

# Pisces Connect

Monthly Newsletter of the Trumbull Pisces

## PISCES ACHIEVEMENTS ISSUE

### Liz Stoelzel Qualifies For USA Eastern Swim



Meadow, New York.

Our very own, Liz Stoelzel qualified for the 2016 USA Eastern Zone Long Course Championships by swimming the 50-meter freestyle in 29.76 seconds and the 50-meter breaststroke in 39.07 seconds. Liz is the first Pisces swimmer to qualify for the Zone team in five years. She will represent the State of Connecticut along with other CT Swimming qualifiers at the USA Eastern Zone Long Course Championships being held from August 3-6, 2016, at the Nassau County Aquatic Center in East

**CONGRATULATIONS LIZ !!!**

All your hard work paid off! Your Pisces family is so very proud of you!

### Our Continuing Success

By: Michael Redgate

The Trumbull Pisces have continued the momentum of last season, and are having fun and swimming fast this Long Course Season. Already we have 10 swimmers who have achieved a total of 41 Age Group Cuts before Regionals, and Elizabeth Stoelzel has earned a spot at the USA Eastern Zone Long Course Championships, representing not just the Trumbull Pisces but our town as well.

After every Summer Olympics we see an increased interest in the sport of swimming. With this, paired with our tremendous success this year, we expect to see some new swimmers looking to join our team next season. All returning swimmers and parents should be on the lookout for early registration. All information will be provided after the July Board Meeting and we are asking all swimmers to express their intent to return by the last day of practice on July 29<sup>th</sup>. Thank you for your continued support.

### Coach's Corner

By: Coach Bill

It feels like we just finished the Short Course season, and here we are again with the Long Course Championships. This is truly an exciting time and as we head into it, we want to remind everyone, parents

included, how important REST is for our swimmers' optimum performance, not to mention their overall health and well-being. So, once again, we want to emphasize the following:

**Sleep** – Our bodies need at least 8 hours of quality sleep everyday. As we all know, our practices have shifted to the mornings and some of us have early morning meet sessions on the weekends. It is essential that our swimmers keep a regular bedtime so they get quality zzz's and are well rested. Swimmers - don't fight your parents when it's time to turn in for the night.

**A Day of Rest** – A day away from the pool will do a body good! Take a day off to recoup! Some of our swimmers swim 5 days a week, and both days on weekends. Taking a day off from practice once in a while is a great way for the body to recover. And for all the swimmers who think that Coach Bill will be mad, don't worry! He is the one telling you to take a day off!!

**Rest your mind** – As swimmers, we go all season stressing over times, meets, cuts, skills, yardage, etc. Swimming is going through our mind all the time so it is good to not only give our body a break, but our mind as well. Spending time outdoors and going for a walk in the woods, zoning out in a good book, playing some video games, or just letting our minds go blank for a bit are some of the ways we can de-stress our minds.

**Proper Nutrition** – Over the last couple of issues of Pisces Connect we went over proper nutrition for practice days and meet days. Make sure to maintain those tips. THEY WILL HELP OUR BODY RECOVER FULLY.

We are heading into a very promising and intense championship time for our Pisces swimmers. They have been preparing all season for these upcoming meets and we want to make sure everyone is ready – in the pool and outside!!!





## Black & Yellow

### ISABELLE LI

Swimming and music definitely go together in Isabelle's world. She loves the freestyle as much as she loves piano and violin. And swimming with her team is like playing music with her orchestra. To fuel her young body and mind during race days, she snacks on apple slices and crackers. And for inspiration, she looks up to Michael Phelps. Besides all these, Isabelle also loves playing tennis. Math and Reading are favorite subjects in school.



### RAVJOT ARORA

Ravjot's favorite stroke to swim is the breaststroke and looks up to Michael Phelps for inspiration. Nuts are his go-to energy booster snacks during swim meets. Ravjot enjoys playing basketball outside of the pool. He is also a science and technology enthusiast who loves playing video games on the Xbox and helping his dad make and edit videos. We can't wait to see Ravjot's films someday!



## Age Group

### LORALAI DALE

Loralai has a thirst for speed, be it on water or land, on two feet or two wheels. Besides being a powerful butterfly swimmer, she also runs the 5K and has several triathlons already tucked under her belt. There must be something in goldfish, which she loves to munch on, that gives her so much energy! She does enjoy downtime and loves going to the beach with her friends, and writing.



### SEAN YU

Sean loves the breaststroke because he "can feel the power" of each stroke he puts in. He loves everything with raisins as his go-to snacks during race days. He does not have a favorite athlete. "Instead my attention is turned more towards things that spur my imagination, like books and video games." For people who know Sean, he is quite a funny character who never runs out of commentaries on current events. For those who don't, it's easy to get him to speak up – just mention "Trump".



## Seniors

### BEN SELBY

Ben actually swam for a team in North Carolina from 2006 – 2010. He took up swimming again in 7<sup>th</sup> grade when he discovered the Trumbull Pisces. Ben loves to swim the breaststroke and makes sure to eat pasta before his swim meets. His favorite athlete is Peyton Manning of the Denver Broncos. When he's not swimming, he likes taking a spin on his bike with his friends and just going around town. Language Arts is his favorite subject in school.



### SOFIA PAOLELLA

Sofia considers butterfly as her favorite stroke. And she makes sure she gets enough energy by eating cold pasta during race days. She looks up to teammate Julia Nevins for inspiration. "She motivates me to be better." Outside the pool, she loves biking with family or friends, as well as, exploring her creative side by writing short stories. Social Studies is her favorite subject in school.





They worked hard all year, in the pool and out, balancing daily practice and near-weekly competitions with the demands of school and other activities. So before they all hang up their well-worn suits for the summer, we at Pisces Connect want to acknowledge our swimmers' outstanding achievements beyond the pool.

**KUDOS PISCES!**



**Victoria Batchelor**

- \* Member of an all-girl team from Bridgeport Aquaculture School that won the year-long Sikorsky STEM Challenge beating out 15 other schools
- \* Inductee to the National Honor Society
- \* Presidential Award for Volunteer Service



**Inductees to the National Junior Honor Society at Madison Middle School**

Clockwise from Upper Left: **Supriya Ganti, Sofia Paoella, Kunal Mehta\*, Sean Yu, Nick Paoella, Rohit Gunda, Mishka Kapoor (no pic)**

**Kunal Mehta**

- \* 1<sup>st</sup> Place in 7<sup>th</sup> Grade Level of Spring Noetic Math Competition
- \* 10<sup>th</sup> Place in Grade 7/8 Level of Math Kangaroo International Competition



**Hope Ivanovich, Julia Masuik, and Misha Patel** (no picture) were all selected as **finalists** for the Connecticut State Invention Convention at UCONN



**Lizbeth Constante**

- \* Academic Excellence in Art & Math at St. Theresa School



**Nidhi Kuchikulla**

- \* Presidential Award for Academic Excellence at 8<sup>th</sup> Grade graduation



**Ravjot Arora**

- \* Rotary Club Award for Character & Academic Achievement at 5<sup>th</sup> Grade graduation



## PISCES SWIMMERS ASSIST IN SPECIAL OLYMPICS SUMMER GAMES 2016

By: Christine Kennedy

Special Olympics Connecticut held its annual Summer Games from June 10 to 12 at the Southern Connecticut State University in New Haven and Hamden. This year's event brought together over 2,400 athletes who competed in cycling, soccer, swimming, tennis, and track & field events.

Some of our Pisces swimmers graciously volunteered to spend the morning of June 11<sup>th</sup> helping out at the Aquatics Events held at Southern CT State University pool. **Abigail Adams, Nidhi Kuchikulla, Christopher Petinella, Elizabeth Stoelzel and Chloe Zalenski** helped escort the athletes to the pool, held their extra gear (T-shirts, badges, etc) while they swam their event, and brought them to the awards podium. The thunderstorms that stopped the aquatics events did not take away from the camaraderie or great experience! The Pisces Team Spirit was obvious as they waited patiently for their volunteer time and cheered on the athletes. Thanks swimmers!



\* Christopher Petinella not in picture



### NAME THAT PISCES BABY!

We are still accepting baby pictures for entry into the **Name That Pisces Baby** contest, which will be held during the Pisces Family Picnic. Don't miss the chance to show off your baby's cuteness when they were oh-so-teeny-weeny tiny!

Snail-mail a photograph of your water-loving little one to **Michele Nevins** at 144 Fresh Meadow Drive, Trumbull, CT 06611.

Pictures will be posted at the Pisces Family Picnic (date TBA) and prizes will be awarded to those who have the best eye!

**\*\* Be sure to write your child's name on the back of the photo in order for it to be returned to you.**