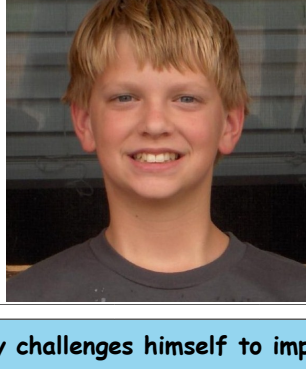


## November Swimmers of the Month



12 & Over Boy  
**Samuel Kline**  
 Senior Tags Group



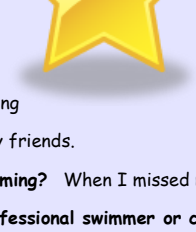
"Sam continually steps up in his lane and constantly challenges himself to improve by trying faster intervals. He consistently works on developing his stroke technique. Sam's work ethic is setting the standard for the younger swimmers in the senior group"  
 - Head Coach Dan McDonough



### Superstar Sam I Am!



Age: 12, 6th Grade  
 Hometown: Frisco, TX  
 Nickname: Samson  
 Role Model: Jason Lezak  
 Favorite Meal: Not Green Eggs 'n Ham  
 Favorite Sports Team: New York Giants  
 Future Goal in Sports: Go to the Olympics  
 Athlete you would like to spend a day with: Jason Lezak  
 Favorite Book: Harry Potter  
 Future Career Goal: Accountant  
 Favorite Music Group: Shindown  
 Favorite Movie: Harry Potter  
 Hobbies: I don't have any hobbies besides swimming  
 Why do you enjoy swimming? I get to be with my friends.  
 What is your most embarrassing moment in swimming? When I missed my cut by 1/100th of a second.  
 What is one question you would like to ask a professional swimmer or coach? Does my stroke look good and if not, can you help me fix it?  
 What do you eat the night before a race? Chicken  
 What is your most memorable swimming moment so far? Going to TAGS (State Championships) and winning a few ribbons.



"Almost" 12 & Over Girl  
**Ashley Jackson**  
 Senior Group



"Ashley is very consistent in workouts, especially paying attention to instruction given. This month has been great for Ashley, getting great results in her swimming because of the quality practice workouts that she demonstrates. We look forward to Ashley's continued improved progress and seeing her achieve personal best times with outstanding results."

-Coach Christian Rowe

### Shout Out for Ashley!



Age: 11, 6th grade  
 Hometown: McKinney, Texas (from Lee's Summit, Missouri)  
 Favorite Sports Team: Pittsburgh Steelers  
 Future Goal in Sports: Quad A Swimmer  
 Favorite Subject in School: P.E.  
 Athlete you would like to spend a day with: Michael Phelps  
 Favorite Book: A Dogs Life  
 Favorite Meal: Bacon, scrambled eggs & toast with peanut butter  
 Favorite Music Group: NSync  
 Favorite Movie: Wallie  
 Hobbies: Swimming and creating wooden toys  
 Why do you enjoy swimming? Being with my friends  
 Favorite Stroke and Event: 50 Fly  
 What is your most embarrassing moment in swimming? Missed my event in a meet  
 What is one question you would like to ask a professional swimmer or coach?  
 "Can I have your autograph?"  
 What do you eat the night before a race? Pasta  
 What is your most memorable swimming moment so far? Getting my very first Blue Ribbon for 1st Place



11 & Under Boy  
**Gama DeLuna**  
 Silver Group



"Gama DeLuna's constant desire and attitude to want to improve and grow as a swimmer is what makes him stand out for this award. He always asks questions and never complains at workouts. He always works hard and heeds the advice given to help him become a better swimmer."

- Coaches Anthony Kwee and Matthew Fosheim

### Groovin' with Gama!

Age: 11, Homeschooled 6th grade  
 Hometown: Allen, TX  
 Nickname: "Gama"  
 Favorite Meal: Ham  
 Favorite Song before a swim: Dreamer/Akon  
 Role Model: Michael Phelps  
 Future Goal in Sports: Olympics  
 Favorite Subject in School: Spelling  
 Athlete you would like to spend a day with: Michael Phelps  
 Favorite Book: Ender's Game  
 Favorite Music Group: Simple Plan  
 Future Career Goal: Actor  
 Favorite Movie: Agent Cody Banks  
 Hobbies: Dancing, Computer Games, Rip Stick  
 Favorite Stroke and Event: 50 Freestyle  
 Favorite Practice Set: 1200 Freestyle Kick Pyramid  
 Why do you enjoy swimming? I like the feeling of being in the water.  
 What is your most embarrassing moment in swimming? Missing my swim heat at a meet  
 What is one question you would like to ask a professional swimmer or coach?  
 When did YOU start swimming?  
 What do you eat the night before a race? Captain Crunch  
 What is your most memorable swimming moment so far? Moving from Bronze to Silver



11 & Under Girl  
**Emma Monson**  
 Silver Group



"Emma Monson set numerous records over the last month in the 8 & Under category. She has been a strong leader in her group. She moved up from Bronze to Silver and he has continued to not only lead her lane but the group as a whole. Emma demonstrates great sportsmanship as other swimmers lead the lane during practice sets."

"Emma gets the award for her record times as it was also the last month of competing as an 8 year old. Recently having surgery on her ear, Emma is already is willing to get right back in the pool just to kick with the kickboard until she gets the doctor's OK to swim."

"Emma shows determination and heart each day... okay, I'm really just trying to make a great quote, but she also has a great personality and she is easy to throw into the pool as she grapples on to my arm like a boa constrictor."

- Coach Matthew Fosheim

### Extra Extra, read all about Emma!

Age: 8, 3rd grade  
 Hometown: Lives in Frisco, Texas (Born in NJ)  
 Nicknames: "Yoda" - given by Coach Matt, "Poohsky" - given by my Dad  
 Future Goal in Sports: Continue to have fun  
 Favorite Subject in School: Writing  
 Athlete you would like to spend a day with: Joe Mauer  
 Favorite Book: The Doll People  
 Future Career Goal: Pastry Chef/Bakery  
 Favorite Singer: Taylor Swift  
 Favorite Movie: Charlie and the Chocolate Factory  
 Hobbies: Write Stories, Play with friends, Bake cupcakes  
 Other sports you play: Gymnastics, Softball, and Volleyball  
 Why you enjoy swimming: "I get to spend time with my special friends on the team"  
 What do you drink or eat the night before a race? Big glass of Orange Juice  
 What is your most memorable swimming moment, so far? When I got my first BB time

