SST NEWS

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**2014 Swim-A-Thon**

It is that time again! The 2014 Stingray Swim-a-Thon has official begun. The donation period will continue starting today through May 3rd. Our Swim-a-Thon event will then be held on Saturday, May 3 at Hamme Pool from 5:00 – 9:00pm.

As always, the minimum fundraising amount is $100, but don’t stop there! This year, there are tons of great prizes to win. Not only will you receive individual prizes based on your donations raised, but there will also be prizes for the location and roster group that averages the most money raised per swimmer. So get out there and help your group win some great gifts!

We have been working hard to make sure this is the best Swim-a-Thon in team history. We have set up the entire fundraising process on our team website to make things easier, more efficient, and more profitable. Now you can ask donors to give right from our website…no more tracking down checks and counting cash. The online donation process is just like making any other online purchase, except this one helps our team as well as USA Swimming! Please visit our website and click on the many “Swim-a-Thon” tabs to get started. We also have the traditional hard-copy packets if you prefer that route, but it will be much more difficult to track our progress that way. If you do need a packet, please contact one of the coaches or board members.

We will again be having a pancake feast during the Swim-a-Thon, which was a huge success last year. We will also be holding the board of director elections, and your vote is very important. We thank you for your time and support. More information about the actual event will come soon, but for now please focus on getting donations and pledges, and watch the “fundraising lane-line” fill up on the team homepage. Let’s reach our goal of $12,000 and show the community how dedicated we are to the Stingray Swim Team!



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**Age Group Championship Recap**

The Stingrays swam very well against the top swimmers in the state. There were 20 total teams in the meet with over 300 athletes, and the Stingrays competed in the meet for the first time in over two years. We qualified 15 swimmers and added 5 more athletes in the relay events, making this our largest Age Group Championship Team in recent history. It was a long, three day meet and our swimmers stayed focused while competing well and having fun. This was a great learning experience moving forward, and will make a difference during future championship meets such as the Alaska Junior Olympics in April.

  Each swimmer competed well and we are proud of their performance. **Heidi Billings** fought through injury, competing in the 50 Free and 100 Breast. **Gwendolyn Bunch** raced well and finished 26th in the 100 Breast. **Trevor Chiu** had the meet of his life, dropping time in each event. He finished 4th in the 50 Free and 6th in the 100 Free and 100 IM. He was able to qualify for the Junior Olympic Championships in all four events, including the 200 Free. **Raven Drake** swam in seven events and continued to swim well through them all. **Logan Fox** made finals and placed 5th in the 100 Breast and 6th in the 50 Breast. Both swims were under the qualification standard for the Junior Olympic Championship. **Lauren Hite** was able to drop time and win her prelim heat while competing in the maximum seven events, qualifying for the Junior Olympic Championships in the 50 Free and 100 Free. **Madison Hrinko** also competed in seven events, making finals in five. She placed 2nd in the 200 Free, finishing with a 2:18.73 which is 1.5 seconds off the Age Group Sectional Championship meet in Seattle, Washington. Madison also finished 4th in the 100 Free, 5th in the 50 Free and 500 Free, and 6th in the 200 IM. She qualified for the Junior Olympic Championships in the 50 Free, 100 Free, 200 Free, and 500 Free. **Taylor Keyes** raced in seven events, and she dropped time in each one and qualifying for the Junior Olympic Championships in the 50 Free, 100 Free, 200 Free, and 500 Free. She finished 9th in the 500 Free and 13th in the 400 IM. **Meah McCallum** made the best of her single individual event, dropping time and placing 32 in the 50 Free. **Shannon McCallum** also swam in seven events, placing 8th in the 500 Free after dropping 15 seconds. **Yuki Nagaoka** was impressive in her Freestyle events as well as the 200 IM, qualifying for the Junior Olympic Championships in the 50 and 100 Free. **Victoria Schachle** didn't let illness get in her way, as she raced well in the Backstroke events and the 50 Free in her first Age Group Championship meet. **Marissa Strauss** dropped time in her 50 Free, and also finished 6th in the 100 Fly during finals. **Lauren White** was impressive in the 10&Under division, racing in



six events. She finished in the top 15 in the 50 Breast and 100 Breast, and she qualified for the Junior Olympic Championships in the 100 Breast. Congratulations to our individual competitors!

  The Stingrays also had 9 relay teams in the meet. In our 10&Under 200 Free Relay, **Meah McCallum** led off with her best time of 37.57. **Gwendolyn Bunch** was second with a 44.38, followed by **Siwah Welterlen** in 45.21, and anchored by **Lauren White** in 34.08. They were able to race to a 7th place finish. In the 10&U 200 Medley Relay, **Sadie Johnson** swam Back in 54.63, **Gwendolyn Bunch** raced Breast in 49.68, **Lauren White** followed with Fly in 51.17, and **Meah McCallum** came from behind to win the heat in 33.90. The relay finished 8th overall.

  For the 11-12 200 Free Relay A Team, **Shannon McCallum** led off in 33.76, **Raven Drake** was second in 32.96, followed by **Marissa Strauss** in 32.87, and anchored by **Madison Hrinko** in 29.85. Our A Team finished in 8th place. For the B Team, **Greta Johnson** led off in her best time of 36.54, followed by **Heidi Billings** in 44.63, then came **Katie Day** in 34.24, and anchored by **Victoria Schachle** in 34.94. Our B Team finished in 17th. The 11-12 girls also competed in the 200 Medley Relay, with the A Team led by **Victoria Schachle's** Backstroke in 38.91, Breast was **Shannon McCallum** in 42.20, Fly was **Marissa Strauss** in 35.86, and anchored with **Madison Hrinko's** Freestyle in 29.21. The A Team finished 9th. The B Team was led off with **Katie Day's** Back in 43.89, Breast for **Heidi Billings** in 45.24, **Raven Drake's** Fly in 44.13, and Freestyle anchored by **Greta Johnson** in 33.59. The B Team finished 15th. The long meet continued for the 11-12 girls, as they also competed in the 400 Free Relay. **Shannon McCallum** led off with a 1:12.58, second was **Marissa Strauss** in 1:13.49, followed by **Raven Drake** in 1:12.88, and anchored by **Madison Hrinko** in 1:07.42. Our relay finished 10th overall.

  The 13-14 girls also got in the relay action, starting with the 200 Free Relay. **Taylor Keyes** led off, breaking the 30 second barrier with a 29.96, second was **Madison Bethune** in 46.68, followed by **Yuki Nagaoka** in 28.60, and anchored by **Lauren Hite** in 28.76. The relay finished 13th. Our final relay was the 13-14 200 Medley Relay, led in Backstroke by **Lauren Hite** in 32.88, Breast was **Yuki Nagaoka** in 40.80, Fly was **Taylor Keyes** in 35.51, and anchored by **Madison Bethune's** Free in 45.66. Our relay raced to a 12th place finish. Congratulations to our relay athletes!

  We would also like to thank all the volunteers who spent many hours at the pool. You are our greatest resource, and your dedication is well documented. Your hard work made this championship meet successful, and our volunteers received many complements from parents and coaches around the state. Thank you for making our team the best it can be!

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**Swimmers of the Month in February**

We have been selecting two “Swimmers of the Month” at The Alaska Club for over a year, and we are now recognizing these swimmers in the Stingray Newsletter. To be selected as the Swimmers of the Month, athletes must show their dedication to our team through their hard work, attendance, desire to improve, teamwork, and ability to listen to instruction. We are proud to look back at February’s Stingray Swimmers of the Month.

**Crieghton Beshears**

Crieghton began with the Stingrays in December, 2012. He began as a novice swimmer who was trying to improve his technique so as not to get disqualified. Through his hard work and dedication, he has moved his way up into the Platinum Group and has greatly improved his technique. He now can focus on improving his times without worrying about disqualifications. Along with his exceptional listening skills and attitude during practice, Crieghton has also improved his times during our local meets. He has made over 4% improvement in the 50 free, over 5% in the 100 free, nearly 10% in the 50 back, and 7% in the 50 breast. He has also made the Alaska Age Group Championship cut in the 50 free with a time of 32.74. With only a few meets to draw from so far, these improvements are significant and show how hard he has worked. Congratulation Crieghton, we are proud of you and keep up the great work.

**Lily Hsieh**

Lily is one of our newest swimmers, joining the team in November, 2013. In that short time, she has proven her love for the sport of swimming and her dedication to the Stingrays. She is one of our best listeners in the younger groups, and she tries her best each day. She makes the swimmers around her better, and we greatly appreciate her hard work. With only two meets to draw from, she has already shown great improvement in her times. She is close to breaking the 20 second barrier in the 25 free and 25 back, and will break the 50 second mark in the 50 free and 50 back at her next meet. She has already made over 4% improvement to her 50 free time, and we are excited to see her race again soon. Congratulations Lily, keep impressing your coaches and teammates with your hard work.

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**March at a Glance**

* March 1 – Swim-a-Thon Kick Off
  + Begin securing your donations and pledges using our team website
* March 2 – Noah Keyes’ Birthday
* March 8 – Gwendolyn Bunch’s Birthday
* March 9 – Michael Lucero’s Birthday
* March 10 – Ellie Lovely’s Birthday
* March 11 – SST Board Meeting
  + Held at Madden Real Estate on Barnett St.
  + Begins at 6:30
* March 15 – St. Patrick’s Day Meet
  + Held at Wescott Pool
  + Warm up at 8:00, meet starts at 9:00
* March 21 – Blaque Secor’s Birthday
* March 25 – Sadie Johnson’s Birthday
* March 26 – Logan Hit’s Birthday

**SST 2013-2014 Meet Schedule**

Back to School Meet September 28 – Wescott Pool

Warm ups: 8:00 am

Halloween Meet October 19 – Patty Pool

Warm ups: 8:00 am

Wishbone Invite November 15-17 – Hamme Pool

Prelim/Final Meet

Coach Robb Coady Novice Invite December 7 – Hamme Pool

Warm ups: 8:00 am

Candy Cane Time Trial December 14 – Wescott Pool

Warm ups: 8:00 am

Spring Will Come Meet January 11 – Hamme Pool

Warm ups: 8:00 am

Great Alaska Open January 24-26 – Hamme Pool

Warm ups: 8:00 am

Valentine’s Day Meet February 8 – Patty Pool

Warm ups: 8:00 am

AK Age Group Championships February 14-16

Warm ups: 8:00 am

St. Patrick’s Day Meet March 15 – Wescott Pool

Warm ups: 8:00 am

Northern Area Championships April 4-6 – Hamme Pool

Prelim/Final Meet

AK Junior Olympics April 24-27 Bartlett Pool

Prelim/Final Meet