Derek, Christie and Pat

**Most Inspirational Swimmer of the Month**  
**Blue Valley West**  
**Elite Program- September 2009**  
**Shannon Vreeland- Age 17**



Wow! Shannon had a year that took her to new levels. She entered 2008-2009 as a top 8 Junior National swimmer. She became top 16 at World Trials, top 8 and the US Open, and was named the Brian Howard Most Inspirational Swimmer for the program. Here we are in September 2009 (our first month of the 2008-2009 swim year), and she has already been selected as the swimmer of the month. The deck coaches for September, Maggie Kroemer and Scott Bliss, both independently said she had elevated her focus, determination, and showing. She was on a mission to reach the goals and opportunities in her potential. Congratulations Shannon! We are proud to be your coaches.

Peter D. Malone  
Scott Bliss  
Maggie Kroemer

## KCB Alumni Where Are You Now?

KCB Alumni, if you are interested in receiving the monthly newsletter and being added to the Alumni list please go to our [website](#) and register for more information.



**Attention KCB Parents our newest sponsor is a Personal Trainer!!  
Support BarNone Training by getting in shape!**

**BarNone Training** is a privately owned and operated fitness company founded in 2008 by Wilson Thomas. Wilson is a ISSA Certified Personal trainer and a former professional athlete. The company is located in Olathe, Kansas and serves the Kansas City metro area. They are dedicated to helping their clients make changes in their physical and mental wellbeing through personal training and boot camp classes. "Commit to be Fit" is the company mantra.

**Services**

- Personal Training
- Online Training
- Bridal Boot Camp
- Boot Camp
- Corporate Fitness

**Wilson's Resume'**

Wilson played four years of football, and two years of basketball for the University of Nebraska. He graduated from the University of Nebraska with a degree in Business Administration and an emphasis in management. Following college, he signed with the Kansas City Chiefs and went on to play for the Green Bay Packers. He played one season for NFL Europe and two years of arena football for the Arizona Rattlers.

In 2005, Wilson decided to pursue a career in personal training. He received his ISSA (International Sports Science Association) personal training certificate in August of 2005, and joined Prairie Life Fitness as a personal trainer. Wilson remained at Prairie Life Fitness for three years, and was the lead trainer maintaining the largest number of clients during his three years there.

In March of 2008, Wilson started his own company specializing in personal training and boot camps. Over the past two years Wilson has worked with over 200 clients, and is currently training approximately 75 clients.

**Certifications:**

- ISSA Personal Training Certification
- Mad Dog Cycling
- AFFA Yoga

**Testimonials:**

*"I have spent the majority of my adult life running as a means to control my weight and to maintain my level of physical fitness. When I met Wilson Thomas in 2007, I signed on with 3 other ladies and we retained him as our personal fitness trainer. He has taught us invaluable nutrition and cardio fitness facts, how to lose weight, and gain muscle mass at the same time! Wilson loves to issues challenges especially over the winter holiday season in order to keep you focused. One of my proudest moments was not only losing weight but gaining muscle mass and I lowered my body composition significantly. The thing I enjoy most about being one of his clients is that I never know what each training session will bring but I always know I will work hard and have fun doing it."*

Rosemary Albery- Client  
KCB Business Manager

*"I hired Wilson as a personal trainer two months prior to my September 2008 wedding. I had lost some weight through dieting, but needed to tone up and keep on losing. Working with Wilson, I lost an additional 13 pounds in the months before my wedding and was in best shape I had been in since high school. Every work out was different with him - keeping workouts from getting too routine and boring. He is an excellent motivator and knows just how much to push and keep it fun. I highly recommend Wilson to any person wanting to get in shape, while being pushed hard and having fun doing it."*

Courtney T. Zande (Client)

*"Wilson is worth spending your time and money on as a trainer because he will push you to make the most out of your workouts. He has extensive knowledge of the exercise field which allows for fun, creative workouts. He inspires you to commit to the challenge of getting healthy and fit!"*

Kristy Meyers (Client)

**Contact us to schedule your free fitness assessment! (a \$50 value)**

**Call: 913.944.8498 or email: [barnone84@gmail.com](mailto:barnone84@gmail.com)**

**Learn more about BarNone Training at: [www.barnonetraining.com](http://www.barnonetraining.com)**

# Swim Quik

is the official team  
outfitter of the KC Blazers



## Swim Quik stocks:

KCB apparel  
Aquablades  
Practice suits  
Solid Suits  
Goggles  
Hand Paddles  
Fins  
Snorkels  
Goggle Straps  
Sammy Towels  
Swim Caps  
Select Fastskins  
Backpacks

## REMEMBER

KC Blazers receive **20% off** team merchandise, team suits & equipment through Oct. 18<sup>th</sup> at Swim Quik's retail location or on its Web site (discount code: BLAZER). After Oct. 18<sup>th</sup>, you receive a 15% discount.

### Holiday Deadlines:

*Deadline to order  
navy/gold parka:  
Sun, Oct 18<sup>th</sup>*

*Deadline to order warm-ups,  
Speedo parkas, towels,  
backpacks & duffles  
Sun, Nov. 29<sup>th</sup>*

## SWIM QUIK

Parkway Plaza

(NW Corner of 135<sup>th</sup> & Roe)

4876 West 135<sup>th</sup> Street • 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
Barnett Family	Foster Family	Perfect Family
Bayer Family	Steve, Rebecca and 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 Construction	Jackson Family	Rich & Jane Snyder Family
Burkhead Family	Kirby Family	Kate and Jack Snyder's Grandfather
Burkhead Family	Laflin Family	Strickland Family
Sandy Cohen Family	Mike and Willie Lewellyn	Swetnam Family
Clausen/Clark Family	Lytle Family	Trombley Family
Crampton Family	Margritier Family	Vreeland Family
Donnelly Family	McMonigle Family	Steve and Cathy Weatherford
Gus and Cres Elsener	Neeley Family	Welchlin Family
Lisa Elsener	Nicklaus/Simpson Family	Wooden Family
Farrahi Family	O'Hearne Family	Woody Family

## **SPECIAL THANKS!**

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!

### **MAJOR MEET SPONSOR**

CAPITOL FEDERAL

### **GOLD LEVEL SPONSORS**

Lathrop & Gage L.C.  
Midwest Gloves & Gear  
GRANT MESSICK-EDWARD JONES

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RPS Properties  
Jam Ridge Services  
perceptionmultisport



**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.**