



Bluefins Bulletin

VOLUME 1, ISSUE 2

FEBRUARY 10, 2017

MEETS / EVENTS

February 16-19 — Swim Meet
13 and Over Louisiana State Championship
** Must Qualify for this meet **
Sulphur, LA

March 11 — Swim Meet
8 and Under Louisiana Championship
All 8 and Under Swimmers attend
University of New Orleans

March 12 — Fundraiser
Raisin' Cane's

March 17-18 — Swim Meet
Louisiana State "B" Championship
All swimmers with no state time attend
Lafayette, LA

GOOD TO KNOW

We are moving into the Championship part of the short course season. There is a meet for everyone to swim in during this part of the season.

State Qualifiers swim in their respective State Championship, 12 and Under or 13 and Older. Congrats to Chad Alfonso, Kailyn Krieger, Johnny Caserta and Emily O'Neil for their state times!

All 8 and under swimmers can swim in the 8 and Under State Championship. There are no qualifying times for this meet. All swimmers are qualified.

The "B" Championship Meet in March is also for ALL swimmers as long as they did not make a state qualifying time. That means just about everyone can attend.

Please go online and start committing or declining attendance at these meets.

INTRASQUAD MEET

Don't forget about our newly created Intrasquad Meet and Summer Swim recruiting/registration day on Saturday, April 8. Please bring anyone out who you think might be interested in joining the team. The meet will also allow family members and friends that cannot always get to the locations our regular meets are being held.

***** Remember, a NEW swimmer who signs up for summer swim and uses your name as their reference will get your \$75 summer swim fee waived from your account. They have to be a new swimmer to the Bluefins, no former swimmers or summer swimmers from last year count. *****

COACHES CORNER

If your kids spend as much time in the water as I think they do you may already know about Swimmer's Ear – an infection in the outer ear canal, which runs from your eardrum to the outside of your ear. It's often brought on by water that remains in your ear after swimming, creating a moist environment that aids the growth of bacteria. As a swimmer you may be more prone to getting Swimmer's Ear. Especially with summer swim coming up, 5 days a week or more in the water plus fun time at friends pools or backyard at grandma's house! Here are a few tips to help avoid it.

1. Avoid letting water get trapped in the ear. Swimming with ear plugs can help, along with drying your hair and ears thoroughly.

2. Avoid using cotton swabs to clean your swimmers ears. . . there is a layer of ear wax that protects your ears and removing it could irritate the ears, creating an environment that may be more prone to infection.

Be on the lookout for signs and symptoms of swimmer's ear, including:

Tenderness of the external ear, Inflammation of the ear canal. Itching inside the ear, Sensation of fullness, Drainage from the ear, Swelling and redness.

If you think you or your child may have Swimmer's Ear, call your doctor to discuss Swimmer's Ear and potential treatment options.

Dryland will be starting back up on Tuesday and Thursday nights as we begin long course. Also, bring your gear TO EVERY PRACTICE!

Attendance Report (January 2017)

Fit and Fun 51%	Blue 66%
Orange 77%	Silver 63%

Excellent job by Jack Battaglia, Ace and Aubree Caballeros, Gio Caserta, Abby Creason, Xander Davis, Alex Gautier, Mia Kennedy and Kailyn Thomas.....all had PERFECT ATTENDANCE in January!



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HIGHLIGHTS

January was an amazing month for the Bluefins! The Pensacola Meet was not only a fun time for everyone but it was also a great weekend of swimming. Over 150 personal best times were set by our Bluefin swimmers including several USA Swimming motivational times. Here are some of the great swims from the weekend.

Friday Night

Sean DeFraties 7th place 100 Free
Gabe Hernandez 50 Free Cut 24 seconds
Audrey Cox and Madeleine DeFraities cut more than 3 seconds in 50 Free
Chad Alfonso completed his first 500 Free

Saturday

8 and Under Free Relay (A. Torres, A. Creason, M. Kennedy, S. Breaux) 5th Place
8 and Under Free Relay (A. Naquin, E. Boyer, A. Boyer, M. Gaye') 6th Place
10 and Under Free Relay (L. Kovesdi, Z. Wolfe, K. Doody, K. Krieger) 3rd Place
10 and Under Free Relay (C. Alfonso, C. McAllister, P. Sylvia, J. Battaglia) 6th Place
10 and Under Free Relay (S. Caserta, J. Byrnes, H. Caserta, C. Eagan) 7th Place
11-12 Free Relay (Z. Wolfe, M. DeFraities, A. Cox, M. Shipley) 6th Place
Kailyn K., Leia K., Zaylee W. and Grace G. all cut big time in the 100 Back
Great job to all 12 and Under Boys in the 100 Back (Chad, Jack, Peyton, Connor, Hayden, Sal and Todd)
Adisyn Torres 10th Place 25 Back
Sean DeFraities 7th Place 25 Back, Dane Lyons 8th, Alex Gauthier 9th, Danny Frantovich. 10th and Tyler Nunez 12th
Kailyn Krieger 10th Place 50 Breast
Xander Davis cut 11 seconds in 50 Breast
Mia Kennedy 11th Place 25 Fly and 14th Place 100 IM
Julia Byrnes completed her first 100 IM
Emily O'Neil cut 6 seconds, 100 Breast state time
Chloe Jorns, Johnny Caserta, Eddie Krieger, Emily O'Neil all cut time in 100 Free
Chloe Jorns 7th Place 50 Fly and completed her first 500 Free

Sunday

10 and Under Medley Relay (L. Kovesdi, K. Krieger, K. Doody, Z. Wolfe) 3rd Place
10 and Under Medley Relay (J. Battaglia, C. Eagan, P. Sylvia, C. Alfonso) 3rd Place
11-12 Medley Relay (M. Shipley, M. DeFraities, A. Cox, Z. Wolfe) 4th Place
Adisyn Torres 9th Place 25 Free, Abby Creason 11th
Sean DeFraities 4th Place 25 Free, Dane Lyons 5th, Alex Gauthier 7th, Danny Frantovich 8th, Tyler Nunez 9th
Abby Creason 8th Place 50 Back, Adisyn Torres 12th, Ella Schneida 18th, Addison Naquin 19th
Emily O'Neil cut 9 seconds, 200 Breast state time

Honestly, there are so many.....we ran out of room!

Also at the end of the month, a few swimmers competed in Baton Rouge to attempt to get additional state times. Chad Alfonso was able to qualify and several other swimmers just missed.

