



WESTERN YMCA WAHOOS

January 2019 Newsletter



We are excited for all our Wahoo swimmers this year. The entire team is off to one of its best mid-season performance ever!

We started the season off with our jointly hosted and newly created, **Undertow invitational**, at Rehoboth beach. We hope this to be an annual event that our families can look forward to each year. During the two-day meet, we set the stage with many outstanding swims, and then celebrated the start of season with an outdoor dinner party at Grotto's Pizza. Parents and swimmers alike shared excitement for our season to unfold as well as memorable time together. Attendance was over the top.

Below are some highlights from our most important meets so far this season:

Pumpkin Plunge top 6 finishers:

Veronica Alves, Emma Bonis, Joey Bukartek, Noah Burnell, Nina Cederholm, Ben Cook, Khiya Daniel, Kassidy Daniel, Tavon English, Genesis Flores-Caceres, Evan Fortmann, Meron Hailu, Rosie Hailu, Grace Holland, Elena Jimenez, Eva Jimenez, Talula Lane, Aaron Markey, Ella Markey, Molly Muprhy, Fallon Price, Brynn Reazor, Joel Schroyer, Alex Serafin, Andrej Slijepcevic, Angelo Vaccarino, Abe Webster, Jacob Worrall, Nicole Zheng



The Wahoos finished second place out of 13 teams at **Winter Classic!**

Winter Classic Finalists:

Skylar Brennecke, Luke Burnell, Noah Burnell, Cameron Byrd, Justin Byrd, Niles Commodore, Khiya Daniel, Peyton Fischer, Amilcar Flores, genesis Flores-Caceres, Karina Gendron, Yohanna Hailu, Grace Holland, Ainsley Holman, Sandy Janton, Eva Jimenez, Ren Lynch, Saryn McCullough, Andrew McGrellis, Alyssa Napier, Ava Napier, Hannah O'Dwyer, Isabella Ortiz, Ryan Price, Alex Serafin, Gabby Serafin, Erik Shute, Aaron Stevens, Aevry Thomas, Steven Thornton, Timmy Tyler, Tommy Warriner, Alex Whitton, Jake Wisniewski

Arena Cup Finalists:

Tori Blankenship, Tommy Janton, Nolan Clancy, Liam Simmons, Tyler Suchyj.

Tommy Janton won 14 & Under High Point for the meet with 5 First Place finishes.

Records Broken so far this year:

Tyler Suchyj: Open Boys 1650 Free

Erik Shute: Open Boys 1650 Free

Liam Simmons: 13-14 50 Free

Tommy Janton: 13-14 50 Free, 100 Free, 200 Free, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM

New Nationals Cuts so far:

Liam Simmons: 100 Back

Tommy Janton: 100 Back, 200 Back, 100 Fly, 200 IM, 400 IM

Men's 400 Medley relay

Our Mid-Season rounded out with two additional team-building events:

First, the Wahoos celebrated 50 years of swimming at our first ever swim team alumni event at Klondike Kates. It was nothing short of amazing with a huge turnout. Special shout out to Christine Jimenez and Veronica Commodore for organizing our 50th anniversary party. Parents and swimmers came out to visit with the many Wahoos from years past as well as our current swim team family.



Secondly, we are excited to share another fantastic Wahoo turnout for our **“Special Holiday Practice”**. The entire team came together for this session. Almost a hundred of our swimmers shared games, relays and team spirit together. The local fire department greeted the kids by Firetruck while a feast of endless popcorn and treats were devoured. The youngest of Wahoos paired up with the oldest of Wahoos for a memorable team bonding experience. We are very proud of the sportsmanship all our Wahoos demonstrated.



Other exciting Wahoo news:

You may have noticed some new equipment on the pool deck. We are very grateful to our Parent's advisory committee for helping the Wahoo program take the next steps to becoming an exceptional program, one that all our kids will benefit from...we have two new pace clocks and a whole new video setup. For our Team's 50th Anniversary the "Wahoo Hats" were also a huge hit! Thank you!

We are pleased and very excited to announce that our Wahoo Video Program is up and running. A designated area has been set up at the back of the bubble pool. A small safe was installed in order that all coaches will have secure access to underwater cameras and video training equipment.

Coach Dave has already made great strides and use of the video equipment to date. So many of our swimmers have already benefited. A planned in-service session is currently being scheduled to further train our coaches. As we continue to roll out the program, we will start with the older groups and then move to the younger groups. We are one of the few teams in the Mid-Atlantic Region to be fortunate enough to have this aspect as part of our overall program. Coaches plan to work by groups and individually with the kids. A video of any swimmer can be displayed for immediate training discussion or stored collectively for a group training session. A video library is being created for the benefit of each Wahoo, including video like routine training for starts and turns, finishes, stroke and underwater technique as well as race swims. This kind of educational training is not limited to video footage of our swimmers; we are also able to view current teaching videos of many Olympians and groundbreaking techniques presented by many of our sport's top coaches. We can take that best practice right to the pool for instruction.



Happy New Year,

Go Wahoos!!