

# 2008-09 Season Highlights

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## Spring College Commitments!

Eric Grunden



[Illinois Institute of Technology](#)  
[click to visit the team site](#)

Mac Redinger



[University of Kentucky](#)  
[click to visit the team website](#)

Andrew Nash



[Depauw University](#)  
[click to visit the team website](#)

***High School Team Records broken during 2008-2009 SC season!***



Eric Mai  
17&18 Boys 50 Breast, 200 IM, 200 IM Long Course



Molly Dengler

17 & 18 Girls 500 Free, 400 IM



Julianne McNamee  
17 & 18 Girls 50 free, 100 Free



Matt Gleason  
17 & 18 200 Fly



Billy Ross  
15 & 16 100 breast



Franciska Mandy  
15 & 16 100 Fly



Fanny Mandy  
15 & 16 100 Backstroke



Sarah Wilson  
15 & 16 200 Free



Lori Davis



Mac Redinger, Billy Ross, Brian Barrett,  
Matt Gleason  
17 & 18 400 Free Relay, 200 Medley Relay,  
400 Medley Relay

Eric Mai 50m breaststroke, 200m breaststroke, 200 IM



Men's 50m breaststroke

Men's 200m breaststroke

watch Eric's last 50 he really turns it on to get second in this heat!

200m IM

Maddie Lawhorn



Women's 50m breastroke

**Congratulations to our  
Ohio Junior Olympic Champions!**

**Jason Mathews**



**Boys 10 and under 50 Breastroke, 100 Breastroke**

**Miranda Donley**



**Girls 10 and under 50 Butterfly**

**Team Records Smashed!**

**Rachel Jackson**



**Girls 13-14 100 Fly, 13-14 50 & 200 fly, 50 back**

Youngest member of NAAC Junior Nationals Team at age 13!

**Haley McLellan**



**1650 free broke it by 8 seconds!**

**Alicia Donley  
10 and under Girls 50 Backstroke**



**Janessa Mathews  
10 and under Girls 50 Breastroke**

# Swimmers of the Meet States/Ohio Junior Olym

Hi Team,

Hope everyone has been getting outside and enjoying the beautiful weather! We miss all of you, but are getting caught up around our houses. The banquet is scheduled for April 19th at 5:00 pm in the NA Middle School Cafeteria. It will be a pot luck. More details to come. We hope to see you there!

What a **FABULOUS** State Meet our team had this past weekend in Bowling Green!!!!!!!!!!!!!! Everyone did a great job! We had many best times, swimmers in finals, 17th places:), state champions, zone cuts, team records, and a lot of fun! Congratulations to all who swam this past weekend!!!!!!!!!!!!!! We are so proud of all of you!!!!!!!!!!!!!! We had 27 swimmers from our team at this meet in individual events and or in relays. We want to double that number next year. Will you be one of the 54? Go to the Bowling Green Swim Club to look at all the results or our web site.

## Congratulations of our Swimmers of the Meet:

★ **Taylor Berend**- had an awesome meet with 7 best times! She dropped 1.04 seconds in the 50 fly to place 6th, 1.8 seconds in the 100 IM to place 10th, .05 seconds in the 50 free to place 14th, & .35 seconds in the 100 free to place 15th. She looked strong and her strokes looked beautiful! Way to go Taylor!

★ **Miranda Donley**- had an outstanding meet with 11 best times! She dropped .92 seconds in the 50 fly to win the event and earn a state champion title, 5.5 seconds in the 100 fly to place 2nd, 2.8 seconds in the 50 back to take 3rd, 1 second in the 50 free to earn 6th, 1.4 seconds in the 50 breast to place 7th, and 1.5 seconds in the 100 back to place 9th. She ended up 6th overall at the meet, and is now ranked Top 16 in the country in the 50 fly. Way to go **Miranda!**

**Congratulations to State Champion, Jason Mathews for winning the 50 and 100 breaststroke. He is ranked Top 16 in the country in the 50 breast and ended up 10th overall at he meet. Way to go Jason!**

Way to go to ★ **Janessa Mathews** for breaking the team record in the 50 breast and ★ **Alicia Donley** for breaking the team record in the 50 back!

★ Congratulations to Rachel Jackson for breaking the 13-14 team record in the 100 fly at the State Meet! After the State meet, she went to the Junior Nationals in Florida and broke the 13-14 50 & 200 fly team records and also the 50 back team record. She was the youngest member from our team at this meet. Very impressive at 13! Way to go Rachel!!!!!!

★ Congratulations to Haley McLellan for breaking the team record in the 1650 free at the State meet! The previous record was from 2000 and Haley broke it by 8 seconds. Fabulous job Haley!!!!!! Great job girls!

Have fun,  
Brad, Stephanie, & Jen  
***Our High School State Champions!!***

*more state meet results soon*

VIEW the EXCELLENT MULTIMEDIA PRESENTATIONS BY THE COLUMBUS DISPATCH FEATURING MANY NAAC SWIMMERS!!!

[CLICK HERE](#) for Friday Coverage  
[CLICK HERE](#) for Saturday Coverage

### Girls 200 Individual Medley Division Two



**Molly Dengler**

Division II Women 200 Yard IM

## Boys 50 Free Division Two



**Brian Barrett**

Division II Men 50 Yard Freestyle

## Boys 200 Free Relay Division Two



**New Albany Brian Barrett, Matt Gleason, Stuart Sliowski, Austen Sybert**

## Division II Men 200 Yard Freestyle Relay

## Girls 200 Freestyle Relay Division Two



**Jenna Young, Molly Dengler (NAAC), Fanny Mandy (NAAC), Franciska Mandy(NAAC)**

**Division II Women 200 Yard Freestyle Relay**

**Boys 200 Medley Relay Division One**



**Jay Schuh (NAAC), Sandy Whitaker, Eric Mai (NAAC), Eric Grunden (NAAC)**

Division I Men 200 Yard Medley Relay

## Swimmers of the Meet Last Ditch and TYR Meet!

Hi Everyone,

We were looking over the results last night, and we were excited to see all the best times, big time drops, team records, and the older ones right at their times. The older kids should have time drops at Regionals if they have been working hard & consistently getting to practices. A very important ingredient to doing well is believing in themselves when it comes down to it. It will be fun championship meets for all of them! Congratulations to all who swam in the TYR meet and the Last Ditch meet! You should be proud of yourselves even if you didn't have best times. Remember all the little things that you are working on and that your coach talks to you about.

**[Congratulation to our Swimmers Of The Meet:](#)**

**[TYR-](#)**



**Abby Wilson**- had a great meet with 4 best times! She works hard and she really raced in finals! She dropped 15 sec. in the 500 free & 1.3 sec. in the 200 free.

★ **Max Penn**- had a wonderful meet with all best times-5! He works hard and it showed when he dropped 8.9 sec. in the 100 IM & 2.1 in the 200 IM.

### Jr. Ripples

★ **Lauren Gastineau**- had another super meet with 2 best times. She's only 6 and beat 8 year olds she said:) She dropped 11.4 sec in the 50 free and swam the 50 back for the first time.

★ **Ben Litle**- had a great meet with 2 best times! He swam the 50 free and 50 back for the first time and did super!

### Ripples

★ **Maki Hall**- had a wonderful meet with 3 best times! She works hard and dropped 7.8 sec. in the 100 free and swam the 50 breast for the first time.

★ **Brandon Jordan**- had a super meet with 2 best times! He swam the 100 free and 50 back for the first time and did great!

### Waves

★ **Anna Bath**- had a beautiful first meet! She had four great races and showed herself that she can win those heats!

★ **Carly Gallagher**- had a great meet with 5 best times! She dropped 16.3 sec in the 50 back, 6.9 sec. in the 100 free & 6.3 sec. in the 50 breast. Way to go!

★ **Nicholas Muszynski**- had a fantastic meet with 5 best times! He saw what using his legs can do in his races. He dropped 7.2 sec in the 50 fly, 5.6 sec in the 100 breast, and is getting close to a state cut in the 50 breast.

### Tsunami

★ **Hope Wulliger**- had an outstanding meet with 4 best times! She has been working hard and recovering from an injury. She saw that anything is possible when you believe in yourself. She dropped 4.4 sec. in the 100 breast & 2.1 sec. in the 50 free. Her 50 free time qualified her for the state relay team for 10 & under as well.

★ **Jessica Zaper**- had a wonderful meet with 4 best times! She comes to practice more than anyone and it was nice to see her race! She dropped 9.2 sec. in the 100 breast & 1.5 sec. in the 50 free.

### Hurricane & Age Group Cyclone

★ **Brendan Murphy**- had a great meet with all best times-8! He works hard and will get state cuts in

more than just relays this year:) He dropped 7.1 sec. in the 50 breast, 5.6 sec. in the 100 back & 3.3 sec. in the 100 IM.

**Congratulations to Alicia Donley for breaking the 100 fly record from 2004, the 100 back record from 2005, and the 100 breast record! Way to go Alicia!!!!**

**Make sure to get plenty of sleep these next two weeks and eat healthy!  
Stephanie, Jen, Brad & John**

## **Alicia Donley Sets FOUR New Team Records!!**

Ned Reed Last Ditch Meet

**Girls 8 and under: 50 Back, 100 Back, 100 Breast, 100 Fly!**



## **Janessa Mathews Lowers 100 Breastroke Record!**

Ned Reed Last Ditch Meet

**congratulations**

## Swimmers of the Meet Regionals!

Hi Everyone,

What a great showing we had this past weekend at the Regional meet and Time Trials. We had many best times, 19 more state cuts, and a lot of energy and enthusiasm! It was so wonderful watching our kids cheer on their teammates and seeing the blue caps win heats. We know they had a lot of fun and so did we! They all have improved so much from last year, matured, grown mentally & physically, and come together as a team. Everyone on this team is a winner and they all help each become better swimmers and people. Congratulations to all the swimmers who competed in this meet! We are so proud of each of you and all that you have achieved this season!!!!!! Be thinking about your goals for next year now.

Congratulations to our Swimmers of the Meet!

### Jr. Ripples

**Rachel Santantonio**- had an incredible meet with all best times! She worked hard, and had huge time drops in her events. She dropped 17.7 sec. in the 100 free, 11.3 sec. in the 50 back, and did the 100 IM & 100 breast for the first time! Way to go Rachel!

### Ripples

**Madison Ho**- had a super meet with four best times! She really stepped up and raced and dropped 13.3 sec. in the 100 IM, 4.3 sec. in the 50 free, and swam the 100 breast for the first time. Way to go Madison!

### Waves

**Abbie Linek**- had a great meet with three best times! She has improved a lot and dropped 4 sec. in the 50 fly, and swam the 100 breast for the first time. Way to go Abbie!

### Tsumani

**Sara LeMay**- had a wonderful meet with five best times! It was fun to see her race from the beginning of her events and finish hard. She dropped 5.1 sec. in the 100 IM, 2.6 sec. in the 50 back, and 1.2 sec. in the 100 back. Way to go Sara!

**Jordan Mosier**- had a great meet with all best times! He works hard and it was great to see his times show it. He dropped 8.6 sec. in the 100 IM, 7.4 sec. in the 200 free, 6.1 sec. in the 50 back, 3.3 sec. in the 100 free, and swam the 200 IM for the first time and finaled. Way to go Jordan!

**Deryn Murphy**- had an awesome meet with eight best times! She worked hard all year and it paid off when she dominated in all her heats. She dropped 38 sec. in the 200 IM, 4.6 sec. in the 100 free & 3.2 sec. in the 100 IM. Way

to go Deryn!

### Hurricane

**Ben Conrad**- had an incredible meet with eight best times! He went after his races and finaled in three of them. He dropped 5.3 sec. in the 100 free & 1.8 sec. in the 100 breast. Way to go Ben!

**Jason Mathews**- had a wonderful meet with all best times! He is a hard worker and a racer. He dropped 10.1 sec. in the 100 back, 2.2 sec. in the 100 free, and achieved a state cut in the 100 free. Way to go Jason!

**Rachel Mohre**- had a super meet with all best times! She has improved a lot and it was great to see her drop 12 sec. in the 100 IM, 7.4 sec. in the 100 free, & 2.6 sec in the 50 back. Way to go Rachel!

**Ellie Jo Strickler**- had a great meet with all best times! She went out and raced and dropped 12.5 sec. in the 200 IM, 11.8 sec. in the 200 free & 6.3 sec. in the 100 breast. Way to go EJ!

### Age Group Cyclone

**Elly Gleason**- had an awesome meet with eight best times! She went out and attacked her races and was all smiles the whole meet. She dropped 3.8 sec. in the 200 free & 3 sec. in the 100 free. Way to go Elly!

**Chase Honeycutt**- had a great meet with all best times! He really went after his races, had great splits in finals, and dropped 6.6 sec. in the 200 IM, 5.8 sec. in the 200 free & 3.5 sec. in the 100 free. Way to go Chase!

**Alison Koenig**- had a wonderful meet with all best times. She looked great and dropped 8 sec. in the 200 IM, 5.8 sec. in the 200 free, & 3.8 sec. in the 100 free. Way to go Alison!

Congratulations to **Alicia Donley** for lowering the 50 breast team record!

Be active, have fun, and see you in the spring,

Brad, Stephanie, Jen & John

## Dispatch Athlete of the week!



Erik Mai

## ST. CHARLES, BOYS SWIMMING

Mai, a senior, won two individual events and swam on two winning relays to help the Cardinals win the Division I district championship at Ohio State last Saturday. Mai won the 200-yard individual medley (1:53.01) and 100 breaststroke (58.25). He also swam on the 200 medley relay (1:33.48) and 200 free relay (1:26.67).

## High School District Champions!!



Eric Mai at Central Ohio Districts photo Columbus Dispatch  
District Champion 100 Breaststroke, 200 IM and part of two winning relays



**Molly Dengler District Champion 500 Free, 200 IM  
and part of two winning relays!**



**Brian Barrett District champion 50 free, 100 breast  
and part of two winning relays**



**Franciska Mandy District Champion 100 fly  
and on two winning relays!**



**Maddie Lawhorn District Champion 100 Breastroke!**

## **Our High School Sectional Meet Champions for 2009!**

**NAAC had 14 Sectional Championship swims this weekend:**

- ▣ Sarah Wilson 200 free**
- ▣ Molly Dengler 200 IM and 500 free**
- ▣ Maddie Lawhorn 100 breast and 100 fly**
- ▣ Brian Barrett 50 free and 100 breast**
- ▣ Matt Gleason 100 fly**
- ▣ Erik Mai 100 breast and 200 IM**
- ▣ Julianne McNamee 100 free**
- ▣ Mack Redinger 50 free and 100 free**
- ▣ Jordan Hoenig 100 breast**

**Congratulations!!!**

## **Barbara Kay Mini Champs Records!!!**



L to R McKayla Moffat, Janessa Mathews, Alicia Donley, Yas Salon

Girls 8 & Under 200 free relay- **Janessa Mathews, Yas Salon, McKayla Moffat, Alicia Donley.**

**This was a ten year old record they broke.**

Girls 8 & Under 200 medley relay- **Yas Salon, Janessa Mathews, Alicia Donley, McKayla Moffat.**

**Year old record they broke.**



L to R: Pearson Spsychalski, Andrew Donley, Andrew Bernsdorf, Austin Wharton

Boys 8 & Under 200 free relay- **Andrew Bernsdorf, Austin Wharton, Pearson Spsychalski, Andrew Donley.**

**They broke this record by 6 sec. & it was a ten year old record.**



## Barbara Kay Mini Champs Swimmers of the

L to R: Pearson Spychalski, Andrew Donley, Andrew Bernsdorf, Jack Brown

Boys 8 & Under **200 medley relay- Pearson Spychalski, Andrew Donley, Andrew Bernsdorf, Jack Brown.**  
They broke this record by 8 sec. & it was an eleven year old record!

**congratulations**

Hi Team,

All we can say is that the future swimmers of our team will be FAST! What a **FABULOUS** meet we had this past weekend. I don't know how many times we used that word to describe their swims, but a lot!. It was so much fun watching the blue caps win heats, times dropping, and their smiling faces look up at us. They had so much fun and so did we!!!! They all are winners and did a super job!!!!!!!!!!!! Congratulations to all the swimmers who participated in the meet!!!!!!!!!!!!

If you didn't hear, our team was **RUNNER UP HIGH POINT TEAM** to Lake Erie Silver Dolphins. We came in second to Upper Arlington only by 3 points. That was close.

A big thanks to Max Penn, an Age Group Cyclone swimmer, for coming out and supporting our little guys!!! They look up to you!

[Congratulations to our Swimmers of the Meet:](#)

[Jr. Ripples](#)

★ **Aliana Bernsdorf**- had an incredible meet with ALL best times! She worked hard all year and it paid off. She dropped 6.7 seconds in the 50 free, 5 seconds in the 25 back, 4.6 seconds in the 25 breast and placed 7th, & 1.9 seconds in the 25 fly and placed 4th. Way to go Aliana!

★ **Mikey DeAscentis**- had an awesome meet with ALL best times! He achieved all his goals he set for himself and more. He dropped 11.5 seconds in the 50 free, 4 seconds in the 25 back and placed 5th, and 2 seconds in the 50 back & 25 free. Way to go Mikey!

[Ripples](#)

★ **Mia Lachey**- had a fabulous meet with seven best times! She improved so much and went out and raced her heart out. She dropped 7.1 seconds in the 50 free, 6.6 seconds in the 25 fly, 4.4 seconds in the 25 back and was 15th, 3.8 seconds in the 50 back & 3.5 seconds in the 25 breast. Way to go Mia!

★ **Thomas O'Reilly**- had a fantastic meet with four best times! He is one of our youngest swimmers and has improved so much. He works hard and it showed when he dropped 8.8 seconds in the 25 back and placed 12th, 8.3 seconds in the 25 fly and placed 9th, 6.4 seconds in the 50 free to place 11th & 2.4 seconds in the 25 free. He also swam a great IM for the first time. Way to go Thomas!

★ **Morgan Pankow**- had a wonderful meet with seven best times! She is a hard worker and went out and pushed herself in each race. She dropped 11.5 seconds in the 100 IM, 5.7 seconds in the 50 back, 3.6 seconds in the 50 free, & 3.4 seconds in the 25 back. She also swam her first 50 fly in the relay for us and did it like a pro! Way to go Morgan!

★ **Leigha Zurich**- had an awesome meet with ALL best times! She works hard and it paid off when she dropped 24.4 seconds in the 100 IM, 6.9 seconds in the 50 back, 4.1 seconds in the 50 free, & 2.9 seconds in the 25 breast. Way to go Leigha!

#### Waves

★ **Jack Brown**- had a super meet with five best times! He dropped 8.8 seconds in the 100 IM and 5.5 seconds in the 50 breast to name a couple. Jack also swam his first 100 free. He was a member of the 200 Medley Relay, swimming freestyle, that broke an eleven year old NAAC team record. Way to go Jack!

★ **Thomas Lennox**- had a great meet with four best times! Thomas turned into quite the butterfly swimmer this weekend as well. He swam his first 50 fly and dropped 2.5 seconds in the 25 fly! He had a great attitude this weekend and went out to race every event and did a great job! Keep up the good work Thomas!!!

★ **Jane Taylor** - had a fantastic meet this weekend dropping time in 7 of her 8 events! She dropped 5.5 seconds in the 50 free, 9 seconds in the 25 fly and 3.5 seconds in the 25 back. She also swam her first 100 free and 50 fly. Jane has been working hard in practices and it paid off this weekend! Way to go Jane!

★ **Pierson Spychalski**- had a spectacular meet with ALL best times! He dropped 7.5 seconds in the 100 IM and 3.5 seconds in the 50 breast. He also swam his first 50 fly and first 100 free! He was one of the four members of the 200 Medley Relay, swimming backstroke, and 200 Free Relay that broke a ten and eleven year old NAAC team record. Congratulations Pierson!

#### Tsunami

★ **Alicia Donley**- had the meet of her life with seven best times! She works hard and it showed when she dropped 1.5 seconds in the 100 IM to place 3rd and to lower her team record, .60 seconds in the 50 fly to win the event, .89 seconds in the 25 breast to lower the team record, & she also lowered the team 50 breast record. She ended up 3rd overall at the meet for the 8 year olds girls. Way to go Alicia!

★ **Andrew Donley**- had an outstanding meet with seven best times! He loves to race and win and it showed when he dropped 5.1 seconds in the 50 fly to place 4th, 2.8 seconds in the 100 IM to win and break the meet record, & he lowered the his team record in the 25 free and won the event. He ended up getting the boys **8 year old HIGH POINT AWARD**. Way to go Andrew!

#### Congratulations to the following swimmers for breaking team records in the relays!!!!!!!!!!!!

★ **Girls 8 & Under 200 free relay- Janessa Mathews, Yas Salon, McKayla Moffat, Alicia Donley**. This was a ten year old record they broke.

★ **Girls 8 & Under 200 medley relay- Yas Salon, Janessa Mathews, Alicia Donley, McKayla Moffat**. Year old record they broke.

★ Boys 8 & Under 200 free relay- Andrew Bernsdorf, Austin Wharton, Pearson Spychalski, Andrew Donley. They broke this record by 6 sec. & it was a ten year old record.

★ Boys 8 & Under 200 medley relay- Pearson Spychalski, Andrew Donley, Andrew Bernsdorf, Jack Brown. They broke this record by 8 sec. & it was an eleven year old record.

We are so proud of all of you!!!!!!!!!!!!!! See you in the spring.  
Stephanie & Jen

## Team Records Fall at Friday Night Races!

Way to go the girls and boys free and medley relays  
that set three new team records on Friday night!  
Congratulations to:



**8 & under girls medley relay- 1:17.07**

Yas Salon  
Janessa Mathews  
Alicia Donley  
Rachel LeMay



**8 & under boys medley relay- 1:17.61**

Pearson Spsychalski  
Andrew Donley  
Andrew Bernsdorf  
Austin Wharton



**8 & under boys free relay- 1:09.35**

Andrew Bernsdorf  
Austin Wharton  
Jack Brown

Andrew Donley

## New Team Records Set at Kelly German



8 and under 25 free, new record for Andrew Donley at 14.84



Alicia Donley and Janessa Mathews

8 and under 50 back, new record for Alicia Donley at 38.82

**8 and under 25 breast, new record for Janessa Mathews at 19.18 (broke her own record)**

**congratulations!**

## *High School League Championships Results!*

**Congrats to the first of our tournament champions !**

NAAC had 25 individual championship swims at conference champs on Saturday Jan 31st!

★	Eric Grunden	100 back
★	David Huddle	200 free
★	Matt Gleason	200 IM and 500 free
★	Austen Sybert	100 fly and 100 back
★	Brian Barrett	100 free and 100 breast
★	Billy Ross	200 IM and 100 breast
★	Mack Redinger	100 free and 100 breast
★	Molly Dengler	200 IM and 500 free
★	Franciska Mandy	50 free
★	Elizabeth Dengler	100 breast
★	Janel Mathews	100 breast
★	Courtney Fischbach	100 fly
★	Julianne McNamee	100 free
★	Sarah Wilson	200 free and 500 free
★	Maddie Lawhorn	200 IM and 100 fly
★	Lori Davis	50 free and 100 free

Good Start !

Brad Burget

## **Swimmers of the Meet Kelly German Meet**

**Hi Everyone,**

**Wow, what a fabulous meet we had this past weekend! The kids all swam well. I think they were all more awake. Congratulations to all the swimmers!**

**Please make sure to sign up on our web site for our championship meets. The deadline for the Barbara Kay Mini Meet is January 28th and for Regionals January 30th.**

**We have qualified the 10 & under boys and girls free and medley relays for states in March! I have told my kids in the Tsunami group that anyone has a shot to be on these relays. We will take the top four times in these events. It is so important that EVERYONE is getting to as many practices as they can as we come down to our championship meets.**

**Congratulations to our Swimmers of the Meet!**

### Jr. Ripples

★ **Alison Sarkisian**- had a wonderful meet with all best times! She dropped 11.6 sec. in the 25 free and swam the 50 back for the first time!

★ **Ryan Milbourne**- had an excellent first meet! She did the 50 free for the first time and also swam the 25 fly beautifully!

### Ripples

★ **Mia Lachey**- had a great meet with 2 best times! She works hard and it showed when she swam the 50 back for the first time and she's only 6!

★ **Morgan Pankow**- had a super meet with 5 best times! She is a hard worker and really raced this past weekend! She dropped 4.3 sec. in the 25 breast and swam the 50 back for the first time!

### Waves

★ **Emma Padgett**- had a great meet with 5 best times! She works hard and it showed when she dropped 5.9 sec. in the 50 fly, 4.3 sec. in the 50 free and swam the 100 back for the first time!

★ **Yas Salon**- had a super meet with 3 best times! She has improved so much from last year. She dropped 3.3 sec. in the 50 free and went under the 40 sec. mark and had a great 25 fly & 25 back!

★ **Marlee Scholten**- had a fabulous meet with 4 best times! She went out and raced and dropped 3.4 sec. in the 50 free & 2.2 sec. in the 50 breast!

### Tsunami

★ **Andrew Donley**- had an outstanding meet with 6 best times! He had a great 50 back lead off in the 200 medley relay with a 3.7 sec. drop and broke the team record in the 25 free which was from 2000!

★ **Charlie Henry**- had an awesome meet with 4 best times! He is a hard worker and it paid off. He dropped 2.5 sec. in the 50 breast and 2 sec. in the 100 free!

### Hurricane & Age Group Cyclone

★ **Morgan Bernhard**- had a wonderful meet with 5 best times! She went out and raced and her strokes looked beautiful! She is going to be quite the 200/400 swimmer!

★ Congratulations to **Alicia Donley** for breaking the team record in the 50 back!

★ Congratulations to **Janessa Mathews** for breaking the team record in the 25 breast!

★ Congratulations to **Andrew Donley** for breaking the team record in the 25 free!

Stephanie & Jen

**SWIMMERS OF THE MEET**  
**January B Meet!**

Hi Team,

We had a good B meet this past weekend at Columbus Academy. Almost everyone had at least 2 best times or more. It is very important that your swimmer is getting to as many practices as they can, so they can continue to see improvement. They are excited about getting the gold stars for achieving personal best times. Congratulations to all the kids who swam in the meet and tried their best! Keep working hard!

### **Congratulations to our Swimmers of the Meet:**

#### Jr. Ripples

★ **Kevin Digman**- had a great meet with two best times! He has improved so much and it showed in his 25 free when he dropped 7.1 sec.

★ **Collier Ellis**- had an awesome meet with two best times! He is our youngest swimmer at age 5, and dropped 12.3 sec. in the 25 free, and swam the 50 free for the 1st time.

★ **Molly Milbourne**- had a wonderful first meet! She is a hard worker and has improved so much. She swam all four strokes and pushed herself in each race.

#### Ripples

★ **Tre Johnson**- had a super meet with two best times! He has been working hard and it paid off. He had a 29.7 sec. drop in the 100 free & 2.4 in the 50 free.

★ **MaKayla Moffet**- had a fabulous meet with four best times! She loves to race and it showed. She dropped 8.8 sec. in the 50 free, 1.99 sec. in the 50 free, & 1.6 sec. in the 25 breast.

#### Waves

★ **Kennedy Gabor**- had a great meet with three best times! She has beautiful strokes and really went out and raced. She dropped 2.1 sec. in the 100 IM, 1.8 sec. in the 25 back & 1.6 sec. in the 25 fly.

★ **Francesca Tabak**- had a wonderful meet with three best times! She has great strokes and went after her races. She swam the 100 IM for the first time, dropped 1.8 sec. in the 25 breast, & .42 sec. in the 25 free.

#### Tsunami

★ **Camilla Suarez**- had a fantastic meet with all best times! She works hard and it showed when she dropped 20.5 sec. in the 100 IM, 6.3 sec. in the 50 breast, 1.6 sec. in the 50 free, and swam the 100 back & 100 breast for the first time.

Way to go to all our swimmers of the meet!!!!!!!!!! We are proud of you!!!!!!!!!!  
Stephanie & Jen

## Triple Crown Meet Highlights!

### Alicia Donley Swims to Two New Records



**Girls 8 and under 100 IM and 25 Breastroke!**

**CONGRATULATIONS**

Hi Everyone,

What a fabulous meet we had this past weekend! All the kids had many personal best times. Congratulations to all who swam in the meet! Keep getting to as many practices as you can each week and continue to push yourself in every practice. We have less than six weeks until regionals.

**Congratulations to our Swimmers of the Meet:**

#### Junior Ripples

★ **Lauren Gastineau**- had a super meet and was our youngest swimmer in the meet! She is a hard worker, and had 4 best times to show for it. She also swam the 25 breast and 25 fly legally and beautifully!

## Ripples

★ **Carly Shocket-** had a wonderful meet with 5 best times! She works hard and it showed in her races. She dropped 7.8 sec. in the 25 fly, 7.7 sec. in the 100 IM, & 4.5 sec. in the 50 free.

## Waves

★ **Sophie Matt-** had a great meet with 5 best times! Her strokes looked beautiful, and she has improved so much from last year. Her biggest drop was in the 100 IM with a 5.9 sec. drop.

## Tsunami

★ **Sydney Brault-** had a outstanding meet with all best times(6)! She has been working hard on her strokes and it's paying off. She dropped 5.6 sec. in the 200 IM, 4.5 sec. in the 100 free, & 3 sec. in the 100 breast.

★ **Zach Donley-** had an awesome meet with all best times(5)! He has improved a lot since starting this season. He dropped 6.7 sec. in the 100 free, 5.4 sec. in the 100 back, & swam the 200 IM for the first time.

★ **Janessa Mathews-** had a fabulous meet with all best times(6)! She went out and raced hard every time. She dropped 6.9 sec in the 100 IM, 4.1 sec. in the 50 free, & lowered the 25 breast team record. Her free kick looked great!

## Hurricane & Age Group Cyclone

★ **Caroline Chesrown-** had a great meet with all best times(6)! She has a lot of potential, and it was fun watching her race. She dropped 12.9 sec. in the 200 IM, 3.3 sec. in the 100 back, & 3 sec. in the 100 free.

★ **Caroline Moorehead-** had an outstanding meet with 5 best times! She has such long strokes and a lot of potential. She dropped 12.8 sec. in the 200 IM & 4.2 sec. in the 100 breast.

★ **Durkin Ross-** had a wonderful meet with all best times(6)! He's a hard worker and it will take him far. He dropped 27 sec. in the 200 free & 7.2 sec. in the 100 free

Congratulations to **Alicia Donley** for breaking the 8 & under 100 IM team record and the 25 breast team record. Way to go Alicia!!!!!!!!!!

## Stephanie, Brad, & Jen

### Holiday Meet Highlights!

#### Jr. Ripples

Mikey DeAscentis- had a great first meet! He went out and raced like the wind and even did a 50 free for the first time.

Allie Sarkisian- has a super meet with 3 best times! She dropped 9 1/2 seconds in the 25 back and swam the 50 free for the first time.

#### Ripples

Kynley Everman- had a fabulous meet with all best times(6)! She dropped 8.3 seconds in the 50 free & swam the 100 free for the first time.

Noah Herman- had a wonderful first meet! He swam the 50 & 100 free for the first time and was legal in all his strokes.

Will Mathews- had an amazing meet with 4 best times! He really went after his races and dropped 10.8 seconds in the 50 free and 8.1 seconds in the 25 back.

Isabel Pione- had a super meet with 3 best times! She dropped 11.1 seconds in the 50 free, and 4.6 in the 25 back.

#### Waves

Grace Taylor- had an amazing meet with 5 best times! She dropped 19.6 seconds in the 100 free, 9.8 in the 100 IM, and swam the 100 breast & 50 fly for the first time.

Zander Ho- had a great meet with 3 best times! He dropped 20.3 seconds in the 50 fly, & 4 seconds in the 50 free.

Sheridan Young- had huge improvements at the meet with 6 best times! She dropped 47 seconds in the 100 free, 21 seconds in the 100 IM, & 7.5 in the 50 free.

#### Tsunami

Nick Lampson- had an awesome meet with all best times(9)! He works hard and it paid off. He dropped 4.6 seconds in the 50 fly & 4.8 seconds in the 100 free.

Katie Pione- had a wonderful meet with 3 best times! She works hard and had a 3.7 drop in the 100 breast, 2.2 in the 50 free, & swam the 100 back for the first time.

Ally Wharton- had a fabulous meet with 7 best times! She went out and raced and dropped 7.9 seconds in the 100 free & 7.2 in the 100 IM.

## **Hurricane & Age Group Cyclone**

**Lauren Cullen-** had a great meet with 6 best times! She went out and raced every event and finished hard.

**Justin Mathews-** had a wonderful meet with 8 best times! He had some close races and pushed himself every time.

**Brendan Murphy-** had a super meet with 6 best times! He had some big time drops in the 100 free, 100 IM & 100 fly.

**Way to go to all who participated in the meet!!!!!!!!!!!!**

**Brad, Stephanie, Jen, John, Kim, Tim, & Kelly**



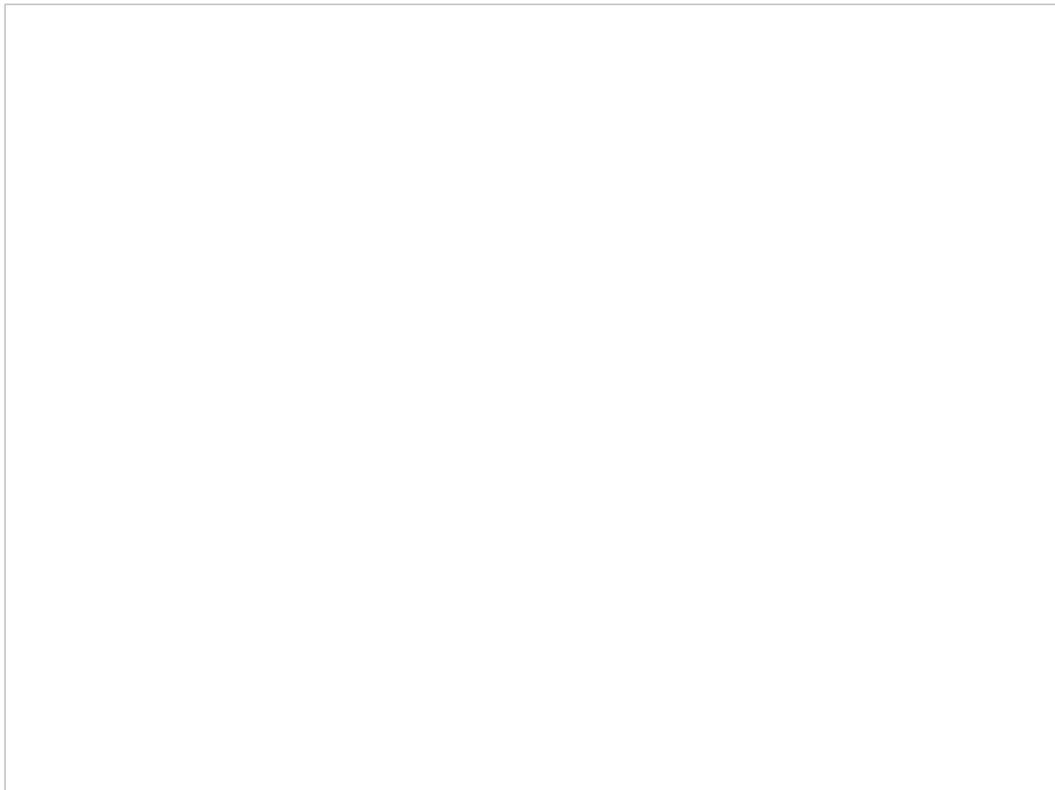
### **Makos Meet and Neb Reed**

**Swimmers of the meet for Ned Reeb – Matt Gleason and Olivia Barnes**

**Swimmers of the meet for MAKOS – Sara Sams, Abby Wilson and Mathew Bernsdorf**



## **2008 Conoco/Phillips Short Course National Championships Team**



**Brad Burget, Courtney Fischbach, Julianne McNamee,  
Molly Dengler, Maddie Lawhorn**

# **Matt Gleason, Brian Barrett, Billy Ross, Mack Redinger**

Men's 4 by 100 Freestyle Relay

Men's 4 by 100 Medley

Women's 4 by 100 Medley

Men's 200 Free Relay placed 14th in prelims and qualified for finals!

Sorry no video available for the men's 200 Free Relay!

In finals they placed 16th

[click for prelim results](#)

[click for final results](#)

Men's 200 Medley Results [click here](#)

Women's 200 Medley Results [click here](#)

Molly Dengler swims the 400 Im Results [click here](#)

Maddie Lawhorn swims the 100 Breast [click for results](#)

Men's 4 by 100 Freestyle Relay [click for results](#)



### GTAC Turkey Meet from Brad

I would like to name Three swimmers of the meet [Shannon Mudd, Alex Keith and Jordan Hoenig](#).

I saw a lot of smart racing this weekend. The splits on swims showed me that the swimmers are in good shape but more focus is needed on momentum of break outs, finishes and turns.

Brad Burget

Head Coach New Albany Aquatics Club

Asst. Coach New Albany High School Swimming

[www.fasterswimming.com](http://www.fasterswimming.com)

cell 614-209-4883

### GTAC Turkey Meet From Stephanie and Jen

Hi Everyone,

We hope you had a wonderful Thanksgiving! We had a great meet this past weekend in Toledo with many best times. The kids all did well and swam 100's and the 200 free for the first time like pros. Congratulations to all who competed in the meet!

**Congratulations to our Swimmers of the Meet:**

**Andrew Bernsdorf-** Had a super meet with 6 best times, 7 sec. drop in the 100 IM, 6.6 in the 100 free, swam a no breather in the 25 free, and won 3rd place high point for the 8 & under boys.

**Mian Brindisi-** Had a fabulous meet with all best times, dropped 5.5 sec. in the 50 free, 4.75 sec. in the 25 fly, legal in the 25 breast, and swam 100 free for the first time.

**Alicia Donley-** Had a great meet with all best times, dropped 7.9 sec. in the 100 free, 7.5 sec. in the 100 IM, and was the 8 & under girls high point winner.

**Reagan Saj-** Had a fabulous meet with 6 best times, dropped 24 sec. in the 100 free, 5 sec. in the 50 fly, 4.6 sec. in the 50 back, and swam the 100 breast for the first time.

**Congratulations also to Andrew Donley for being the 8 & under boys high point winner.**

**Stephanie & Jen**



**Golden Bear Meet coach Stephanie and Coach Jen**

Hi Everyone,

We had a wonderful meet this past weekend at Upper Arlington! We were winning heats left and right or coming in second almost every time. It was great to see the blue caps prevailing and all the kids dropping a lot of time in their events. Way to go to all who swam this past weekend! Keep getting them to practices and make sure they have filled water bottles with them every time.

**Congratulation to our swimmers of the meet:**

**Molly Berend-** had a fabulous meet with all best times, dropped 9.5 sec. in the 100 free, 5.7 sec. in the 100 IM, 5 sec. in the 50 back, & 4.7 sec. in the 50 fly.

**Deryn Murphy-** raced her heart out and had all best times, dropped 12 sec. in the 100 IM, 11 sec. in the 100 free, & swam 50 fly for the 1st time.

**Hank Kallner-** had an amazing meet and had all best times, dropped 7 sec. in the 50 fly, 6.5 in the 100 IM, & 4 sec. in the 50 back.

**Congratulation to Janessa Mathews for breaking another team record in the 50 breast!!!!!!!!!!!!!! Way to go Janessa!!!!!!**

The results of the meet are posted on our web site for your viewing. Hopefully you are getting the swim connection results of your swimmers also.

Thank you,  
Stephanie & Jen

**Golden Bear Meet from Brad**

I am glad we waited this year to train a bit longer before the first meet. It takes some time to get the swimmers ready and try to cover all the basics. We are always working to be better, remember ! I saw many great swims and smart racing. The team overall did a great job on Sunday !

I am pleased with the efforts of our dryland program and can see the results in the pool.

My swimmers of the meet:

**Ben and Jordan Krumpleman**

(Angela must be feeding them right, Did you get advice from the Renee Sawka(Sherman) intake awareness program ? )

**Chase Honeycutt – finally started kicking**

**Taylor Berend – She was the most focused of all swimmers in the meet !!!!! Good to see.**

Please check out all results on our website.

The clinic last night was great ! I encourage more swimmers to take advantage of the butterfly clinic Nov 19<sup>th</sup>. It is always good to hear

others teach strokes. Sometimes it takes hearing mechanics advice from another for your swimmers to go "Oh, now I get it" !



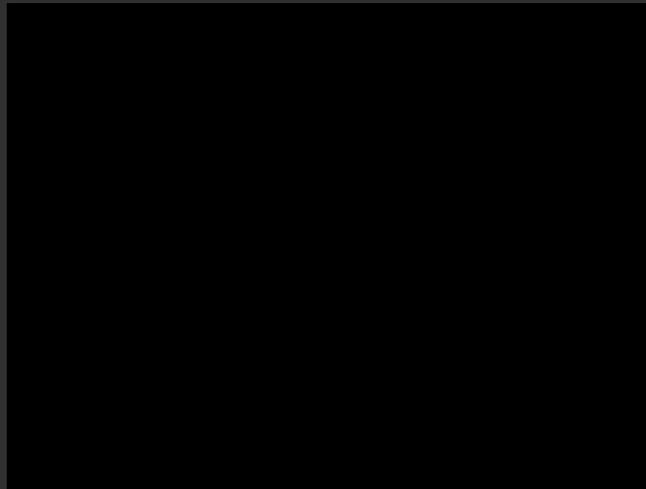
Check out the [Swimming World website!](#)



United States Masters Swimming  
*Swimming for Life*



Swim Training Program  
by Brad Burget and John Coffman  
20% of any purchase  
supports NAAC fundrasing



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