

# **Dolphins Bites: 11/12/2014**



## **HWSA Fall Fling Review**

HWSA hosted for the first time ever a USS meet away from Stagg H.S. at Elk Grove H.S. the weekend of October 25<sup>th</sup> and 26<sup>th</sup>. Many thanks to each of our volunteers for their help in making this meet extremely successful. Coaches from other teams had many kind words on how the meet was run and they are all looking to return to the meet next year. To review the results from the meet, [click here](#) or from our home webpage, click on My Account then My Meet Results.

### **Achieving New Regional Cuts from Meet:**

Tatum Burek: 100 BA, 400 IM, 50 FR, & 50 BA, Zeren Cebi: 100 FR, 200 IM, & 50 BA, Jeremy Dade: 50 FR & 200 FR, Tom Davey: 100 FL, Claire Esguerra: 100 BR, Aidan Foley: 200 IM, 100 FL, & 100 BR, Gabe Jezierski: 400 IM, Erika Juronis: 50 FR & 50 BA, Ben Kimmel: 200 BA & 200 BR, Megumi Komoto: 200 FR, Donna Kurek: 200 IM & 200 FL, Kasper Ligas: 100 FR & 200 FR, Matthew Moskal: 100 FR, 50 FR, 50 BA, 100 IM, & 200 FR, Dylan Pokorny: 400 IM & 500 FR, Shruthi Rajkumar: 50 BR, 50 FR, & 50 BA, Jackson Rapala: 100 BA, Patrick Recko: 50 FL, Kezen Sanchez: 50 FR & 100 FL, Phil Scarim: 50 FR, Leo Shao: 100 BA, Andrew Sutkus: 200 FL & 50 FR, Maggie Szydek: 100 BA, & Colin Williams: 100 BR & 500 FR. Congratulation swimmers!

### **Achieving New State Cuts from Meet:**

Joey Countryman: 100 FR, 200 IM, 50 FR, 100 FL, 100 IM, & 200 FR, Taira Juronis: 100 FL & 500 FR, Dylan Pokorny: 100 FL, Brae Sanchez: 100 BR, & Phil Scarim: 100 BR. Congratulation swimmers!

### **New Personal Best Swim at the Meet:**

*8 PB's:* Zeren Cebi, Joey Countryman, Aidan Foley, Alex Hirjoi, Jackson Rapala

*7 PB's:* Jon Becker, Maddy Davey, Gabriella Orlando, Shruthi Rajkumar, Kezen Sanchez

*6 PB's:* Brianna Buff, Meda Fedaravicius, Malhar Kate, Sean Kirchman, Megumi Komoto, Kasper Ligas, Kyle Monday, Shannon Murphy, Leo Shao, Jack Slade

*5 PB's:* Tatum Burek, Andrew Sutkus, Charlie Wutrz

*4 PB's:* Kira Jacobsen, Lily Kimmel, McKenna Kirchman, Matt Moskal, Patrick Recko, Phil Scarim, Sebastian Smolecki, Paige Tirva

*3 PB's:* Nader Auda, Gregory Baranov, Jeremy Dade, Robert Dobrowolski, Hannah Early, Claire Esguerra, Sam Grimaldi, Ieva Jankus, Justin Jankus, Erika Juronis, Donna Kurek, Laura Nainyte, Brae Sanchez, Jude Sanchez, Alex Smolecki, Jason Sugihara, Kevin Witek

*2 PB's:* Jake Adcock, Kevin Andrzyk, Josh Baker, Stephanie Baranov, Becca Birriel, Sude Cebi, Cole Geinosky, Olivia Guzy, Aaron Jankauskas, Rafal Jerierski, Taira Juronis, Ben Kimmel, Daniel Perkowski, Natalie Pirozek, Dylan Pokorny, Maggie Szydek, Colin Williams, Konrad Witek, Karolina Zarebczan

*1 PB:* Charlie Becker, Kassie Buff, Devin Canavan, Tom Davey, Natalie Grubczak, Matt Janus, Gabe Jezierski, Paulius Kalina, Monica Krasauskas, Sam Kruzel, Delilah Mallory, Matt Mrozek, Bart Mysliwicz, Leah Nyblom, Edgaras Petrikas, Michael Recko, Jakob Russo, Lucas Smiarowski, Damian Szeliga, Jan Szeliga, Alan Wrzesinski



## **Munster Swim Your Own Age USS Meet Review**

HWSA had over 80 swimmers participate at the Munster SYOA USS meet the weekend of Nov. 7-9. We had 3 new State cuts and 18 new Regionals cuts achieved at the meet. Also over 170 new personal best swims were made at the meet by our swimmers, nice job! To review the results from the meet, [click here](#) or from our home webpage, click on My Account then My Meet Results.

**Achieving New Regional Cuts from Meet:**

Brian Bayer: 100 BA, Becca Birriel: 500 FR & 200 FL, Zeren Cebi: 50 FL, Joey Countryman: 100 BR, Rafal Jezierski: 100 FR, Ben Kimmel: 1650, Vicki Kruzal: 200 BA, David Kwiatkowski: 100 BA, Kasper Ligas: 50 FL & 100 BA, James McCallion: 200 IM, Gabriella Orlando: 200 BR, Patrick Recko: 200 BR & 50 FR, Kezen Sanchez: 200 BR, Brandon Sgarbossa: 50 FR, & Evan Wahlen: 1650 FR. Congratulation swimmers!

**Achieving New State Cuts from Meet:**

Cole Geinosky: 100 FR, Brae Sanchez: 100 FL, & Lucas Smiarowski: 100 FL. Congratulation swimmers!

**New Personal Best Swim at the Meet:**

9 PB's: Zeren Cebi

7 PB's: Kasper Ligas, Jordan Schissler

6 PB's: Joey Countryman, Malhar Kate, Charlie Wurtz

5 PB's: Matt Janus, Gabriella Orlando,

4 PB's: Brian Bayer, Jon Becker, Joe Bilonic, Becca Birriel, Luke Christy, David Kwiatkowski, Kyle Monday, Shannon Murphy, Jude Sanchez

3 PB's: Patrycia Antos, Brianna Buff, Sude Cebi, Tom Davey, Meda Fedaravicius, Aidan Foley, Olivia Guzy, Alex Hirjoi, Rafal Jezierski, Megumi Komoto, Shruthi Rajkumar, Brae Sanchez, Kezen Sanchez, Kevin Witek

2 PB's: Emma Bedolla, Tony Bilonic, Hannah Early, Vicki Kruzal, James McCallion, Bart Mysliwiec, Jakub Mysliwiec, Michael Recko, Patrick Recko, Jeremy Schultz, Lucas Smiarowski, Paige Tirva, Evan Wahlen, Liam Zickert

1 PB: Nader Auda, Charlie Becker, Kassie Buff, Tatum Burek, Cole Geinosky, Natalie Grubczak, Gabe Jezierski, Ben Kimmel, Donna Kurek, Taco Law, Delilah Mallory, Leah Nyblom, Kris Ogiela, Franco Reyes, Jakob Russo, Phil Scarim, Konrad Witek



**Upcoming USS Meets Update**

WTSC USS Meet - Nov. 21-23, host team still taking entries.

GILS Pentathlon Meet – Nov 22, meet entries are closed.

NASA USS Meet – Dec. 5 – 7, deadline for meet entries is Nov. 13.

HWSA Winter Splash – Jan. 2-4, please have your entries in by Dec. 3<sup>rd</sup>.



**New From Our Team Admin Beth**

The job sign up for our annual Winter Splash meet will open soon. Please sign up to work your required 2 jobs for this meet. Winter Splash will be split into 3 sessions of competition on Saturday and Sunday. Please plan accordingly and with your child's swim time in mind as there may be some cross over with the job selections.

Each family is required to work 2 jobs at this meet. Any volunteer hours not fulfilled will result in a financial penalty of \$50 per job. The job sign up will close 1 week prior to the meet. Once the sign up has closed, if your availability to volunteer changes, it will be your responsibility to find a replacement for the job.



### **Articles of Interest**

These articles should be read by both swimmers and parents.

[5 Ways to Accelerate Your Recovery](#)

[3 Nutrients Young Swimmers Shouldn't Miss](#)

[Butterfly Kick with Roland Schoeman](#) (A MUST WATCH FOR ALL)