THE MONTCLAIR TIMES

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A snapshot of Montclair sports this week

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YMCA youngsters compete at First Frost swim meet

Twenty-four of the youngest Montclair YMCA Dolphins competed against 220 other swimmers in the First Frost 9-and-under Mini-Meet, held Nov. 23 at the Raritan Valley Community College Aquatic Center in Branchburg.

Nine teams from the region competed in this annual event hosted by the Fanwood-Scotch Plains YMCA.

Ranging in age from 6 to 8, 13 of these mighty young Dolphins turned in 28 top-20 finishes.

Five of those Dolphins – Sefina Morrison (age 6), Cooper O'Brien (6) and Carly Frank (8) of Montclair, Sophia Juliano (8) of Bloomfield and Kazuri Lateef of West Orange – achieved one or more top-10 finishes as well.

"The First Frost gives our youngest swimmers experience in a regional meet early in the season," said Matt Garifo, the head coach for swimmers in this age group. "We're proud of what our swimmers have accomplished so far this season."

The YMCA of Montclair Dolphins swim team offers a year-round opportunity for competitive swimming in both YMCA and USA Swimming competitions as well as seasonal instructional clinics for aspiring competitive athletes.

The team is comprised of girls and boys from age 6 through high school. More than 200 athletes train with the team each year. They compete at all levels, based on their skill set.

For more information, contact the program's head coach, Paulo Madeira, at pmadeira@montclairymca.org or at 973-744-3400.

–courtesy of Izumi Hara