

August 2021



We are reaching the end of the summer session for swimming. Please keep an eye out for more information about the Fall session over the next few weeks.

Did you know that the Norwin Aqua Club has a Facebook page. Take a look at the page. We have pictures of various meets, shout outs to swimmers and a whole lot more can be found there.

In this article we honor Quinn Kubistek a recent Norwin High School graduate.

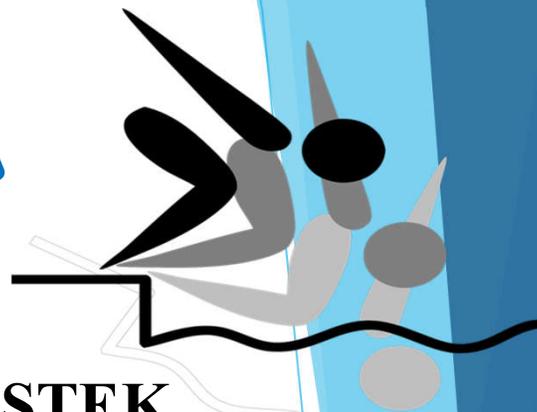
**Upcoming dates of Interest:**

**Board Meeting:**

All Board meetings are open to the public. Ask any board member for the upcoming dates.

**Summer Pool Party** – August 16<sup>th</sup> 6-9 pm at GPAC

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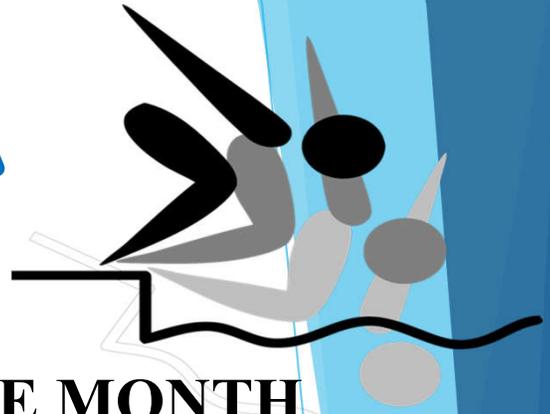


**QUINN KUBISTEK**  
**Norwin High School Graduate**



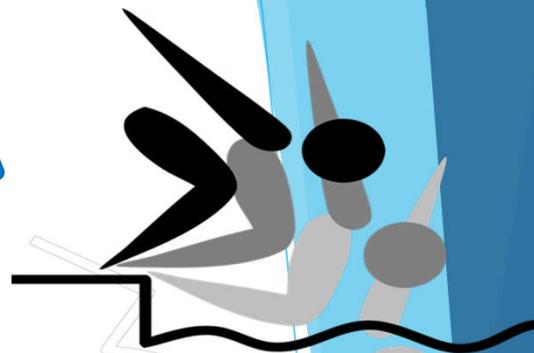
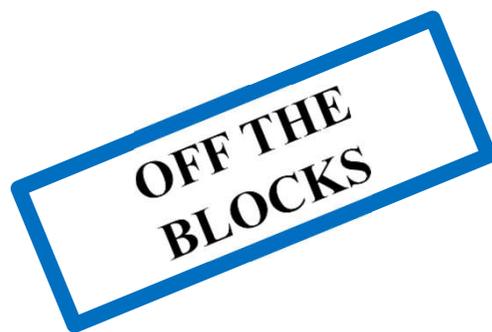
I have been swimming with the Norwin Aqua Club since the third grade. I am so thankful for all the time I spent with the team, whether being practices, meets, or parties. I have made so many great friends through the countless hours. I have learned what it means to be a good teammate to them. It has helped me create a truly wonderful support system. Thanks to the team and everyone pushing me, I have not only stayed fit but learned how it feels to reach a goal. It's crazy how motivating that accomplishment can be. To my coaches' nothing can describe how thankful for all the guidance you have given me, ways you have pushed me, and lessons you have taught me. Friends and lessons. These are the things I am taking with me as I say goodbye to the team. From here, I am headed to the University of Rochester to study biomedical engineering. While I am no longer with NAC, NAC will always be with me. Thank you!

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**ATHLETE OF THE MONTH**  
**Aiden Samuels and Liam Samuels**





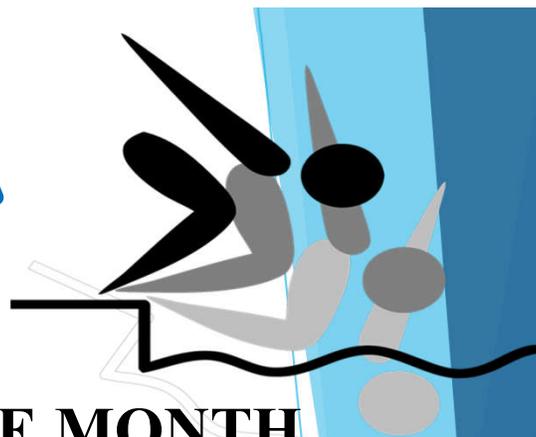
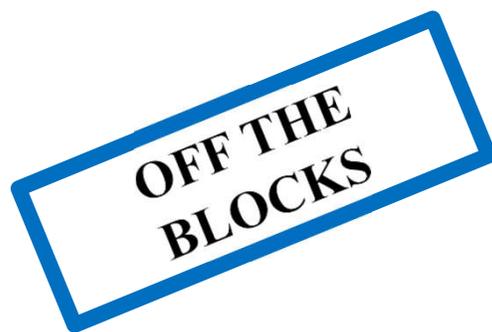
## ATHLETE OF THE MONTH

The swimmer of the month is not A swimmer but TWO swimmers..... brothers in fact; Twin brothers! Aidan and Liam Samuels, The two boys are 12 years old.

Aidan was the first to join NAC as an 8 year old in early 2017. His first competition was against Mt. Pleasant in July 2017, swimming the 25 and 50 yard freestyle and 25 yard backstroke. Aidan started AMS competition in January 2019, achieving BB times in the 50 freestyle and backstroke. He achieved his first AMS "A" times in Summer 2021 as a 12 year old in the 50 meter butterfly and 100 meter backstroke, qualifying him for the 2021 AMS Summer Junior Olympics meet. While competing at JOs, Aidan also achieved an "A" time in the 200 meter backstroke.

Liam became a NAC member in July 2019 and his first competition was in October 2019 against Monroeville, competing as a 10 year old in the 50 and 100 meter freestyle and 50 meter backstroke. His first AMS swim meet was at the Sullivan Memorial Meet at GPAC during strict COVID regulations. Liam achieve his first AMS "BB" tome at the PEAQ Spring Invitation Long Course meet in May 2021. Since then, he has achieved "BB" times in the 50 and 100 meter backstroke.

The two brothers push and support each other at practices and meets. Liam does hold the edge on his brother in being able to quickly determine push-off times and split times during practice though!! Although twins, Aidan and Liam bring their individual and unique qualities and abilities each and every day to practices and meets!



## ATHLETE OF THE MONTH

### AIDEN

Age: 12 years old

Grade – Norwin Middle School grade 7

Favorite Subject – Math

Role Model – My Mom

Favorite Book – Percy Jackson

Favorite Movie – Captain America

Favorite Vacation – Ireland

Favorite Food - Chicken

Hobbies – Guitar and collecting records

When I grow up I want to... not sure yet

Favorite Stroke – Back

Favorite Event – 100 Back

Swimming Goals – to make it to the Olympics

### LIAM

Age: 12 years old

Grade – Norwin Middle School grade 7

Favorite Subject – Math

Role Model – My Dad

Favorite Book – Artemis Fowl

Favorite Movie – Thor

Favorite Vacation – Ireland

Favorite Food - Ribs

Hobbies – Legos and playing piano

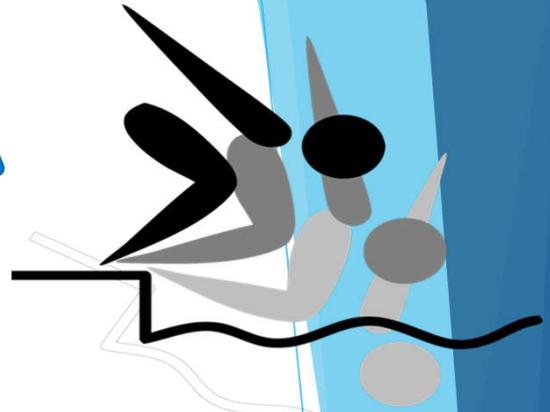
When I grow up I want to ..... Do something in engineering, science and math

Favorite Stroke – Backstroke

Favorite Event – 50 Back

Swimming Goals – swim in college

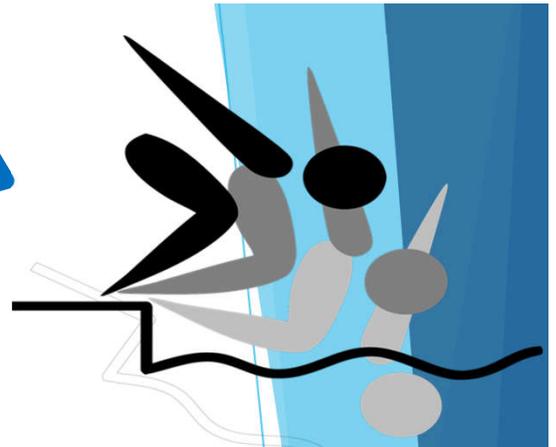
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## **SUMMER POOL PARTY**

NAC is resuming the annual pool party. This year it will be at the **GPAC Pool** on August 16<sup>th</sup> from **6pm – 9pm**. Both White Oak and GPAC swimmers are invited.

## On the Flip Turn

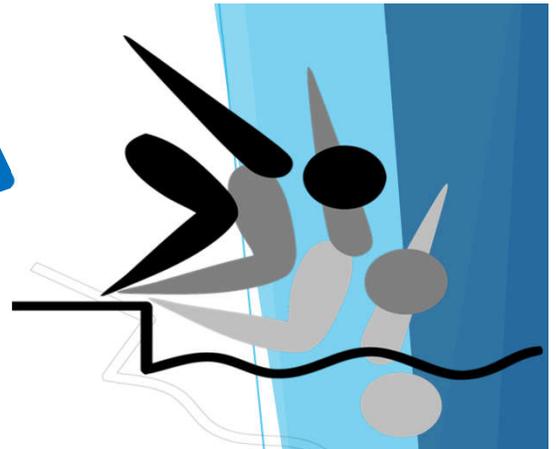


The following is the first instalment of a new monthly column addressing swim questions that are often asked. If you have any ideas for future topics, you can always contact me at practice or via email at [jmarcincavage@gmail.com](mailto:jmarcincavage@gmail.com)

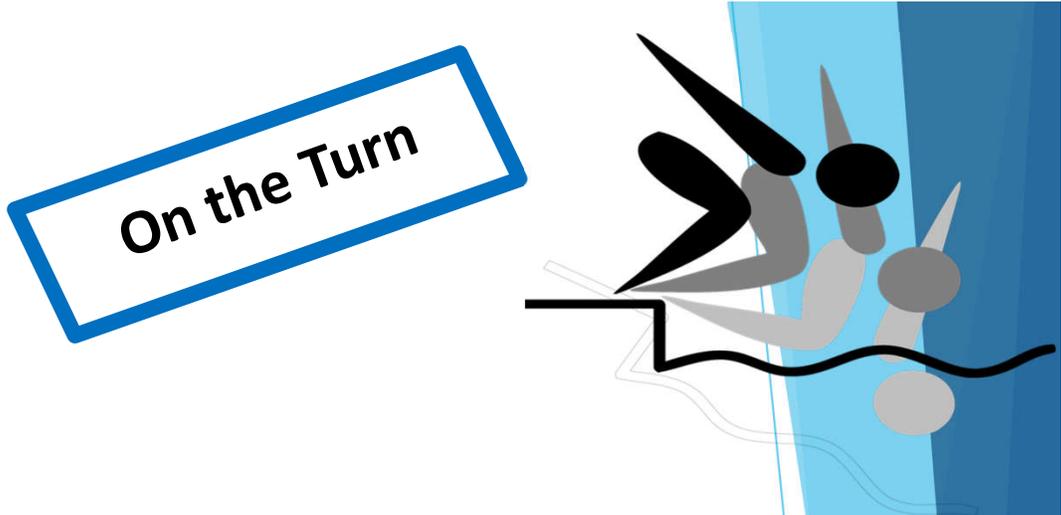
As we watch the excitement and competition of the Olympics, you may be wondering what exactly was the path for our US swimmers. How did they make it to the ultimate international competition?

All our US swimmers began at a local swim club just like your swimmers swim with, just like NAC. NAC is a member of the Allegheny Mountain Swim LSC. LSC stands for Local Swim Committee. There are 59 LSCs across the country. Those LSCs are divided into four zones, Eastern, Western, Central, and Southern. AMS, and thus NAC, is part of the Eastern Zone. The areas that comprise the Eastern Zone are Adirondack (central and eastern New York), Allegheny Mountain, Connecticut, Maryland, Maine, Metropolitan (New York City area), Middle Atlantic (PA except for AMS), New England (New Hampshire, Vermont, Rhode Island, Massachusetts), New Jersey, Niagara (Western New York state), Potomac Valley (greater Washington, DC area) and Virginia.

## On the Turn



Olympic swimmers begin their swim careers swimming in USA swim meets in their LSC. Some meets are “open” meaning they have no time requirements and others, such as ones at Spire for instance, do have qualifying times. (Time standards will be discussed in a later instalment but can be found via Google). In our LSC, swim meets in the Fall and Winter are short course (25 yard pool - as in most high schools) and Summer swim meets are generally long course (50 meter pool - as in Olympic competition and the outdoor pool at GPAC). Each LSC is mandated to hold a season ending championship twice a year, one for short course and one for long course. In AMS, these are known as the Junior Olympics (often called JO’s for short). Qualifying times vary between LSCs but AMS uses an A time standard. So in other words, all qualifying swimmers must have at least an A time in each event they participate in at JO’s.

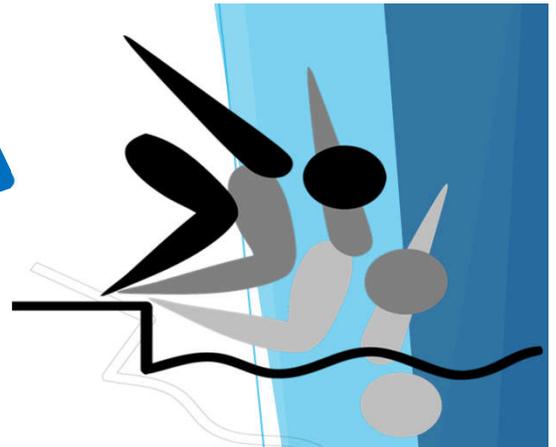


## On the Turn

The next level is Zones Championship Meets. They are held in each of the four Zones (some of the larger zones may conduct regional zone championship meets). Once again, qualifications vary zone to zone and even year to year but there are normally qualifying times along with other qualifications and applications. Prior to COVID, the Winter Zones Team was determined by the fastest times in each event per each age group. Team were allowed to choose three 12 & under swimmers per gender per event and only two for 13 and older swimmers. The Summer Zones Team was based solely on making the event qualification time. Each LSC picks an all-star team to represent them and the swimmers from each LSC swim as a team. There is normally an Age Group Zone meet and Senior Zone meets which have higher qualifying times. The Senior Zone meet is for 15 & older swimmers only.

The next level is Sectionals. Sectionals have even higher qualifying times. They often have no speed or age limit so the competition can vary greatly and a younger swimmer may find themselves swimming along side of a swimmer with Olympic trial cuts.

## On the Turn

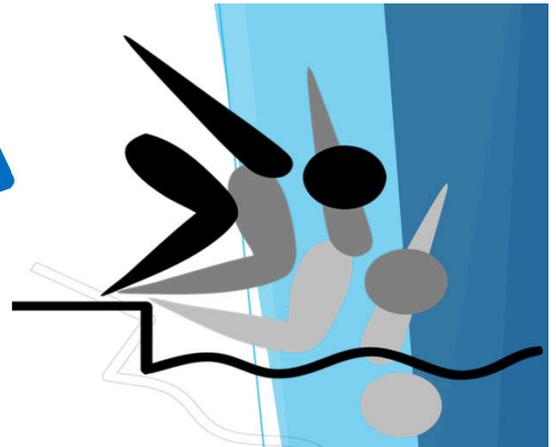


Next we have Futures. Futures has higher qualifying times and the swimmer now finds themselves swimming on a more national stage. After Futures, is Junior Nationals. Juniors Championships are now split into two. One meet for the Eastern half and one meet for the Western half. Once a swimmer has a Junior cut, they are no longer allowed to swim in a Zone meet.

Next is Nationals. There is only one meet for the entire country, normally held twice (at the end of each season). Nationals, often known as the “US Open of Swimming” are often used to determine the US team for international competitions but is NOT used to determine the team for the Olympics.

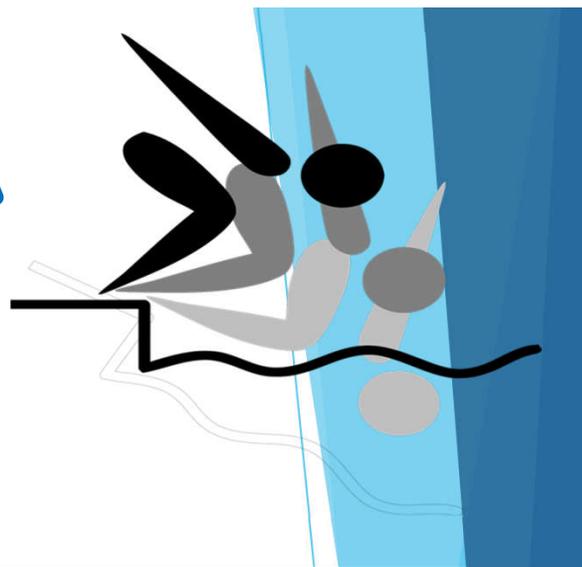
The Olympic team is determined at the Olympic trials. These are held every four years and have qualifying times that are even faster than those for the Nationals. This year was the first of the trials that had two “waves” which was created by the US Swimming committee in response to the challenges of Covid.

**On the Turn**



And there you have it, the rungs of the US Swim ladder that our US Olympic team climbed. By Coach Jones 'recollection, we have had two swimmers that swam for NAC make it to the Olympic Trials, Darci Bodnar and Kathryn Painter(also known as Renny). We have had two swimmers make it to Futures. Emily Morrisey attended the meet and this year Anna Little will be attending her very first Futures meet July 29- August 4 2021 in Richmond, VA. Good luck Anna! Possibility can become reality with NAC!

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#### TEAM SUIT INFORMATION:

For swim meets the coaches prefer that all swimmers wear a dark blue swimsuit if possible. This makes it easier for the coaches to locate the swimmers on deck. Team suits are optional. NAC currently has two team suit options available at Swimmer's Network in Latrobe. They have limited quantities of the Speedo Endurance Wrack It Up boys jammers and girls flyback suits. These suits are navy and gold. They have been discontinued but you may be able to find them online. It typically fits tighter than a standard Speedo suit does. They also have our traditional solid navy blue Speedo suits that come with the NAC emblem on them. Swimmer's Network will help to size your swimmer if you are unsure of what size they need. You do not need an appointment to have the fitting done. They also carry goggles, kickboards, swim backpacks and more. For more information contact or visit Swimmer's Network, 4417 US Route 30, Latrobe PA 15650. (724) 539-2424 or [swimmersnetwork.com](http://swimmersnetwork.com)

**Fundraising**



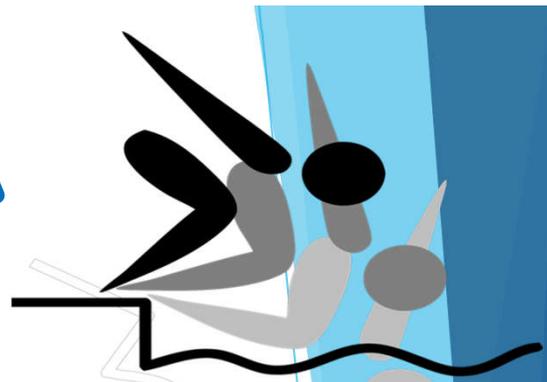
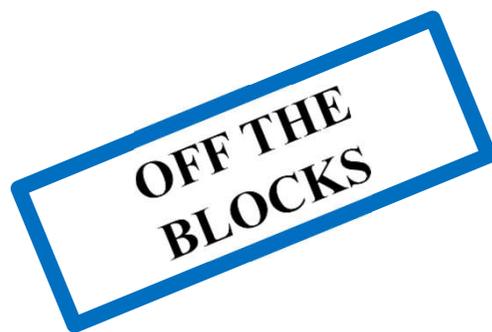
### **How to sign up for AmazonSmile**

#### **How to use AmazonSmile on a web browser:**

1. Visit [smile.amazon.com](https://smile.amazon.com)
2. Select Norwin Aqua Club
3. Start shopping! Remember to checkout at smile.amazon.com to generate donations for your chosen charity.

#### **How to use AmazonSmile using the Amazon app on your mobile phone:**

4. Open the Amazon Shopping app
5. Navigate to the main menu
6. Tap on Settings and then select "AmazonSmile"
7. Select your Norwin Aqua Club and then follow the on-screen instructions to turn ON AmazonSmile in the mobile app.



NAC took on Belle Vernon Swim Club on July 6, 2021. It was a warm evening at Belle Vernon's pool but the meet went quickly. Julia Betters, one of NAC's newest swimmers, got to compete in her first meet! Highlights of the meet were:

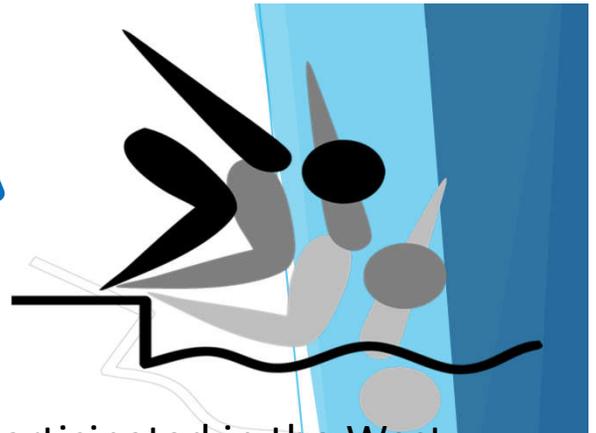
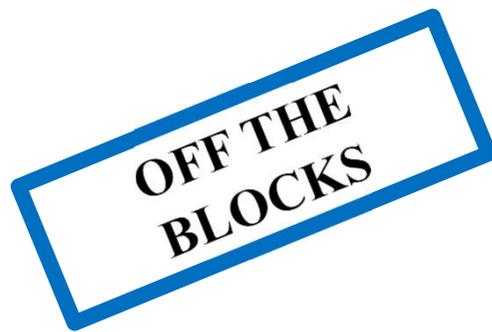
### **Double-Digit Time Drops - Gold Cap Winners**

- Serena Borelli (13-14 girls): 200 yard IM - 10 seconds
- Nora Davis (9-10 girls): 100 yard freestyle - 23 seconds
- Kinley McQuiade (8 & under girls): 25 yard freestyle - 11 seconds
- Liam Samuels (11-12 boys): 50 yard butterfly - 29 seconds
- Alexandra Saunders (11-12 girls): 100 yard freestyle - 15 seconds
- Tyler Slavin (9-10 boys): 100 yard IM - 10 seconds

### **Triple Times Drop - Gold Cap Winners**

- Nora Davis: 50 yard freestyle, 50 yard butterfly, 100 yard freestyle
- Olivia George (11-12 girls): 100 yard IM, 50 yard butterfly, 100 yard freestyle
- Will Little (11-12 boys): 50 and 100 yard freestyle, 50 yard breaststroke
- Connor Lydon (15-18 boys): 50 yard freestyle, 100 yard backstroke, 100 yard breaststroke
- Kinley McQuaide (8 & under girls): 25 and 50 yard freestyle, 25 yard backstroke
- Aidan Samuels (11-12 boys): 100 yard IM, 50 yard backstroke, 50 yard breaststroke

It was a great meet for all NAC swimmers!

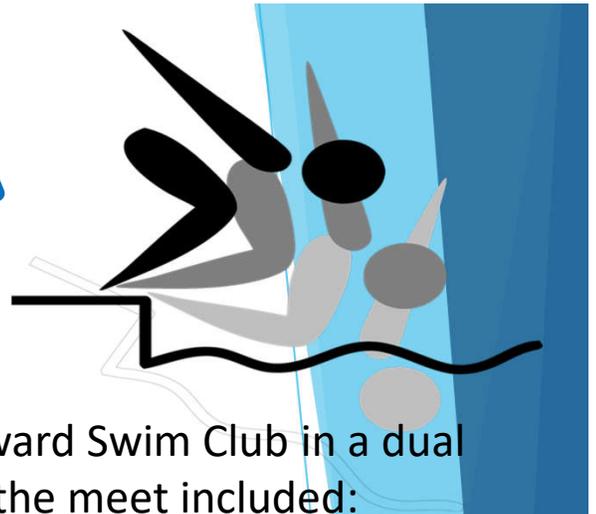
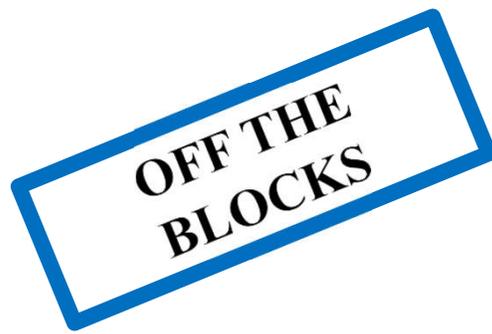


Seven Norwin Aqua Club swimmers participated in the West Virginia Long Course State Championship Meet on July 8-11, 2021. There were some extremely close races and fast times since this was West Virginia's spotlight meet of the summer. Top performances were turned in by:

- Nora Davis (9-10 girls): 6 personal best times; 3rd place - 200 meter IM; 5th place - 50 meter freestyle, 50 meter butterfly, 100 meter backstroke; 7th place - 100 meter breaststroke
- Cole Kubistek (13-14 boys): 3rd place - 800 meter freestyle - 77 second time drop
- Anna Little (15 & over girls): 2nd place - 200 meter butterfly; 4th place - 100 and 200 meter breaststroke
- Roddy Marcincavage (11-12 boys): 2nd place - 400 meter freestyle; 3rd place - 50 and 200 meter freestyle, 200 meter backstroke, 200 meter butterfly; 6th place - 100 meter butterfly; 7th place - 100 meter freestyle
- Noah Mulac (15 & over boys): 5th place - 800 meter freestyle - 16 second time drop

Also achieving personal best times in several events were Jack Chaney (15 & older boys) and Will Little (11-12 boys).

Congratulations to all!



NAC competed against Elizabeth Forward Swim Club in a dual meet on July 13, 2021. Highlights of the meet included:

**Double-Digit Time Drop - Gold Cap Winners**

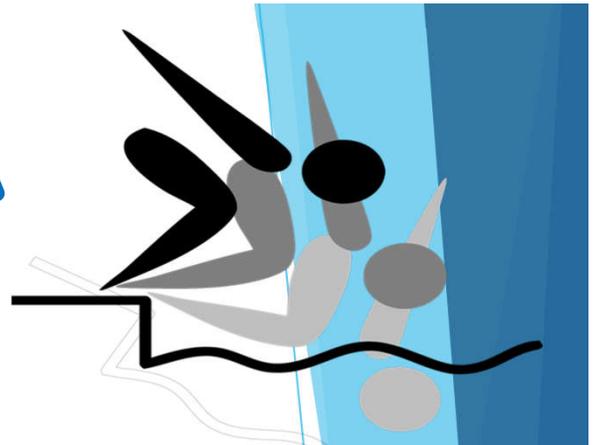
- Julia Betters (11-12 girls): 100 yard freestyle - 24 seconds
- Olivia George (11-12 girls): 200 yard freestyle - 22 seconds
- Olivia Ivory (15-18 girls): 200 yard freestyle - 26 seconds
- Aidan Samuels (11-12 boys): 100 yard backstroke - 12 seconds
- Liam Samuels (11-12 boys): 200 yard freestyle - 19 seconds

**Triple Time Drop - Gold Cap Winner**

- Maliah Williams (13-14 girls): 200 yard IM, 50 yard butterfly, 50 yard backstroke

Great swims by all NAC competitors!

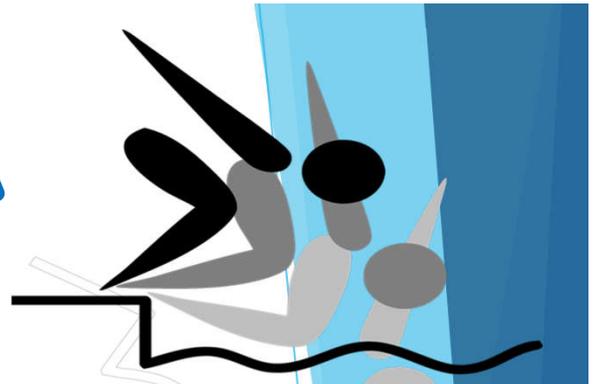
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Seventeen NAC swimmers qualified and swam at the AMS Summer Champs at Greater Pittsburgh Aqua Club on July 16-18, 2021. There was great enthusiasm and sportsmanship showed by NAC and Cavalier Swim Club (CSC) swimmers and families throughout the 3-day meet. Officials and other team coaches commented to both CSC and NAC coaches that they had missed the cheering this past 16 months of COVID!! Top performances were accomplished by:

- Adeline Byars (13-14 girls): 7 of 9 personal best times
- Jack Chaney (15 & over boys): 6th place - 200 meter breaststroke
- Nora Davis (11-12 girls): 3rd place - 200 meter butterfly; 200 meter freestyle - 11 second time drop
- Grant Friday (10 & under boys): 1st place - 50 meter backstroke; 2nd place - 100 (12 second time drop) & 200 meter freestyle, 100 meter backstroke, 100 meter butterfly, 100 meter breaststroke, 200 meter IM; 3rd place - 50 meter freestyle; 4th place - 50 meter butterfly; 5th place - 50 meter breaststroke - 10 second time drop
- Cole Kubistek (13-14 boys): 2nd place - 200 meter breaststroke
- Will Little (11-12 boys): 4th place - 200 meter breaststroke - 18 second time drop
- Roddy Marcincavage (11-12 boys): 1st place - 100 meter freestyle, 200 meter breaststroke (10 second time drop), 200 meter IM (21 second time drop), 50 and 200 meter butterfly; 2nd place - 200 meter backstroke; 5th place - 50 meter backstroke
- Noah Mulac (15 & over boys): 3rd place - 100 meter backstroke; 4th place - 200 meter freestyle; 5th place - 400 meter IM; 6th place - 200 meter IM (13 second time drop)

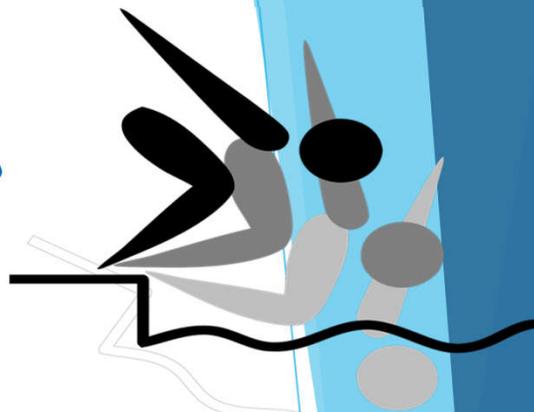
## OFF THE BLOCKS



- Aidan Samuels (11-12 boys): 1st place - 50 meter breaststroke, 50, 100 and 200 meter backstroke; 2nd place - 50, 100 and 200 meter freestyle, 200 meter IM, 50 meter butterfly; 3rd place - 100 meter breaststroke (13 second time drop)
- Liam Samuels (11-12 boys): 3rd place - 200 meter backstroke; 4th place - 50 and 100 meter backstroke; 100 meter breaststroke - 28 second time drop
- Ellis Slavin (11-12 boys): 1st place - 200 meter freestyle; 2nd place - 400 meter freestyle; 3rd place - 50 and 100 meter freestyle; 4th place - 200 meter IM; 6th place - 100 meter backstroke
- Keelin Sullivan (11-12 girls): 6th place - 200 meter backstroke (23 second time drop)
- Joey Testa (15 & older girls): 2nd place - 400 meter IM; 4th place - 200 meter breaststroke; 6th place - 400 meter freestyle
- Vinh Trong (11-12 boys): 4th place - 200 meter backstroke (12 second time drop); 50 meter butterfly (12 second time drop); 200 meter freestyle (28 second time drop)

Congratulation to all NAC swimmers!

**OFF THE  
BLOCKS**



**Got an idea? Should we give your  
swimmer a shout out?**

Please share with us! Email us at  
[NAC@teamunify.com](mailto:NAC@teamunify.com)

