

## *Important Dates and Upcoming Meet Deadlines.....*

**July 26-30** — YMCA LC Swimming Championships  
(qualifying times)



## *This Week's Meet.....*

### ***2010 National YMCA Long Course Swimming Championship July 26-30, 2010 University of Maryland***

For the meet website, click [here](#). You will find the meet packet, psych sheet, schedule of activities and much more.

*Good luck to Kayte Postle, Allison Schroeder, Sydney King, Keely Lovern, Alex Untied, and Paige Griesse who will be competing at The 2010 National YMCA Long Course Swimming Championships July 26 - 30, 2010 at the University of Maryland, Eppley Recreation Center.*

*The girl's will be competing in numerous individual events plus the following relays(200,400,800 Fr relays and the 200 & 400 Medley relays)*

*Kayte: 50 & 100 fr, relays*

*Allison: 200 & 400 IM, 50 & 200 breast, relays*

*Sydney: 200 & 400 fr, 100 & 200 back, relays*

*Alex: 50 & 100 fr, 50 & 100 br, relays*

*Keely: 50,100,200 back, 200 IM, relays*

*Paige: relays*

## *LCFY Sharks Score Big at SEOWV Championships*

*The Licking County Family YMCA Sharks Swim Team competed against 13 other teams at the Southeast Ohio/West Virginia YMCA League Championship meet on July 10 at The Ohio State University. The Sharks finished third in the overall large team standings, led by outstanding performances from our youngest swimmers to our most seasoned veteran swimmers.*

*The younger Sharks were led by **Gabrielle Brust**, who won the 100 yard freestyle and 25 yard fly and finished second in the 25 yard free to clinch the 8 and under girls individual high point championship during the morning session. Teammate **Ian Jarvis** finished third in the 8 and under boys individual high point championship with a win in the 25 yard breaststroke and a second in the 25 yard backstroke. Jarvis was also part of the winning 8 and under boys 100 yard freestyle relay, joined by **Alex Fenimore** (who finished second in the 100 yard individual medley and 50 free), **Mason Clark**, and **Bryson Hauenstein**. The same relay (Clark, Fenimore, Hauenstein, and Jarvis) also competed in the 8 and under boys 100 yard medley relay and finished second. Both the boys and girls 8 and under squads finished as high point runner ups in the team competition.*

*The 13/14 girls led the way for the older Sharks with numerous wins in the afternoon session of the meet and also by capturing the 13-14 Girl's Team Hi Point Championship. **Sydney King** was individual high point winner in the 13/14 girls age group, closely followed by teammate **Alex Untied** who finished as the runner up. King won the 100 yard freestyle, the 200 yard freestyle, and the 100 yard backstroke to win the high point award, while Untied won the 50 yard freestyle, the 100 yard breaststroke, and finished second in the 100 yard freestyle. King and Untied were joined by teammates **Paige Griesse** and **Keely Lovern** (the 13/14 girls 200 yard individual medley winner) on the winning 13/14 girls 200 yard medley and 200 yard freestyle relays.*

*The 15 and over girls were not to be outdone and were led by first place finishes from **Abby Brown** in the 100 yard butterfly (a new Team record) and **Allison Schroeder** in the 200 yard individual medley. Abby Brown and Allison Schroeder joined forces with **Hannah Rush** (second in the 200 yard freestyle) and **Kaytee Postle** to win second place in both the 200 yard medley and free relays. **Abby McGonagle's** second place finish in the 1000 yard freestyle gave the Sharks a second place finish in the overall standings for the age group. **A special thank you and farewell to our graduated seniors who competed in their last YMCA SEOWV Summer League Champs (Kayte Postle & Juli Pintz). We will miss you!!!***

*Other top finishes for the Sharks included **Shelby Seas** (first in the 11/12 girls 100 yard breaststroke), **Makenna Dunlap** (first in the 13/14 girls 100 yard butterfly), **Jack McGonagle** (second in the 10 and under boys 100 yard individual medley), **Maggie McGonagle** (second in the 13/14 girls 200 yard individual medley), **Wyatt Woertkoetter** (second in the 13/14 boys 50 yard freestyle), **Philip Hall** (second in the 11/12 boys 100 yard butterfly), and **Tom Barrett** (second in the 15 and over boys 100 yard breaststroke).*

*Sharks Shine at Ohio Long Course Junior Olympics  
Miami University  
July 15-18th, 2010*

*Congrats to Sydney King, Keely Lovern, Alex Untied, Paige Griesse, and Makenna Dunlap for some very incredible swims this past weekend.*

*So just what did they accomplish...*

- *Sydney King led the way with being awarded the “Outstanding Ohio Female Athlete of the meet”. This award goes to the swimmer who achieved the highest USA rankings in total events swum based on “FINA Power Points”.*
- *We came in 14th out of 30 teams and was the highest placing USA/YMCA program*
- *We were Runner-up in the small team division out of 12 teams!*
- *We won 3 events (Sydney 100 & 200 back and 400 fr)*
- *2nd place in 2 events (Sydney 200 & 1500 fr)*
- *3rd place in 1 event (Sydney 100 fr)*
- *4th place in 1 event (Sydney 50 fr) and 400 Fr Relay (Alex, Paige, keel, Sydney)*
- *5th place in the 200 Fr Relay (Alex, Paige, Makenna, Sydney)*
- *6th place in 2 events 200 & 400 Medley Relays (Sydney, Alex, Paige, Keely)*
- *9th place in 1 event (Keely 100 back)*
- *10th place in 1 event (Alex 100 breast)*
- *13th in 1 event (Alex 200 breast)*
- *We broke 8 Individual Team records*
  - Sydney (50,100,200, 400, 800 fr, and 50 & 200 back)*
  - Alex: 100 br*
  - All 4 relays (200 & 400 Medley and 200 & 400 Fr relays)*

*Not too bad for 5 swimmers~*

*Way to go Sharks!!!!*

## *2010 Sharks Summer Banquet*

*Planning is underway for the 2010 Sharks Summer Banquet. The summer banquet is a chance for the swimmers, families and coaches to have fun and celebrate all of the swimmers amazing accomplishments.*

*Information will be announced soon...Be sure to check the website for the date, location and all of the fun details.*

## *Practices Adjustments*

*Practice adjustments for the Silver and Gold LCM groups for August 2 through August 13 have been posted to the website [Calendars](#) page.*

***\*\*\*Hammerhead and Tiger Shark Practice normally held on Thursday has been cancelled this week only (Thursday, July 22) and rescheduled for Friday, July 23rd, from 5:30-6:30 pm.\*\*\****

*Look for information on the website in the upcoming weeks on possible August swim conditioning/ stroke clinics as well as Fall/Winter 2010-2011 Short Course Swim Team information.*

## *New Team Records!*

*Long Course Meter Records have been updated from the 7/15-18 USA Junior Olympic meet.*

*See the Website under "Meets & Events" and ["Team Records"](#).*

***Congratulations to Sydney King, Alex Untied, Paige Griesse, Makenna Dunlap and Keely Lovern for setting new team records!***