

Dolphins Bites: 12/16/2013



USA Junior National Meet Review

HWSA had 4 dudes representing the team at the USA Junior National meet in Greensboro, NC this past weekend: Sean Gregor, Alex Shozda, Mitch Strahlman, and Trevor Winans. This meet represents many of the fastest 18 & unders in our nation. If you were following us on Twitter @HWSAdolphins then you were kept up to date on how awesome our boys swam. If you are not following us yet, why not?!?



The boys broke 7 team records and tied another. The breakdown will be list below with all of the team records broke during the season so far. To see the results and watch some of the replays of the meet you can [click on this link](#) to go there or find it on www.usaswimming.org website.



Team Record Journal So Far This Season

Lyons USS Meet – Oct. 19-20

Joey Countryman broke the 8 & under 100 FR (1:11.63) and 50 Back (38.42) records

Munster USS Meet – Nov. 8-10

Mitch Strahlman broke the 15 & Over 1650 FR (16:41.62)

Franco Reyes broke the 15 & Over 200 IM (1:57.67)

WTSC USS Meet – Nov. 22-24

Lucas Smiarowski broke the 13-14 100 BA (54.70), 200 IM (1:57.39), 400 IM (4:12.80)

Alex Shozda broke the 15 & Over 50 FR (20.84), 100 BA (50.45), 200 BA (1:53.64)

Trevor Winans broke the 15 & Over 200 FR (1:42.26)

USA Junior Nationals – Dec. 12-14

Alex Shozda tied the 15 & Over 50 FR (20.84)

Trevor Winans broke the 15 & Over 200 FR (1:40.99), 500 FR (4:37.90)

Mitch Strahlman broke the 15 & Over 1650 (16:10.51),

Trevor broke it 30 minutes before with a (16:16.80)

Mitch Strahlman broke the 15 & Over 200 Breast (2:07.65) and 200 IM (1:54.31) in time trials

15 & Over 200 FR relay (1:26.21): Sean Gregor, Alex Shozda, Trevor Winans, & Mitch Strahlman

15 & Over 400 FR relay (3:07.42): Sean Gregor, Alex Shozda, Trevor Winans, & Mitch Strahlman

*** all team records are now up to date on the website ***



HWSA Winter Splash Update

Currently entries are closed on our website. If anyone still needs to sign-up for the meet, please contact your coach ASAP to be added to the meet. We have many teams coming to the meet and it should be a fun weekend of swimming. Please keep up to date for this meet on our website at – [click here](#).



SSTY A+ Meet Update

Please make sure that if you are planning to attend this travel meet (approx. 1 hour and 45 minute drive) that you get your entry in ASAP. We are sending in our team entry very early this year since we were shut out of the meet last year. This has been a great meet in the past for HWSA. There are qualifying times to enter this meet. Please check them out on our website at – [click here](#).