

# PA TIMES

## November 2022

### **THANK YOU SWIM FAMILIES!!!!**

A huge thank you to everyone who volunteered to help make this weekend happen. From our amazing hospitality team, meet officials, timers, runners, and awards team, we thank you! We are not able to run the meets without you all. We appreciate everything you do to help Patriot Aquatics run the best meets in the area (actually, in the entire state of Florida is probably more like it!).

### **Recap of the 2022 PA Winter Invite**

Congratulations to all the swimmers who competed this weekend in our annual PA Winter Invitational! We had over 750 swimmers compete during this two-day meet. Our Patriot Aquatic swimmers did awesome with many new PRs, FLAGS cuts, Sr Champs cuts, and high point winners!! This all comes after being out of the pool for 3+ days due to the tropical storm school closures. We are beyond impressed with how hard our swimmers worked leading up to this meet and how they didn't let practice cancellations affect the way they competed. That hard work certainly paid off, great job to all of you!

#### **A huge congratulations to the swimmers listed below who won a high point award:**

Willow Herod – 1<sup>st</sup> place High Point 6 & under girls

Elli Ryan – 2<sup>nd</sup> place High Point 6 & under girls

Elizabeth Atrous – 1<sup>st</sup> place High Point 7 yr old girls

Alfonso Esteban – 1<sup>st</sup> place High Point 9 yr old boys

Max Vallillo – 2<sup>nd</sup> place High Point 9 yr old boys

Grace Goodman – 1<sup>st</sup> place High Point 10 yr old girls

Jillian Crenshaw – 1<sup>st</sup> place High Point 11 yr old girls

Megan Anderkin – 2<sup>nd</sup> place High Point 11 yr old girls

Emerson Gammon – 1<sup>st</sup> place High Point 12 yr old girls

Mason Marco – 1<sup>st</sup> place High Point 12 yr old boys

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### Recap of the BD Halloween Meet

40 of our swimmers spent the Sunday before Halloween at the Oviedo Aquatic Complex participating in the 2022 BD Halloween Meet. Not only did we have countless great swims, but it was a meet full of lots of sweat treats and spooky music. Great job to our swimmers who participated!!!!

### Thanksgiving Break Schedule

Senior Group – No practice 11/19-26, return 11/28

Gold – Practice 11/21-23, 25, 26 from 8-10 AM, No practice 11/24

Blue Group – Practice 11/21-23, 25 from 7:30-9 AM, No practice 11/24, practice 11/26 from 7-8:30 AM

Red, White Stars – Practice 11/21-23 at normal time, No practice 11/24

### Holiday Party

Join us for our Annual Holiday Party on December 15th from 5-7 PM! We will have a showing of Noelle on the big screen so bring your pool floats (or blanket & lounge chair if you prefer) and a cup of hot cocoa! The whole family is welcome! We will be providing pizza and refreshments for dinner. We are asking our swimmers to bring their favorite appetizers or dessert to share. Please [sign up here](#) for the item(s) you plan to bring. We will be basing our head count for pizza off the signup genius sheet, so please be sure to fill it out. Hope to see you all there!

### Upcoming PA meets

|               |                                |                     |
|---------------|--------------------------------|---------------------|
| Dec 1-4       | Rosen Aquatic Center (I-Drive) | Blue & Gold         |
| Dec 7-10      | Jr Nationals (Greensboro)      | Sr Qualifiers       |
| January 21-22 | FAST (Ocala)                   | Seniors, Blue, Gold |
| January 28-29 | TPA (at Trinity Prep)          | Stars, Red, White   |

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|                |                           |                        |
|----------------|---------------------------|------------------------|
| February 3-5   | Hydro 4 (at Ormond Beach) | Blue & Gold            |
| February 16-19 | Rosen Aquatic Center      | Seniors                |
| February 25-26 | Area 2 Champs (at LBHS)   | ALL NON-FLAGS Swimmers |
| March 2-5      | FLAGS (at NTC)            | Age-Group Qualifiers   |
| March 9-12     | Sr Champs (at Rosen)      | Sr Qualifiers          |
| March 24-26    | All Stars (at Ft Pierce)  | Top 6 at FLAGS         |
| March/April    | TBA for Stars, Red, White |                        |
| April 21-23    | Highlander Invite (LC)    | Senior, Blue, & Gold   |
| May 6          | TPA (at Trinity)          | Stars, Red, White      |
| May 19-21      | PA L/C Invite             | Senior, Blue, & Gold   |

\*Right now, we do not have an event for Stars, Red, & White in December. If we can add one in the next week or so, we will send out a separate email to those groups. Seniors will not participate in a meet in December so they can focus on a training reset now that HS season is concluded.

\*\*this schedule is subject to change

### **2022 High School Season Recap**

Our high school swimmers finished the season with the State Championships held in Stuart on November 5<sup>th</sup>. Representing Lake Brantley, Lake Mary and Seminole, our swimmers competed in a series of championship meets beginning with the Conference Championships, and progressing to the District, Region, and State Championships.

Our senior swimmers: Paula Garcia, Natalie Truong, Seth Basinger, Derin Deeter, and Quan Tran finished their high school career with best times, and qualified to compete in most if not all these meets!

We also had more swimmers than ever qualify for the Region and State Championships than ever before! 29 swimmers from Lake Brantley, along with two from Lake Mary and one from Seminole,

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qualified for the Region meet. To wrap up the season, we had 17 Lake Brantley swimmers, 2 Lake Mary swimmers, and 1 Seminole swimmer compete in the State meet!

As all of you know, we dealt with many weather cancellations throughout the bulk of the season, but our swimmers still managed to have some great end of season swims! Congratulations to all our swimmers on a great HS season!

## **Patriot Swimmers To Compete at JR Nationals**

Seth Basinger and Danzhel Tuliao have qualified and will compete at Jr Nationals (an 18 & Under National Championships) in Greensboro, NC in December. This will be their first time competing at the national level!

Seth will be swimming freestyle events and the 200 IM, while Danzhel will swim the 100 & 200 Breaststroke and the 200 IM. Congrats to these two PA swimmers and swim fast!

## **Cooler Weather**

As we head into the cooler weather of the winter, we wanted to share with you some tips on your child swimming in winter. The Lake Brantley Aquatic Center heating system keeps the pool at 82 degrees, no matter what the outside temperature is. The swimmers will be comfortable in the water during practice, and we recommend bringing extra towels, a jacket, and a parka (if you have one) after practice to dry-off and change into warm clothing. Parkas can be purchased in the team store which is open 24/7 for purchases and ordered directly through All American Swim Store. We recommend sizing up 1-2 sizes so your swimmer can use their parka for quite a while. The Team Store link can be found on our website in the NEWS section. Please note: Parkas are NOT a team requirement.