

## December Swimmers of the Month



12 & Over Boy  
**Ben Lowry**  
Senior Tags Group



"Ben Lowry is the first senior swimmer to arrive early to stretch as instructed. He also has the highest group attendance and he challenges himself daily by perfecting his strokes and leading a lane with older swimmers."

- Head Coach Daniel McDonough



### Ben's Biz!



Age: 13, 8th Grade

Hometown: Frisco, TX

Nickname: Tyronogon

Role Model: Gray Umbach: " In 2008, Gray broke the 13-14 National Age Group record in the 200 IM short course yards (1:51.64). Who was the previous record holder? Some kid from Baltimore back in 2000... that same year he made the Olympic Team as a 15 year old. Phelps is his name. Ever heard of him?" - The Woodlands Swim Team

Favorite Sports Team: Frisco Aquatics and the Mavericks

Future Goal in Sports: To be #1 in the 100 Back at TAGS

Athlete you would like to spend a day with: Ravi Sun

Favorite Book: Pendragon or The Hunger Games

Future Career Goal: To major in Engineering with a minor in Swimming

Favorite Music Group: The Beatles

Hobbies: Science Fair, Swimming, Math and Science team, NJHS

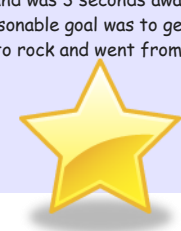
Why do you enjoy swimming? Because I like to be able to push myself to go beyond my maximum potential

What is your most embarrassing moment in swimming? I was running late for swimming so I just grabbed my suit to change in the locker room ( I normally change at home) So when I got there I just took my shorts off and was in my boxers and was like oops.

What is one question you would like to ask a professional swimmer or coach? What can I do to help my Freestyle improve?

What do you eat the night before a race? Lots and Lots of Noodles, particularly penne noodles. I sometimes go to Bostons before a big event and get a heaping plate of Alfredo Penne Noodles with Mozzarella cheese.

What is your most memorable swimming moment so far? At BB champs when I was swimming the 400 Im and the 100 Back. That was AMAZING. On my 400 IM I was going for my A cut and was 3 seconds away from it and dropped 8 seconds Got the A time by 5 seconds and came in 1". On the 100 Back my reasonable goal was to get my A cut and my Ultimate goal was to get my Tags time. So when my event came up I was prepared to rock and went from a 1:18 to a 1:12 and dropped 6 seconds got my A time and my TAGS time.



12 & Over Girl  
**Allie Massman**  
Silver Group



"Allie Massman is Swimmer of the Month because of her excellent work ethic, dedication, and attendance record. Even though she is new to the team this season, she came in with excellent stroke technique and has worked hard to perfect it even more. Allie recently achieved her first BB Time Standard at the Metro BC meet in the 50 Freestyle Event. The coaching staff is very excited about what she has brought to the team and we look forward to seeing more future successes."

- Coach Matthew Fosheim



### All about Allie!

Age: 12, 6th Grade

Hometown: Dallas

Last song loaded: Party in the U.S.A

Favorite Sports Team: Cowboys

Future Goal in Sports: To see how good I can be!

Favorite Subject in School: Science or lunch with my friends! (I know that's NOT a subject!)

Athlete you would like to spend a day with: Staciana Stitts

Favorite Book: How to Steal a Dog

Favorite Meal: Tex Mex

Favorite Song before a swim: Whatcha Say, by Jason DeRulo

Favorite Music Group: Colbie Caillat

Favorite Movie: Journey to the Center of the Earth

Hobbies: Swimming, Gymnastics, Soccer and Basketball

Why do you enjoy swimming? Being with my friends and the fact that swimming is an individual sport.

Favorite Stroke and Event: Breast Stroke and 50 Freestyle

Favorite Practice Set: Any Breast Stroke Set

What is your most embarrassing moment in swimming? I don't have one yet, but I'm sure it will happen sometime.

What is one question you would like to ask a professional swimmer or coach? Why do you like swimming and what motivates you?

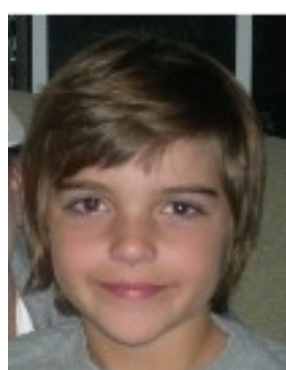
What do you eat the night before a race? My dad makes me Pasta, Broccoli and Chicken.

What is your most memorable swimming moment so far? Getting my first BB in the 50 Free

List one thing your coach does that drives you crazy: I don't have one now but give me time and I am sure I will find something. :)



11 & Under Boy  
**Kolt Kipe**  
Bronze Group



"Kolt is nominated for his great practice attendance and great performance. He is determined to do his best and has shown no fear in training and competition. He has worked really hard to swim against 9-10 year olds when he is only 8 years old."

- Coach Anthony Kwee



### Kolt's Cool News!



Age: 8, 3rd Grade

Hometown: Frisco, Texas

Role Model: Art Teacher, Mr. G

Future Goal in Sports: Just keep getting better and have lots of fun!

Favorite Subject in School: Art

Favorite Book: The Captain Underpants Book Series and Bible Stories

Favorite Music Group: Boston

Future Career Goal: Professional Baseball Player

Favorite Movie: All Dogs Go to Heaven

Hobbies: I love baseball, riding my bike and drawing.

Why do you enjoy swimming? Getting Medals and Ribbons

What is your most embarrassing moment in swimming? My Goggles fell around my neck during a 200 IM in a meet.

What is one question you would like to ask a professional swimmer or coach? What are YOUR fastest times?

What do you eat the night before a race? Cheese Pizza

What is your most memorable swimming moment so far? Placing 1st place in a practice 500 Swim for time.



11 & Under Girl  
**Rachel Ramey**  
Gold Group



"Rachel Ramey has been nominated for the Swimmer of the Month Award for having great attendance and excellent performance. She has maintained consistency and given the extra push to excel in the Gold Group.

Rachel has worked exceptionally hard to maintain "A" Time Standards since moving from the 9-10 age group to 11-12 age group Time Standards, which is one of the biggest challenges for many swimmers. This award is well-deserved, keep up the good work Rachel."

- Coach Anthony Kwee



### Rachel Rocks!



Age: 11, 5th Grade

Hometown: Frisco, TX

Role Model: Michael Phelps

Favorite Sports Team: Indianapolis Colts and Frisco Aquatics

Future Goal in Sports: Swim in college

Favorite subject in school: Social Studies

Athlete you would like to spend a day with: Michael Phelps or Peyton Manning

Favorite Book: Each Little Bird that Sings

Future Career Goal: Dentist or Orthodontist

Favorite Music Group: AC/DC and Black Eyed Peas

Favorite Movie: Evan Almighty and Forrest Gump

Hobbies: Swimming, hanging out with friends, and spending time with my family

Why you enjoy swimming: I enjoy getting to meet new people and make new friends.

Favorite stroke and event: Breaststroke and Freestyle, 50 and 100

What is one question you would like to ask a professional swimmer or coach? How did you get interested in swimming?

What do you eat the night before a race? Spaghetti

What is your most memorable swimming moment, so far? Qualifying for Long Course TAGS and finishing 100 Butterfly







