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#### SPLASH OF INFORMATION:

- Holiday practice schedule will be out this week!
- BB Meet sign up deadline is Tuesday, December 4th by midnight!
- 2013 Meet Calendar thru June now updated on NT Swim

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# The Lakeside LEDGER

2012 SCY MID SEASON REPORT ~ DECEMBER 5, 2012

## Staff Poised to Take Swimmers to Stellar Season

By : Jason Walter

LAC is better equipped than ever to take our athletes through a well thought out curriculum and lead them to success throughout this Short-Course season. As our team practices at multiple facilities, I'd like to take a moment to put some names to faces and lay out how we will come together to progress your swimmer through our program, no matter which facility your child swims.

The Lakeside Aquatic Club training and progression model is based on teaching swimmers quality technique and progressing them to high level training at a pace so each swimmer can reach their full potential during their high school years. Training swimmers at the state and national level starts with good technique and the ability to make stroke changes when needed. However, once a swimmer reaches a certain technique level, a swimmer must train their body to hold that good stroke mechanics over a particular period of time - this is called training. Swimmers then use their train-

ing to allow them to race well at swim meets. As swimmers get older and progress through our program their "training load" will increase as well as their commitment.

In order for swimmers to

TAGS, A, BB or B/C Champs.

Our coaching staff has a collaborative work environment that allows expertise from each coach to rub off onto each other. All of our coaches work together



2012-2013 LAC Coaching Staff

reach their full potential, they must have a quality training plan that increases the training load for the swimmer through the entire season while also assisting the athlete to reach that "full potential" at their "championship meet." These championship meets are at the end of the season. Some examples of these championship meets are Summer Nationals or Junior Nationals, Sectionals,

to make sure our swimmers are learning similar mechanics and training at all sites. In order to make things more unified and equivalent across 3 locations, the coaching staff must communicate very well. Communication is effective when there is strong infrastructure in place, which we have here at LAC.

LAC's coaching infrastructure has 3 levels - developmental, age group, and senior.

(Continued on Page 5)

# NCAA National November Signing

## Recruits 3 from LAC

By Contributing Writer: Shelley Sellers



Congratulations to three of our High School Seniors who will be continuing their swimming careers in college. Alex Sellers of Flower Mound, Joshua Clothier of Frisco, and Alex Sajewski of Keller signed their National Letters of Intent during the NCAA's early signing period in November.

Alex Sellers will be attending the University of Louisville next fall, swimming for Coach Arthur Albiero and the Cardinals. The NCAA Division I Cardinals are the two-time defending women's Big East Conference Champions and currently rank in the Top 20 nationally.

Joshua Clothier will be joining the Gamecocks of the University of South Carolina, swimming for Coach McGhee Moody. South Carolina, also a Division I program, is a member of the SEC and boasts a men's team currently ranked in the national Top 25.

Alex Sajewski will be swimming for Coach Jason Owen and the Lions of Lindenwood University. Lindenwood, a Division 2 school located in St. Charles, Missouri, is a member of the Mid-America Intercollegiate Athletics Association (MIAA), a 15 member conference comprised of schools from Missouri, Kansas, Nebraska and Oklahoma.

Alex Sellers and Alex Sajewski both train with Coach Jason Walter at the LAC facility in Keller. Josh swims for Coach Clayton Cagle in The Colony, and also for Coach Jay Chagnon as a member of the Hebron High School swim team.

We are proud of each and every one of our collegiate swimmers and wish them continued success both in the pool and the classroom!

**It's not the will to win,  
but the will to prepare to win  
that makes the difference.**

**—Bear Bryant**





## WHAT:

NAGS. National Age Group Coaches' Summit.

## WHY:

To provide an opportunity for coaches' education in an interactive forum. Allows coaches to learn from peers and from key note speakers who teach approaches to better develop and coach the nation's top Age Groupers. NAGS also lends a platform for coaches to share strategies of their own success.

## WHO:

The country's top age group coaches. Participating teams are selected on the basis of Age Group VCC (Virtual Club Championship) ranking. Only 40 of the top teams in the nation are invited to participate.

# CONGRATULATIONS



CLUB DEVELOPMENT DIVISION *cordially invites you to the*

## NATIONAL AGE GROUP COACHES' SUMMIT

Colorado Springs, CO • Olympic Training Center • October 25-28th, 2012

# NAGS Wrap-Up

By: Coach Heather Maher

Thank you, Lakeside Membership for letting me attend the National Age Group Summit (NAGS) in Colorado Springs last month! The summit provided great speakers and I formed friendships with 37 top-notch coaches from around the country. I also endured—painfully, I might add, an intensive 2.5 hour dryland program with the inventor of 1-forty-four-1, Raphael Ruiz. (<http://asxiswimming.com/>) It was a great conference and I would like to share four important tenants that I took from it.

1. Athletes never perform consistently higher than what they believe to be true about themselves. Therefore, our challenge as coaches and parents, is to help our swimmers improve what they believe to be true about themselves. It is important to reinforce the positive (their perceived success), and learn from the negative (their perceived failure.)

2. Influencing athletes. Coaches and parents influence swimmers in one of four ways:

- The TIGER: You are “how you perform” and therefore a project. Example: Coach commands swimmer to do such in practice and in meets.
- The SUPPLIER: You are a circumstance and therefore a problem. Example: I will get you to practice, to meets, and will pick you up; but I will not be involved in your activity.
- The HELICOPTER: You are what others say you are and are at risk of being hurt or entitled. Example: I will make sure I am always there to defend your mistakes and to glow in your successes.
- The HERO: You are a wonderful creation and therefore valuable and full of potential. Example: I will support the choices you make even if it results in failure. I will love you no matter what happens in your sport.

It is important for coaches and parents to acknowledge what type of “influencer” they are, and make adjustments to facilitate becoming as much of the “hero” as possible. Nobody is perfect, and influencing by the other three options is not always bad. There is a time and a place for all reactions; however, your swimmer will benefit most from the “hero” influence. Should you want to learn more about the mental aspect of swimmer's needs, I recommend reading *Growing Champions for Life* by David Benzel. He was an inspirational speaker whose words encouraged me to seek to be more of the hero and less of the tiger. (<http://growingchampionsforlife.com>)

3. Great swimmers are highly motivated—they are engaged. These swimmers are willing and skilled to be totally involved in whatever dryland or swim set they are given. Some swimmers *try* to be engaged, but they lack the skill set and need instruction to get there. Some swimmers are completely lacking motivation and are not willing to be engaged, thus these swimmers typically fail *unless* we can inspire them!!

In order to inspire a swimmer, we need to be the “hero.” By we, I mean coach and parent working constructively together. The coach can put a swimmer in a positive environment at practice where choices can be made by that swimmer. Sometimes (and actually many times), the result can end in failure. As long as the swimmer knows it was their choice, and other options are given for the future, that swimmer will be motivated to have a better result. Even with failure, the parent needs to be completely supportive of their swimmer's choice and give unconditional love. Parents should leave the “coaching” to the paid professional.

4. Practice makes *permanent*, not necessarily perfect. This means that even if a swimmer comes 6 days a week and is “practicing” a skill, the practice needs to be done accurately and to the best of their ability. This is why repetition of certain skills is so important, and why coaches stick closely to a small set of drills to best accomplish permanent stroke techniques.

At the conference, we watched underwater footage comparisons of many London Olympians. The footage juxtaposed the swimmers' strokes as young teens to their stroke as Olympians. It was obvious that for the most part, their stroke patterns were very similar, even inasmuch as 12 years apart. Certainly, the athletes were stronger and more powerful as they aged, but the underlying stroke mechanics were almost identical to their age-group mechanics!! Seeing this reinforced that learning the proper mechanics as at a young age is so vital! This is why the LAC Coaching Staff does as much drill and skill work from the Stroke Team Groups all the way through Age Group Select!

I hope everyone is pleased with our “new” Age Group Program implementation. The NAGS Summit absolutely reinforced that LAC is on the correct developmental path. Thanks again for sending me! Don't hesitate to contact me with any questions! As always, *Go Lakeside!*



# Understanding VCC

By: Coach Shannon Gillespy

The purpose of the VCC (Virtual Club Championship) is to recognize and highlight clubs that are developing athletes and achieving success at multiple levels within club swimming while also emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of USA Swimming's Club Recognition Program.

The Virtual Club Championships are tabulated annually for both the short course and long course seasons. Both Short Course Yard (SCY) and Long Course Meter (LCM) rankings are tabulated using results achieved between September 1 and August 31. All registered USA Swimming clubs are scored automatically. The USA Swimming Star Times Data Base is used in combination with the Hy-Tek Single-Year Age Group Power Point system. The program scores single age groups from 11-16 years old and has a combined 17-18 age group. After all eligible swims have been scored using the power point system, a team score for each registered USA Swimming club is calculated. If you have ever wondered why the power points are associated with the swim times, now you know!

Each team is limited to two entries per event by age group and gender. The program automatically tabulates which two events in combination with other teammates produce the highest team score. Each swimmer is limited to four events. A swimmer may contribute only four times per season even if they age up (i.e. may have two times selected as an 11-year old and two as a 12-year old, but not four as an 11-year old and four as a 12-year old). The program automatically tabulates which four events in combination with other teammates produce the highest team score. **For larger clubs, the computer will go through more than 1,000,000,000 (1 Trillion) calculations to determine the optimum score!**

For a swimmer's point total on a specific swim to count toward the overall team total, the athlete and/or their swim must have been achieved while representing a registered USA Swimming club (no unattached times may be used).

Age Groups and Events: The following event results are tabulated for both men and women:

- 11 & 12 year olds – 50 Free, 100s of each stroke, 200 Free, 4/500 Free, 200 IM (8 events).
- 13, 14, 15, 16, 17-18 year olds – All recognized Olympic events (13 events). This means for Women the 1000y/800m freestyle and for Men the 1650y/1500m will be the long distance event scored.
- No relays are scored.

Below is the report detail of our team's VCC results that USA Swimming has most recently posted. This year we ranked 26th in the nation out of over 2,500 USA Swim Clubs! Our total score was 203,093 points! What is even more impressive, is the improvement we've made in a year's time! In our 2011 LCM season, we were ranked 87th in the nation, 32nd in our Zone, and 4th in our LSC. In a year's time, we are now 1st in our LSC, 12th in our Zone, and did I mention 26th in the country? Way to go swimmers & hat's off to Head Coach Jason Walter! Our program is working and our swimmers' hard work has not gone unnoticed!! For details on the swims behind the points and for more information on VCC, please paste this link into your browser:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1617&Alias=Rainbow&Lang=en>

## Lakeside Aquatic Club Virtual Championship Detail

Long Course Meters 2011-2012 (9/1/2011-8/31/2012)

Club Score: 203,093

NT/Lakeside Aquatic Club

	Sprint Free	Distance Free	Back	Breast	Fly	IM	Total	% of Total
11 Female	2,732	2,598	1,360	1,383	1,305	1,447	10,825	5.33 %
11 Male	3,029	2,333	1,439	1,428	1,209	1,512	10,950	5.39 %
12 Female	2,797	3,024	1,579	1,429	1,380	1,632	11,841	5.83 %
12 Male	2,609	2,728	1,082	1,281	1,087	1,513	10,300	5.07 %
13 Female	4,552	2,997	2,812	2,138	3,022	2,833	18,354	9.04 %
13 Male	4,163	1,905	2,903	2,208	2,714	2,647	16,540	8.14 %
14 Female	4,346	2,859	2,536	2,794	2,347	2,667	17,549	8.64 %
14 Male	3,846	2,206	2,799	2,663	2,285	3,272	17,071	8.41 %
15 Female	3,731	2,558	2,469	2,223	2,521	2,434	15,936	7.85 %
15 Male	4,024	1,747	2,991	2,458	2,164	2,726	16,110	7.93 %
16 Female	4,144	2,546	2,213	1,929	2,404	2,567	15,803	7.78 %
16 Male	3,501	1,103	1,751	1,647	2,143	1,872	12,017	5.92 %
17-18 Female	4,098	2,278	2,430	3,011	2,764	2,788	17,369	8.55 %
17-18 Male	3,687	1,396	1,813	1,704	1,886	1,942	12,428	6.12 %
<b>Total</b>	<b>51,259</b>	<b>32,278</b>	<b>30,177</b>	<b>28,296</b>	<b>29,231</b>	<b>31,852</b>	<b>203,093</b>	
<b>% of Total</b>	<b>25.24 %</b>	<b>15.89 %</b>	<b>14.86 %</b>	<b>13.93 %</b>	<b>14.39 %</b>	<b>15.68 %</b>		

# Staff Poised to Take Swimmers to Stellar Season, *continued*

At each level, the coaching staff is lead by a seasoned and highly skilled coach. These coaches are the faces behind the implementation of the program and demonstrate how it all comes together. The details of the group specific curriculum help develop the swimmers in order to move through the program. For example, when swimmer joins our team via the swim lesson program or stroke school, they are lead by the direction of Coach Sarah Crouch. Sarah joined our club 6 months ago, and has done an amazing job training our developmental staff. She is poised with the leadership and training to help Coach Dan and Erin move these swimmers into our competitive program.

Once a swimmer progresses from the developmental coach in Stroke School to the competitive team (ie: Bronze), our Head Age Group coach, Heather Maher, is positioned to work with and maintain congruency in training with the age group coaches at all facilities. Coach Heather, Coach Jeff Jones in The Colony, and Coach Shannon Gillespy in Flower Mound, collaboratively make sure our age group swimmers are developing as planned. Heather, Jeff and Shannon meet once a month to review plans for their programs. During these meetings, the coaches discuss how the group as a whole is doing as well as the development specific swimmers. These coaches talk at meets and discuss swimmer's strokes, racing strategies, and training habits.

LAC's coaching infrastructure has three 3 levels - developmental, age group and senior. At each level the coaching staff is lead by a high quality coach at each level.

Coach Heather will also work with the other age group coaches, such as Erin Smith (FM Bronze), April Gallagher (K- Gold & Bronze), Kelly Golightly

(FM—Silver & Bronze), Mike Bever (K-Silver), Shannon Garfield (TC- Silver & Bronze), Flip Gammon (K-Gold), and Angela Edgerton (TC- Gold). These coaches are given a weekly curriculum to follow which highlights the stroke focus, specific drill progressions, and training emphasis for the week. These age group coaches use their creativity and personal style to implement the curriculum based on the level of their group. Many times these coaches will have 2-3 different levels in each training group and must develop their practices to allow each level swimmer to develop their skills.

Progressing swimmers through a program means that at each level the swimmer is learning something new and developing new habits that will make them successful at each level. The bronze swimmers are learning simple basic drills and skills that are then expanded upon at the Silver level. Moving from silver to gold the swimmers are doing more complicated drills and learning fundamentals of training. Progressing from gold to AGS, the swimmers training base will be expanded to help swimmers be able to compete at longer events.

As swimmers move from our age group level to our senior level of our program, the training will take on new meaning. The senior level of our program is being lead by Coach Clayton Cagle in conjunction with our Head Coach. At this level, these fully developed swimmers are wanting to reach their high full potential. Our senior level coaches, Craig Harris (FM), Clayton Cagle (TC) and Jason Walter (K) work together to make sure these fully developed swimmers are given quality direction.

Swimmers at the senior level in our program are introduced to individualized training plans, strength training and

more. Our senior level coaches meet on a weekly basis discussing training plans, swimmer progression and overall team development. These meetings are a great way for our coaches to learn from each other and continue continuity across all pools.

Developing continuity at each location must come from our site lead coaches. These coaches make sure each swimmer is progressing towards a new level and no swimmer is left behind. These coaches, Clayton Cagle (TC), Craig Harris (FM), and Flip Gammon (K) are involved in daily, weekly and monthly group checks to make sure each swimmer is getting the level of training they need. These coaches work with our Head Coach, Head Age Group Coach, and Head Developmental Coach to make sure there is consistency and continuity at each site.

All of these checks and balances keep our coaches focusing on what is the most important part of our program - the development of swimmers. With our collaboration from our amazing coaching staff, our veteran coaches are able to train and educate our newer coaches. Having a staff of continuing learners on our team makes our coaching staff open to new ideas and lets us keep up with the latest trends. As Head Coach, I am very proud of our coaching staff and believe this team of coaches will have the constituency and expertise needed to excel at the highest levels of our sport.

In closing, I hope you'll fully read our newsletter. We are striving to put out some information on a regular basis to keep our membership informed and educated on some behind the scenes happenings. You'll see that we've had a great year as statistically evidenced in Shannon's VCC article. More importantly, we are poised for continued success!

As always, *Go Lakeside* and Happy Holidays!

—Jason Walter, Head Coach



# November Spotlight Coach: Sarah Crouch

Interview by Jennifer Mabry

In an effort to help our membership get to know our stellar staff, each monthly coaching newsletter will spotlight a coach. Please take a moment to get to know Sarah...

Coach Sarah is LAC's Stroke Team Coordinator.

- **Sarah, tell me a bit about yourself:**

Well, I am 35 years old. I have been married to Matt for 12 years—by the way, he cannot swim! I tried to teach him, but it was impossible! By day, I am a home school mom to my 3 boys: Otto (10, swims in AGS in Keller), Ben (8, in stroke school), and Sasha (4).

- **Walk me through your swimming background as a kid.**

I started swimming around 4 or 5 through the YMCA summer league in Tulsa, Okla. I was a kid who was into everything...soccer, basketball, softball, and volleyball along with the swimming. I pretty much did all sports on a seasonal schedule until High School—that is when I began to take swimming more seriously.

I attended Memorial High School in Tulsa from '91 to '95. I went to the State Championship all four years in both medley and freestyle relays. My Junior and Senior years I qualified for State in both the 100 fly and the 200 IM, but the fly was my favorite! My highest finish was in consolation finals in the fly.

- **What about college?**

Initially, I was a music major and had been offered a flute scholarship to Hendrix College, a Division III school in Arkansas. There I could play my flute and also swim. That year I fo-

cused on my 200 Fly and the 400 IM. It was a good year for me. I was proud of the best times I had achieved in my events, BUT...When the season ended, I hooked up with my high school coach to go rollerblading and I broke my arm. Deciding to make some changes, I left Hendrix and transferred to University of Dallas and changed my major to Classics. I graduated with a degree in Latin and Greek and thought I'd end up teaching, but my part-time job changed all that!

- **Is that when you started coaching?**

Yes. When I transferred, I started swimming Masters in Irving (Irving Swimmers). I took a part time job there too—teaching lessons and coaching the bronze and silver groups. I have been coaching ever since! I always thought I'd teach Latin somewhere, but never have!

- **Tell me about your coaching career.**

Irving Swimmers was a very young and small team when I started in 1997. About a year after I started, Heather (Maher) came aboard. The two of us were the age group coaches and we grew and developed the program. It was in 1999 that Heather and I broke off together. Heather bought NTAC (North Tarrant Aquatic Club) in Keller. (Laughs) It was a *horrible* facility! The chemicals were so bad that you couldn't breathe and your eyes would sting. Worse than that were the cracks in the deck that were fire ant infested! Our kids would get bitten on the deck *and* in the water because the ants would float on the surface tension and bite the kids!! In spite of the skinny lanes and bad facility, we had a pretty good program with 60+ swimmers.

- **How did you get from NTAC to NTN?**

The CISD Aquatic Center in Southlake was near completion and Heather was approached by John McGough, the Aquatic Director. He offered the chance to merge with another small local team and NTN was created when the facility opened in 2001. NTAC dispersed and the facility filled in the pool. Heather and I were the first two hires at NTN. I was 5 months pregnant with Otto.

- **You have since transitioned from coaching to teaching stroke development and lessons. How?**

That was John. Now, John McGough is very well known and respected ASCA 5 coach in Fresno, CA. But even then, he saw



Coach Sarah with son, Thelonious "Otto" Crouch

something in me that I didn't see in myself...

Not long after Ben was born, John asked me to move exclusively to the developmental side. I was upset at first—I saw myself working with older, more advanced swimmers and kind of felt demoted in a weird way. John assured me that it was not that at all, but that I had gift for teaching and he really wanted to see me "teach" swimming. He was right, I have grown to love teaching this sport and have been teaching the little one to swim ever since!

- **What brought you to Lakeside?**

Well, I always knew there was a need for a developmental program here. I loved building the developmental program in Southlake so when Heather called and said there may be an opportunity here, I knew I had to check it out! Heather and I worked together to build the program for NTAC, then NTN, so I guess now the 3rd time's a charm!!

- **What is your favorite thing about this job?**

The kids are just so excited, fresh, and eager to learn! There are no bad habits to break, either. I also love that because of good lesson experiences, the love for the sport of swimming is promoted. It is just great to see a kid get "hooked."

I have also really gotten a kick out of seeing the program take off. When I got here, there were not very many kids & now we are well over 200 in the lesson program and on a wait list!

I have great swimmers and co-workers, I am happy here!



# ***BROKEN RECORD UPDATE:***

***By: Kelli Zenick***

Records are made to be broken! We'd like to update you on records broken early this season. Our meet recap team works to audit for records at all of our scheduled meets. If your child should break a club record, a NT record, or State Record, please alert me by email: [kzenick@verizon.net/](mailto:kzenick@verizon.net) A list of club records may be found under the **Program Info** tab on our website. Please join in congratulating these three Age Group swimmers.

- Margaret Mabry 8 & Under girls 25 Fly, with a time of 16.80  
Margaret is a Gold 1 swimmer in Keller and is coached by April Gallagher.
- Alexander Zettle 11-12 boys 200 Fly with a time of 2:13.58  
Alex is a National Prep swimmer in Keller, coached by Heather Maher.
- Katherine Zenick 10 & Under girls 50 Fly, with a time of 30.09  
"Kit Kat" is an AGS swimmer in Keller and is coached by Heather Maher.



## ***Mac-n-cheese, Please!***



Let's let our team spirit shine by feeding hungry families in our community! Our goal this year is 500 packages of Single Serve Mac-n-Cheese by December 9th. Please participate by donating Mac-n-Cheese in the donation box at your pool!

# ***ASCA 5***

## **Congratulations to Coach Heather Maher**

Maher received her ASCA 5 Certification update in the mail this month! ASCA is an acronym for American Swimming Coaches Association. There are 5 levels of certification. USA Swimming spells it out like this: "Certification means that you are serious about your profession. It means that you care about your continuing coaching education and your professional preparation. It marks you as a coach who is willing to be examined in the same light as other great coaches of this country, whether at the collegiate, high school, YMCA or club positions. Employers know that the Certified Coach is committed to professional effort, and has professional preparation and professional ethics.

In addition, compensation information and access to professionally evaluated positions are available to Certified Coaches. Certification also states your credentials precisely and concisely. If you are well educated, but do not yet have the time in or service or the opportunity to work with better athletes, it says so. As you gain experience and become successful in actually producing fast swimming with your athletes, it reflects that. This precision is very important to those who employ swimming coaches...and hence, it protects you from unfair comparisons with others who write "creative resumes" to apply for jobs. ASCA Certification provides factual information about you to your employer."

<http://www.usaswimming.org/Rainbow/Documents/201eda2e-25b7-4edd-bd1e-cf36a2f553b0/ASCA%20Certification%20Application.pdf>

An ASCA 5 coach must have gone through the training programs for each ASCA Level: 1) Foundations of Coaching, 2) Stroke School, 3) Physiology School, 4) Administrative School, and 5) Leadership School. Additionally, the coach must have actively been coaching for 15 years; 10 being in a developmental position. Further, the coach must have the required 275 Continuing Education Credit Hours in addition to achieving the "Coach of Record" status that ASCA has set fourth. An Age Group ASCA 5 status can only be achieved once the coach has proved that he/she has coached 40 Swimmers to National Top 10 Age Group Rankings, plus has at least three #1 USA-S Age Group Swimmers. Maher joins the ASCA 5 ranks of fellow Lakeside coaches Craig Harris (Flower Mound) and Clayton Cagle (The Colony).



**Maher Receives Age Group  
Coach of the Year award  
for NT-LSC in  
September**





# 2012 Division II B/C “Beat Cancer Pink Out” Meet Recap

By contributing writer: Jackie Garry

LAC hosted a great season-opening meet—the NT Division 2 B/C “Beat Cancer Pink-Out” meet October 5-7 in Keller. Thanks to all the volunteers, coaches, LAC LifeSavers, and of course swimmers who made this event a success! LAC not only raised awareness for Breast Cancer by wearing pink swim caps and t-shirts, but also raised thousands for the Harold C. Simmons Comprehensive Cancer Care Center at UT Southwestern in Dallas.

LAC won the meet, finishing with nearly three times the points of the second-place finishing team. Way to go swimmers! Lots of new B, BB and A times, as well as many personal bests were swum at the meet. A big cheer out to Margaret Mabry for breaking the Girls 8 & Under Team Record for the 25 Fly with a super-fast time of 16.80. The record had been standing since 1987—way to go Margaret!

Swimmers who finished in the top three in one or more event are listed below, followed by a recognition for all the new time standards achieved. Please copy and paste this link in your browser for complete meet results:

[http://www.ntswwim.org/meetresults/2012/121005\\_lac\\_b\\_c\\_div\\_2\\_beat\\_cancer\\_event\\_results.htm](http://www.ntswwim.org/meetresults/2012/121005_lac_b_c_div_2_beat_cancer_event_results.htm)

## GIRLS AND BOYS 8 & Under Novice Session

### Girls 8 & Under

Lu Cheng  
Kate Dalbey  
Evelyn Dalton  
Amma Kularatna  
Margaret Mabry  
Jessica Miller  
Kayde Weiland  
Lindsay Wheeler

### Boys 8 & Under

Lleyton Axline  
Aubrey Jaya  
Elvin Jaya  
Lucas Walsh  
Andrew Zettle

## B/C Division Sessions

### Girls 10 & Under

Mary Allison  
Hailey Bauer  
Haylee Boyle  
Katelyn Brown  
Sophia Buhr  
Hannah Caudill  
Madaline Cooper  
Eryn Feehery  
Lilly Finetto  
Isabel Fisher  
Genna Hoitt  
Alexis Jiang  
Sarah Joseph  
Kaylyn King  
Margaret Mabry  
Sreya Mulukutla  
Annette Nguyen  
Olivia Paolo  
Allie Pekurney  
Ava Rodriguez  
Asha Thakran  
Naomi Toyama  
Mia Young

### Girls 11 - 12

Laura Banaszewski  
Jiajia Bertrand  
Brooke Dalbey  
Abby Dalton  
Shreyoshi Das  
Shannon Gallagher  
Jessica Gordon  
Allison Haddock  
Alyssa Huffman  
Julia Jergens  
Brianna Krieger  
Elisabeth Lalpui  
Tehya Leigh  
Alyssa Lougee  
Gretchen Mabry  
Peyton Martin  
Emmerson McGowan  
Megan Morris  
Allison Reed  
Isabel Riley  
Cameryn Urbanosky  
Avery Valenciano  
Isabel Van Camp  
Anh Vu  
Callie Wedepohl  
Macy Wheeler

### Boys 10 & Under

Lleyton Axline  
Riley Brown  
Evan Freeman  
Zachary Grasty  
Andrew Guziec  
Elvin Jaya  
Cooper Lucas  
Emilio Martinez  
Joel Morley  
Dalton Newkirk  
Vincent Nguyen  
Brendan Skarjune  
Beckett Tooley  
Ian Volland

### Boys 11 - 12

Loren Baugh  
Matthew Hardy  
Brendan King  
Nic Lazzari  
Kyle Lleras  
Brandon Lopez  
Conor Milligan  
Matthew Morley  
Seth Olinger  
Jack Roberts  
Donny Scott  
Sam Song  
Rickey Taylor  
Jonathan Voss  
Jake Walsh  
Blake West

Thanks to Steven Hanly for getting such great action shots at our B/C and BB Pink-Out Meet! Please check out his website for photos he may have captured of your swimmer!

<http://photoshack.smugmug.com/>

Pssst, the password is “fly”





**Girls 10 & Under**

**NEW BB TIMES**

Hailey Bauer: 100 IM  
 Sophia Buhr: 100 Fly, 100 IM, 200 IM  
 Sarah Joseph: 50 Back  
 Margaret Mabry: 200 Free, 200 IM  
 Sreya Mulukutla: 50 Back  
 Annette Nguyen: 100 IM, 50 Free  
 Olivia Paolo: 100 Breast, 50 Breast  
 Allie Pekurney: 100 Breast, 200 IM  
 Ava Rodriguez: 100 Breast, 100 Fly, 100 IM  
 Naomi Toyama: 50 Back  
 Mia Young: 100 Breast, 100 Fly, 100 IM, 200 Free, 50 Breast

**NEW B TIMES**

Mary Allison: 50 Back  
 Haylee Boyle: 50 Fly  
 Ella Carter: 50 Back  
 Hannah Caudill: 100 Fly, 200 IM  
 Madaline Cooper: 50 Free, 100 Free, 50 Back, 100 Back  
 Eryn Feeherly: 50 Back  
 Lily Finetto: 50 Free, 50 Back, 100 Breast, 100 IM  
 Isabel Fischer: 50 Free, 50 Back  
 Genna Hoitt: 50 Free, 50 Back  
 Amma Lularatna: 50 Back  
 Emmani Kularatna: 50 Back  
 Nahyun Lee: 50 Breast  
 Margaret Mabry: 100 Breast  
 Madison O'Rourke: 50 Breast  
 Maya Skoczylas: 50 Free  
 Asha Thakran: 50 Back  
 Naomi Toyama: 100 IM  
 Sarena Zhang: 50 Back, 100 Fly, 100 IM

**Girls 11 - 12**

**NEW A TIMES**

Julia Jergens: 1000 Free  
 Jiajia Bertrand: 200 Back, 200 Fly

**NEW BB TIMES**

Shreyoshi Das: 50 Free, 50 Fly  
 Shannon Gallagher: 200 Free, 500 Free  
 Gretchen Mabry: 50 Back, 100 IM  
 Megan Morris: 1000 Free, 200 Fly  
 Isabel Riley: 50 Free, 50 Fly  
 Cameryn Urbanosky: 100 Free

**NEW B TIMES**

Laura Banaszewski: 200 Breast  
 Kaila Brown: 50 Free  
 Brooke Dalbey: 200 Back  
 Abby Dalton: 200 Breast  
 Elyse Graham: 50 Free  
 Allison Haddock: 200 Free, 200 IM  
 Alyssa Huffman: 50 Breast, 100 Breast  
 Brianna Krieger: 50 Back, 100 Breast  
 Shruthi Krishnan: 100 Back  
 Elisabeth Lalpui: 100 Free, 100 Back  
 Tehya Leigh: 50 Free, 100 Back, 200 Breast  
 Alyssa Lougee: 50 Back, 100 Back  
 Gretchen Mabry: 100 Breast  
 Peyton Martin: 200 Breast  
 Emmerson McGowan: 200 Free, 200 Back  
 Michelle Pavlik: 50 Back  
 Allison Reed: 100 IM  
 Isabel Riley: 200 Free  
 Avery Valenciano: 50 Back, 100 Breast, 50 Fly  
 Isabel Van Camp: 50 Free, 100 Back  
 Anh Vu: 200 Breast  
 Macy Wheeler: 100 Free, 100 Back, 100 IM  
 Avery Valenciano: 100 Free, 100 IM

**Boys 10 & Under**

**NEW BB TIMES**

Jay Jani: 50 Breast  
 Cooper Lucas: 100 Fly, 200 Free, 200 IM, 50 Fly  
 Emilio Martinez: 100 Free, 50 Breast  
 Dalton Newkirk: 100 Back  
 Vincent Nguyen: 500 Free  
 Ian Volland: 100 Breast, 50 Back, 50 Breast

**NEW B TIMES**

Lleyton Axline: 100 Free, 50 Back  
 Evan Freeman: 50 Free, 500 Free, 100 Back  
 Zachary Grasty: 50 Breast, 50 Fly  
 Andrew Guziec: 50 Back, 50 Breast  
 Elvin Jaya: 100 Free, 100 Breast  
 Joel Morley: 100 Breast  
 Dalton Newkirk: 50 Breast, 100 Breast, 50 Fly, 100 IM  
 Jake Rorer: 50 Breast  
 Raul Santos: 50 Breast  
 Michael Scott: 50 Back  
 Brendan Skarjune: 500 Free, 200 IM  
 Beckett Tooley: 100 Free, 100 Back  
 Lucas Walsh: 50 Breast  
 Braden Willingham: 50 Back

**Boys 11 - 12**

**NEW A TIMES**

Sam Song: 100 Breast, 50 Fly

**NEW BB TIMES**

Loren Baugh: 100 IM  
 Matthew Hardy: 50 Free, 100 Free, 200 Free  
 Brendan King: 50 Back, 100 IM  
 Jack Roberts: 1000 Free, 200 Back, 50 Breast, 200 IM  
 Donny Scott: 200 Free, 200 Back, 200 Fly  
 Sam Song: 50 Free, 100 Free, 100 Back  
 Jake Walsh: 50 Free, 100 Free, 50 Breast, 100 Breast, 50 Fly  
 Blake West: 1000 Free

**NEW B TIMES**

Loren Baugh: 100 Fly  
 Michael Deasy: 50 Free  
 Conor Graydon: 50 Free, 100 IM  
 Matthew Hardy: 200 Back  
 Preet Kanamangala: 50 Free  
 Brendan King: 200 Fly  
 Nic Lazzari: 100 Free, 50 Back, 100 Back, 100 IM  
 Brandon Lopez: 100 Free, 200 Free, 100 Fly  
 Conor Milligan: 50 Free, 50 Back  
 Seth Olinger: 50 Free, 100 Free, 50 Breast, 100 Breast  
 Jack Roberts: 500 Free, 100 IM  
 Sam Song: 100 IM  
 Jonathan Voss: 50 Free  
 Jake Walsh: 50 Back  
 Blake West: 200 Fly

Where North Texas Swims For A Cure  
**LAC 2012 Pink-Out Meet**  
 The Colony  
 Mansfield  
 Fort Worth  
 Coppel  
 Frisco  
 Cleburne  
 Keller  
 Grapevine  
 Dallas  
 Plano  
 Irving  
 Richardson  
 Arlington  
 Duncanville  
 Wichita Falls  
 Decatur  
 Euless  
 Flower Mound  
 Southlake  
 Rockwall



# 2012 Division I “Beat Breast Cancer - BB Pink-Out” Meet Recap

By Contributing Writer: Kelli Zenick

October kept our volunteers, coaches, and swimmers busy with our second Pink Out event—this time in The Colony. Congratulations to all of our LAC BB swimmers! LAC earned a 1st place finish with 1850 points at this year’s season opening SCY BB meet on October 19-21, 2012!

Thank you membership for all the contributions to the Harold C. Simmons Comprehensive Cancer Care Center at UT Southwestern, and thank you to all who supported breast cancer awareness by wearing their LAC pink shirts and caps! We appreciate your support!

A special shout out to Leslie Lucas who served as the event chairperson for 2 great Pink Out events!

For complete meet results, please paste this link in your browser:

[http://www.ntswwim.org/meetresults/2012/121019\\_lac\\_bb\\_div\\_1\\_beat\\_cancer\\_event\\_results.htm](http://www.ntswwim.org/meetresults/2012/121019_lac_bb_div_1_beat_cancer_event_results.htm)

In this report we would like to recognize the swimmers who earned Top 3 individual finishes and all of those who earned new ‘A’ times. This report is color coded by age group. Swimmers finishing in the top three are recognized, and new “A” times are noted with an asterisk\*.

10 & under: **Pink**                      11-12: **PLUM**                      13-14: **FUSHIA**                      15&Over: **HOT PINK**

**50 Free:** Franca Pineda\*, Ryan Peckham, Vincent Nguyen, Fatima Regaldo\*, Brendan King\*, Jacob Walsh, Maddie Wilson\*, Cameron Young\*, Natalie Kirk, Iavaroni Pineda, Meagan DeWeirdt, Austin Hanly

**100 Free:** Franca Pineda\*, Mia Cicerelli\*, Ryan Peckham, Otto Crouch, Sophia Paola\*, Fatima Regaldo, Jack Roberts\*, Sam Song, Elise Guerra\*, Sydney Thibodeaux, Jessica Phelan, Jordyn Arendse\*, Madie Rogers\*, Roy Sherwin\*, Austin Hanly

**200 Free:** Mia Cicerelli, Sophia Buhr, Julia Jergens\*, Sophia Paola, Brendan King, Amelia Gillespie, Sarah Putney, Allison Dillard, Sam Leone\*, Nora Hoffmann, Jordyn Arendse, Ashni Pabley, Christian Palmer, Colton Baker, Lucas Espinoza

**500 Free:** Thu Pham, Landen Wright\*, Loren Baugh, Brendan King\*, Elise Guerra, Amelia Gillespie, Sam Leone\*, Jason Jiang, Michelle Wingard

**1000 Free:** Megan Morris\*, Harshika Jha\*, Kara Eisenmann\*, Zoe Taylor, Frankie Lawrence, Sam Leone\*, Ryan Taylor

**1650 Free:** Avery Ragsdale\*, Melissa Adams, Holt Ragsdale\*, Lauren Savoy\*, Zoe Taylor, Ryan Taylor

**50 Back:** Mia Cicerelli\*, Kendal Harwell, Ashley Zettle, Mackenzie Garcia Hynds\*, Julia Jergens\*, Sophia Paolo\*, Landen Wright

**100 Back:** Megan Arendse\*, Mia Cicerelli, Keely Ohlhauser, Sophia Paola\*, Fatima Regaldo, Jack Bryant, Loren Baugh, Erin Toro, Adrian Maher\*, Jordyn Arendse, Roy Sherwin

**200 Back:** Sofia Maher\*, Sophia Paolo, Hrithik Jha\*, Jack Roberts, Katherine Chen, Anand Singh, Ricardo Martinez, Jordyn Arendse, Ashni Pabley, Nora Hoffmann, Lucas Espinoza

**50 Breast:** Keely Ohlhauser, Harshika Jha\*, Sam Sone\*, Jacob Walsh

**100 Breast:** Raegan Gutchess, Mackenzie Garcia Hynds\*, Landen Wright, Donny Scott, Kara Eisenmann\*, Sam Leone\*, Nora Hoffmann, Kara Brookbank, Iavaroni Pineda

**200 Breast:** Jiajia Bertrand\*, Mackenzie Garcia Hynds\*, Donny Scott, Kara Eisenmann\*, Lauren Savoy\*, Sophia Garris, Matt Goin, Kara Brookbank, Iavaroni Pineda, Nora Hoffmann

**50 Fly:** Kendal Harwell\*, Mia Cicerelli\*, Ryan Peckham\*, Avery Ragsdale\*, Thu Pham\*, Sophia Paolo, Sam Song\*

**100 Fly:** Mia Cicerelli, Ryan Peckham\*, Vincent Nguyen\*, Thu Pham, Hrithik Jha, Erin Toro\*, Allison Dillard, Sydney Thibodeaux, Adrian Maher\*, Ashni Pabley, Rachel Villalba, Roy Sherwin

**200 Fly:** Harshika Jha\*, Hrithik Jha, Lauren Savoy\*, John Ayres\*, Sam Leone\*, Ashni Pabley

**100 IM:** Mia Cicerelli\*, Jiajia Bertrand\*, Kayla Horton, Sam Song

**200 IM:** Keely Ohlhauser, Mia Cicerelli, Otto Crouch, Herene Pineda\*, Sophia Paolo, Thu Pham, Sam Song\*, Landen Wright, Erin Toro, Amelia Gillespie, Allison Dillard, Nora Hoffmann, Alex Christensen, Austin Hanly

**400 IM:** Harshika Jha\*, Hrithik Jha\*, Landen Wright, Brendan King, Amelia Gillespie, Samantha Rao\*, Rachel Villalba, Jordyn Arendse

**Thank you to all of our swimmers, parents and coaches, Pink-Out was awesome!**



# Breast Cancer Research Donation

-By the Pink-Out Committee

**D**uring the month of October, LAC proudly hosted two Pink-Out swim meets: the Division 2 B/C 'Beat Cancer' Meet on October 5-7 held in Keller and the Division 1 BB 'Beat Breast' Cancer Meet on October 19-21 held in The Colony. Our team of volunteers sold tickets to a 50/50 Raffle, handed out pink rubber duckies to heat winners, sold pink Rallybandz, Pink Out t-shirts, and pink swim caps, and sold ribbons to create a Dedication Wall in order to help raise money for the UT Southwestern Simmons Comprehensive Cancer Center in Dallas! We had 327 North Texas swimmers (12&under) entered in the B/C Meet and 352 swimmers entered in the BB Meet! Our swimmers donned their pink shirts and pink caps at all swim meets in the month of October and we are so proud of their participation and enjoyed seeing a 'sea of pink' in natatoriums across North Texas!

On Thursday, November 15<sup>th</sup>, 2012, the LAC Pink Out Committee met with Dr. James Willson, Simmons Comprehensive Cancer Center Director, and Dr. David Euhus, Cancer Geneticist, and presented them with our LAC gift of \$4,500.00! In addition, the North Texas Nadadores (NTN) joined our efforts and also provided us with a donation of \$1,506.00 to give to UT Southwestern! We also provided the Cancer Center with a photo collage of our pink out swimmers to help illustrate our efforts! Our first annual North Texas Swimming Pink Out raised a total of \$6006.00! In addition, the Cancer Care Center has asked to feature LAC in a donor story on their website and will be interviewing our own Julie Porter in the near future. Thank you to everyone who participated in raising funds to help fight breast cancer and for helping support the research efforts of the UT Southwestern Simmons Comprehensive Cancer Center! More information on breast cancer research may be found on their website at <http://www.simmonscancercenter.org/>



From left to right: Kelli Zenick, Julie Porter, Jennifer Mabry, Dr. Willson, Dr. Euhus, Mary Kay Jergens, Annette Hanson, and Pink Out Committee Chairperson Leslie Lucas

# 2012 NT COPS “A” Invitational Meet Recap

By Contributing Writer: Lisa Cosenza

LAC attended their first A meet of the season the weekend of October 13<sup>th</sup> in Rockwall at the “A Invitational” hosted by City of Plano Swimming (COPS). Overall, LAC finished 1<sup>st</sup> as a team and had numerous top three finishes along with many best times! This is a great start to the season, congratulations swimmers and coaches! Top 3 finishers are recognized, followed by a listing of those that achieved personal best times.

**Top 3 10&Under girls:** Bridget Tooley (500 free 2<sup>nd</sup> and 100 IM 3<sup>rd</sup>)

**Top 3 11&12 girls:** Emma Garfield (50 Free 2<sup>nd</sup>, 100 Free 1<sup>st</sup>, 500 free 2<sup>nd</sup>, 50 Back 1<sup>st</sup>, 100 back 3<sup>rd</sup>, 50 Butterfly 2<sup>nd</sup>, 100 Butterfly 2<sup>nd</sup>, and 100 IM 1<sup>st</sup>), Mackenzie Garcia Hynds (50 Free 3<sup>rd</sup>), Corinne Porco (50 Breast 2<sup>nd</sup>), Gabriel Crowhurst (50 Breast 3<sup>rd</sup>) and Anika Buhr (100 IM 3<sup>rd</sup>)

**Top 3 13 & 14 girls:** are Lauren Pitzer (50 Free 1<sup>st</sup>, 100 Free 1<sup>st</sup>, 200 Free 1<sup>st</sup>, 100 Back 3<sup>rd</sup>, and 200 IM 2<sup>nd</sup>), Milan Ho ( 50 Free 2<sup>nd</sup>, 200 Back 2<sup>nd</sup>, 200 Breast 1<sup>st</sup>, 200 IM 1<sup>st</sup> and 400 IM 1<sup>st</sup>), Lauren Savoy (100 Free 2<sup>nd</sup>, 200 Free 2<sup>nd</sup> and 500 Free 1<sup>st</sup>), & Kara Eisenmann (100 Fly 2<sup>nd</sup> and 200 Fly 2<sup>nd</sup>)

**Top 3 15 & Over:** Carly Straight (100 Free 3<sup>rd</sup>, 200 Free 3<sup>rd</sup> and 500 Free 1<sup>st</sup>), Alicia McGillivray (500 free 3<sup>rd</sup>, 200 IM 3<sup>rd</sup> and 400 IM 3<sup>rd</sup>), Jenna Beaury ( 100 Breast 2<sup>nd</sup> and 200 Breast 2<sup>nd</sup>), Abigail Porter (200 Breast 2<sup>nd</sup>), and Lauren Williams (100 Butterfly 3<sup>rd</sup>)

**Top 3 10&Under Boys:** Samuel Lucas (50 Free 3<sup>rd</sup>, 100 Free 1<sup>st</sup>, 200 Free 2<sup>nd</sup>, 50 Back 1<sup>st</sup>, 100 Back 2<sup>nd</sup>, 50 Butterfly 3<sup>rd</sup>, 100 IM 1<sup>st</sup> and 200 IM 3<sup>rd</sup>), and Ryan Peckham (50 Breast 1<sup>st</sup> and 100 Breast 3<sup>rd</sup>)

**Top 3 11&12 Boys:** Alexander Zettle ( 50 Free 2<sup>nd</sup>, 100 Free 3<sup>rd</sup>, 100 Butterfly 1<sup>st</sup>, 200 Butterfly 1<sup>st</sup>, 100 IM 2<sup>nd</sup> and 200 IM 1<sup>st</sup>), and Noah Nguyen (100 Butterfly 3<sup>rd</sup> and 100 IM 3<sup>rd</sup>)

**Top 3 13&14 Boys:** Alvin Jiang (50 Free 1<sup>st</sup>, 100 Breast 1<sup>st</sup> and 100 Butterfly 3<sup>rd</sup>), Brendan Feehery (50 Free 3<sup>rd</sup>, 100 Back 3<sup>rd</sup>, 200 Back 1<sup>st</sup> 200 IM 2<sup>nd</sup> and 400 IM 1<sup>st</sup>), Tsu-hsien Teng (200 Free 3<sup>rd</sup>), and Spencer Woodward (200 Butterfly 3<sup>rd</sup>)

**Top 3 15 & Over Boys:** Jerik Wong (100 Breast 3<sup>rd</sup>)

Best Times are color coded by age group:

10 & Under: **RED**

11 & 12: **BLACK**

13 & 14: **BLUE**

15 & Over: **GREEN**

## Girls Best Times:

**50 Free** **RED** Bridget Tooley, Jenna Watson, Emma Roberts, Maysen Hauck, Ashely Zettle, Keely Ohlhauser, Emma Garfield, Mackenzie Garcia Hynds, Olivia Kelly, Megan Morris, Emma Taylor, Shannon Gallagher, Harshika Jha, Jia Bertrand, Herene Pineda, Kayla Horton, Chloe Archer, Emily Fitzpatrick, **BLUE** Milan Ho, **GREEN** Sarah Putney, Allison De Wierdt, Elise Guerra

**100 Free** **RED** Bridget Tooley, Jenna Watson, Emma Roberts, Keely Ohlhauser, Maysen Hauck, Anika Buhr, Olivia Kelly, Mackenzie Garcia Hynds, Julia Jergens, Shannon Gallagher, Madison Wolf, Corinne Porco, Emma Taylor, Kayla Horton, Gabriel Crowhurst, Emily Fitzpatrick

**200 Free** **RED** Bridget Tooley, Jenna Watson, Maysen Hauck, Keely Ohlhauser, Ashley Zettle, Avery Ragsdale, Mackenzie Garcia Hynds, Harshika Jha, Olivia Kelly, Emily Fitzpatrick, **BLUE** Riley Archer, **GREEN** Elise Guerra

**500 Free** **RED** Bridget Tooley, Olivia Kelly, Avery Ragsdale, Julia Jergens, **BLUE** Lauren Savoy

**50 Backstroke** **RED** Franca Pineda, Bridget Tooley, Riley Edmundson, Emma Roberts, Keely Ohlhauser, Emma Garfield, Megan Morris, Anika Buhr, Shannon Gallagher, Herene Pineda, Kayla Horton, Madison Wolf

**100 Backstroke** **RED** Franca Pineda, Bridget Tooley, Maysen Hauck, Riley Edmundson, Emma Roberts, Anika Buhr, Harshika Jha, Olivia Kelly, Megan Morris, Julia Jergens, Shannon Gallagher, Kayla Horton, Gabriel Crowhurst, Megan Hansen, Kara Eisenmann, Samantha Porter, Lauren Savoy, Carly Leonard, Elise Guerra, **GREEN** Maria Goode, Samantha Rao

**200 Backstroke** Lauren Chinnis, Megan Morris, Herene Pineda, Shannon Gallagher, Kayla Horton, Chloe Archer, **BLUE** Milan Ho, **GREEN** Kara Eisenmann, Lauren Savoy, Sydney Boyer

**50 Breaststroke** **RED** Emma Roberts, Keely Ohlhauser, Franca Pineda, Riley Edmundson, Corinne Proco, Emma Taylor, Jia Bertrand, Olivia Kelly

**100 Breaststroke** **RED** Ashley Zettle, Bridget Tooley, Franca Pineda, Emma Roberts, Keely Ohlhauser, Riley Edmundson, Corinne Porco, Megan Morris, Emma Taylor, Olivia Kelly, **BLUE** Riley Archer, **GREEN** Gabriel Arredondo, Megan Hansen, Sarah Putney, Riley Young

**200 Breaststroke** Corinne Porco, Anika Buhr, Emma Taylor, Megan Morris, Lauren Chinnis, **BLUE** Milan Ho, **GREEN** Riley Young

**50 Butterfly** **RED** Riley Edmundson, Franca Pineda, Jenna Watson, Maysen Hauck, Keely Ohlhauser, Lauren Chinnis, Olivia Kelly, Chloe Archer, Herene Pineda, Emma Taylor

**100 Butterfly** **RED** Riley Edmundson, Franca Pineda, Emma Garfield, Avery Ragsdale, Mackenzie Garcia Hynds, Herene Pineda, Julia Jergens, Chloe Archer, Melissa Adams, Kayla Horton **BLUE** Lauren Pitzer, **GREEN** Samantha Porter, Sarah Putney, Carly Straight, Lauren Lane, Ashley Ward, Abigail Davis, Alicia McGillivray

**200 Butterfly** **GREEN** Samantha Porter, Milan Ho, Hannah Dickson, Ashley Ward, Nicole Kimmey

**100 IM** **RED** Bridget Tooley, Jenna Watson, Franca Pineda, Riley Edmundson, Maysen Hauck, Emma Roberts, Emma Garfield, Megan Morris, Harshika Jha, Gabriel Crowhurst, Julia Jergens, Jia Bertrand, Shannon Gallagher, Emma Taylor, Herene Pineda, Kayla Horton, Madison Wolf

**200 IM** **RED** Franca Pineda, Jenna Watson, Riley Edmundson, Ashley Zettle, Avery Ragsdale, Mackenzie Garcia Hynds, Megan Morris, Julia Jergens, Emma Taylor, Gabriel Crowhurst, Herene Pineda, Chloe Archer, **BLUE** Milan Ho, **GREEN** Lauren Pitzer, Samantha Porter, Riley Archer, Kara Eisenmann, Megan Hansen, Gabriel Arredondo, Kara Gunther, Lauren Lane, Nicole Kimmey

**400 IM** **BLUE** Milan Ho, Riley Archer, Kara Eisenmann, Lauren Savoy, **GREEN** Katherine Tunic, Jenna Beaury



# 2012 NT COPS "A" Invitational Meet Recap, continued

## Boys Best Times:

50 Free **Samuel Lucas**, Alex Zettle, Brian Jiang, Noah Nguyen, Adrian Wong, Mohit Rao, Donald Scott, **Tsu-hsien Teng**, **Spencer Stanic**, **John Ayres**, **Samuel Leone**, **Austin Leih**, **Michael Mabry**, **Chase Sellers**, **Dennis Lang**, **Michael Regan**, **Jerik Wong**, **Colter Henderson**  
100 Free **Samuel Lucas**, **Thelonious Crouch**, Alex Zettle, Mohit Rao, **Adrian Maher**, **Spencer Stanic**, **Spencer Woodward**, **John Ayres**, **Michael Mabry**, **Samuel Leone**, **Luka Zmic**, **Zachary Star**  
200 Free **Samuel Lucas**, Tristan Estrada, Adrian Wong, **Tsu-hsien Teng**, **Spencer Woodward**, **Spencer Stanic**, **Michael Mabry**, **Samuel Leone**,  
500 Free Tristan Estrada, **Michael Mabry**, **David Arredondo**, **Zachary Starr**  
50 Backstroke **Samuel Lucas**, **Thelonious Crouch**, **Ryan Peckham**, **Mohit Rao**, **Adrian Wong**, **Brian Jiang**, **Andrew Turner**  
100 Backstroke **Samuel Lucas**, Adrian Wong, Mohit Rao, Noah Nguyen, Brian Jiang, Clayton Burkhard, **Tsu-hsien Teng**, **Michael Mabry**, **Spencer Woodward**, **Austin Leih**, **Peyton Lucas**, **Dennis Lang**, **Ethan Grill**  
200 Backstroke Adrian Wong, Mohit Rao, Brian Jiang, Holt Ragsdale  
50 Breaststroke **Ryan Peckham**  
100 Breaststroke **Ryan Peckham**, **Alvin Jiang**, **Luka Zmic**, **Samuel Leone**, **Peyton Lucas**, **Chase Sellers**, **Aiden Glynn**, **Dennis Lang**  
200 Breaststroke **Luka Zmic**  
50 Butterfly **Samuel Lucas**, **Thelonious Crouch** Adrian Wong, Anthony Mowles  
100 Butterfly Alex Zettle, Noah Nguyen, Clayton Burkhard, Tristan Estrada, Donald Scott, **Brendan Feehery**, **Samuel Leone**, **Spencer Stanic**, **Tsu-hsien Teng**, **Michael Mabry**, **Peyton Lucas**, **Dennis Lang**, **Michael Ragan**, **Chase Sellers**  
200 Butterfly Tristan Estrada, **Samuel Leone**, **Michael Mabry**  
100 IM **Samuel Lucas**, **Ryan Peckham**, Alex Zettle, Noah Nguyen, Donald Scott, Landon Wright, Holt Ragsdale  
200 IM **Samuel Lucas**, Adrian Wong, Noah Nguyen, Clayton Burkhard, Tristan Estrada, Donald Scott, **Alvin Jiang**, **Adrian Maher**, **Luke Mankus**, **Michael Ragan**, **Aidan Glynn**, **Dennis Lang**, **Zachary Starr**  
400 IM **Spencer Woodward**, **Samuel Leone**, **John Ayres**, **Luka Zmic**, **Austin Leih**, **Aiden Glynn**

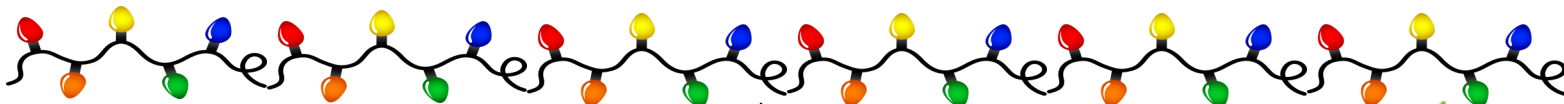
The meet recaps are provided to you by a group of parent volunteers willing to sort through meet results and type out the highlights and successes of our LAC swimmers. We've done our best to be thorough and accurate. If there are inaccuracies or omissions, please email the newsletter volunteer, Jennifer Mabry at [jen-mabry@verizon.net](mailto:jen-mabry@verizon.net). Our team will do our best to assure corrections. In addition, if your swimmer has broken a team record, NT record, or state record, please email Kelli Zenick at [kzenick@verizon.net](mailto:kzenick@verizon.net)

## December Meet Fun!



Hey kids, let's be jolly swimmers at our meets in December! On December Meet Saturdays, remember to wear your **Red LAC** shirt and don a Santa Hat or Reindeer Antlers. We will be grouping together right after warm-up each Saturday for a Festive Holiday Group photo!

Ho Ho Ho!



Not too late to sign up to volunteer at our

NT DIVISION II  
R/C MEET



December 7-9, 2012  
KISD Natatorium  
Keller, TX

Spirit wear items  
Scheduled to be  
here by Christmas!  
Items will be  
distributed at the  
pools the week of  
December 17th



Should you need caps sooner, contact Mary Kay Jergens at:

[marykayjergens@me.com](mailto:marykayjergens@me.com)