

Dolphins Bites: 8/12/2013



HWSA Hosts Successful Illinois Senior Championship Meet

Congratulations to our team on running a very successful Senior State meet! Tons of coaches and officials at the meet were letting us know we did a fantastic job as hosts. So to everyone who worked so hard at setting up, organizing, running, etc., THANK YOU! You made our state proud and really helped move our team in the right direction. We have earned the respect of many in Illinois Swimming.



USA Junior National Meet

This past week in Irvine, CA was the USA Junior National meet. Franco Reyes qualified in the 100 FL and swam the event last Wednesday. Franco was had an outstanding swim lowering his already Illinois state record of 56.80 down to 56.01. Franco won his heat and was greeted with a camera in his face as the heat winner. Congratulations Franco on a great swim! To see more about this meet, [click here](#).



Illinois Senior Championship Meet – HWSA WINS 2nd Place Overall – HWSA Men Take 1st!

HWSA qualified swimmers participated at the Illinois Senior Championship meet the weekend of Aug. 1st – 4th. HWSA finished the meet in 2nd place to the Redbird Swim Club. This is the highest team finished in the history of HWSA. Plus the HWSA men took 1st place, first time that has ever happened! Congratulations on the spectacular finish! To see more about this meet, [click here](#).

14 Team Records Broke at the Meet

Megan Vallance broke the 13-14 girls record in the 100 FR

Lucas Smiarowski broke the 13-14 boys records in the 800 FR & 400 IM

Alex Shozda broke the 15 & over boys record in the 50 FR

Trevor Winans broke the 15 & over boys records in the 200 FR, 400 FR, & 1500 FR

Mitch Strahlman broke the 15 & over boys records in the 800 FR, 100 BR, 200 BR, & 400 IM

Sean Gregor broke the 15 & over boys record in the 200 BA

400 Medley Relay of Sean Gregor (BA), Mitch Strahlman (BR), Franco Reyes (FL), & Trevor Winans (FR) broke the 15 & over men's record

800 Free Relay of Trevor Winans, Mitch Strahlman, Alex Shozda, & Sean Gregor broke the 15 & over men's record.

Earning Medals at the Meet

- Top 10 Individual Places

- Top 3 Relay Places

Sean Gregor – 2nd place 100 BA, 5th – 200 BA, 6th – 100 FR, 8th – 50 FR, & 9th – 200 FR

Alex Shozda – 2nd place 50 FR, 7th – 100 BA, & 8th 100 FR

Mitch Strahlman – 2nd place 800 FR, 4th – 400 IM, 6th – 200 IM, 6th – 200 BR, 7th – 100 BR, & 7th – 400 FR

Trevor Winans – 2nd place 1500 FR, 3rd – 400 FR, 4th – 200 FR, 5th – 800 FR, 7th – 200 IM, & 9th – 100 FR

Lucas Smiarowski – 5th place 400 IM & 6th - 800 FR

Colin Williams – 5th place 100 FL

Zack Amendola – 7th place 100 FL

Matt Mielke – 8th place 200 BR

Adrienne DiFoggio – 9th place 400 IM

2nd place – Men 800 FR: Trevor Winans, Mitch Strahlman, Alex Shozda, & Sean Gregor

2nd place – Men 400 Medley: Sean Gregor (BA), Mitch Strahlman (BR), Franco Reyes (FL), & Trevor Winans (FR)

2nd place – Men 400 FR: Franco Reyes, Alex Shozda, Sean Gregor, & Trevor Winans

Swimming Personal Best Ever Swims at the Meet Were:

Adrienne DiFoggio (7 personal best swims), Sean Gregor (7), Colin Williams (7), Zack Amendola (6), Marina Schroeder (6), Mitch Strahlman (6), Trevor Winans (6), Lauren DeAngelis (4), Annette Lesnicki (4), Alex Shozda (4), Lucas Smiarowski (4), Nick Amendola (3), Tom Davey (3), Markiz Msciwajewski (3), Mitch Carzoli (2), Ben Fisher (2), Solomon Geinosky (2), Sarah Law (2), Paige Lay (2), Megan Vallance (2), James Birriel (1), Matt Blicharski (1), Courtney Boak (1), Lea Cejvan (1), Natalie Graves (1), Rachel Law (1), Tricia Mangila (1), Alex McGurk (1), Matt Mielke (1), Jakub Mysliwicz (1), Barbara Rose (1), Jacob Stypula (1), Nikki Sugihara (1), & Jacob Vance (1).



HWSA Finishes in 10th Place at Illinois Age-Group State Meet

During the weekend of July 25th – 29th, the HWSA 14 & under qualified swimmers swam at Stevenson High School and finished in 10th place at State as a team. This marks the 13th consecutive season that HWSA has finished in the 10 top at the Age-Group State meet. 35 HWSA athletes participated in the meet with 39 qualified. Congratulations to HWSA's 14 & under state swimmers for this great accomplishment!

10 Team Records Broke at the Meet, 2 State Records!

New Illinois State records were broken by

Franco Reyes – 100 Butterfly – 56.80

13-14 Boys 400 Medley Relay: 4:14.77

Cole Geinosky (BA), Lucas Smiarowski (BR), Franco Reyes (FL), & Edgaras Petrikas (FR)

Team Records

Megan Vallance broke the 13-14 girls record in the 100 FR

Lucas Smiarowski broke the 13-14 boys records in the 1500 FR, 200 BA, 200 BR, 200 IM, & 400 IM

Franco Reyes broke the 13-14 boys records in the 100 FL, 200 FL, & 100 BR

13-14 Boys 400 Medley Relay:

Cole Geinosky (BA), Lucas Smiarowski (BR), Franco Reyes (FL), & Edgaras Petrikas (FR)

Earning Medals at the Meet

- Top 8 Individual Places
- Top 3 Relay Places

13-14 boys

Franco Reyes: 1st place – 100 FL, 100 FR, & 200 FL, 2nd – 100 BR & 50 FR, & 3rd – 200 IM

Lucas Smiarowski: 1st place – 1500 FR, 200 BR, 400 IM, & 200 BA, 2nd place 200 IM & 400 FR

Cole Geinosky: 4th place 13-14 boys 400 IM

400 Medley Relay, 1st place: Cole Geinosky, Lucas Smiarowski, Franco Reyes, & Edgaras Petrikas

400 Free Relay, 1st place: Cole Geinosky, Edgaras Petrikas, Lucas Smiarowski, & Franco Reyes

800 Free Relay, 2nd place: Jakob Russo, Edgaras Petrikas, Franco Reyes, & Lucas Smiarowski

Swimming Personal Best Ever Swims at the Meet Were:

Cole Geinosky (6 personal best swims), Ben Kimmel (6), Megan Vallance (6), Tatum Burek (5), Lucas Smiarowski (5), Delaney Spearing (5), Tommy Witek (5), Taco Law (4), Franco Reyes (4), Jakob Russo (4), Joe Bilonic (3), Robert Dobrowolski (3), Emma Dolan (3), Luke Kilhafner (3), Donna Kurek (3), Brendan Lee (3), Mitchell Johnson (2), Luke Christy (2), Megumi Komoto (2), Jocelyn Lounsbury (2), Bart Mysliwicz (2), Edgaras Petrikas (2), Gretchen Behrens (1), Lea Cejvan (1), Julia Lesnicki (1), Dylan Pokorny (1), & Annie Rangel (1).



HWSA Regional Meet Review

The championship season started with the Regional Championships the weekend of July 19th – 21st. HWSA had over 65 swimmers qualified for this championship meet.

New State Cuts – 34 new cuts

Joe Bilonic: 200 Back & 200 Breast, James Birriel: 200 Breast, Tatum Burek: 100 Fly, 200 IM, 100 Back, 100 IM, Mitch Carzoli: 50 Free & 100 Free, Luke Christy: 50 Free, Tom Davey: 1000 Free, Clayton Dudash: 200 IM & 200 Free, Natalie Graves: 1650 Free, Evan Johnson: 100 Breast & 400 IM, Mitchell Johnson: 100 IM, Ben Kimmel: 200 IM, 100 Back, & 100 IM, Megumi Komoto: 50 Fly, Taco Law: 200 Free, Paige Lay: 100 Back, Jocelyn Lounsbury: 200 Fly & 200 Back, Phil Scarim: 200 Breast, Marina Schroeder: 200 Fly, Kevin Siciak: 200 Free, Delaney Spearing: 50 Free & 100 Free, Nikki Sugihara: 500 Free, & Tommy Witek: 1000 Free, 500 Free, & 200 Fly.

Swimming Personal Best Ever Swims at the Meet Were:

Tatum Burek (10), Jocelyn Lounsbury (10), Tom Davey (8), Lea Cejvan (7), Lauren Johnson (7), Tommy Witek (7), James Birriel (6), Brian Brown (6), Kassie Buff (6), Andreas Christy (6), Mitchell Johnson (6), Megumi Komoto (6), Donna Kurek (6), Julia Lesnicki (6), Annie Rangel (6), Delaney Spearing (6), Joe Bilonic (5), Becca Birriel (5), Matt Blicharski (5), Luke Christy (5), Erin Falejczyk (5), Angelica Ford (5), Bart Mysliwiec (5), Dylan Pokorny (5), Michael DeAlba (4), Robert Dobrowolski (4), Paige Lay (4), Bryce Spearing (4), Mitch Carzoli (3), Natalie Graves (3), Leah Hood (3), Evan Johnson (3), Ben Kimmel (3), Taco Law (3), Markiz Msciwajewski (3), Clayton Dudash (2), Emma Dolan (2), Edgaras Petrikas (2), Marina Schroeder (2), Kevin Siciak (2), Nikki Sugihara (2), Kevin Witek (2), Ashley Asiddao (1), Gretchen Behrens (1), Drew Clark (1), Lauren DeAngelis (1), Skylar Dudash (1), Aidan Foley (1), Kamila Guzy (1), Leah Nyblom (1), Phil Scarim (1), Jacob Stypula (1), & Iris Thornberry (1).



New Coach – Bill Magnuson, Stagg Squad

Bill Magnuson will be joining the coaching staff this upcoming season. He will be bringing his 30+ years of coaching experience with him to our club. Coach Bill will primarily be coaching group 4 as well as helping out in all other groups. He will be working part-time 3 to 4 days a week. Coach Bill recently coached at NAC/TPSC for the past 7+ years. Please welcome him to the team when you see him on deck the first week of practice.



HWSA Fall/Winter 2013-14 Registration is OPEN now!

The time is now to register for the next exciting swim season. Registration is currently open on the website with many returning athletes already signed up. Please attempt to register soon so the coaching staff can plan groups appropriately. Also if you have/know of a new swimmer interested in doing the 2 week trial period, that registration is open as well on the website. We are coming off one of most exciting season and looking to improve even more this season.