

## WCSA Championships –August 1st-2nd, 2008

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We had a great time at Conference Champs to end our summer season. The meet was held at L-R College. We had 40 swimmers attend.

Picture to the right is from our team parade at Conference Champs at LR.



Joseph Reid, 50 fly champion, along with 2nd place Alex Murphy. Joseph finished a close second in high point competition.



Men's 3rd place 200 free and 2nd place 200 medley relay– Members are Mitch Vapnairek, Harris Basset, Travis Toliver, and Gray Beane

Women's 10 and under—4th place 200 free and 3rd place 200 medley relay teams. Members are India Dula, Ariana Garcia, Sarah Chase, Macie King



### Swim Lenoir Meet Schedule- Short Course 2008-2009

<b>Date</b>	<b>Location</b>	<b>Competing Teams</b>
Sept. 27, 2008	Lenoir	CVAC,PAC,WST,AQTC,MSC,XCELL ,VAC
October 17, 2008	Lenoir-Sizzler Meet	All NCS-12 and under B-slower
Oct. 25-26, 2008	Huntersville	All BRSL-Great Pumpkin
Nov. 2, 2008	TAC-Cary	Sr. Group-Distance Meet-
Nov. 21-23,2008	Hillsborough	Sr. group travel meet
Nov. 22, 2008	Pilot Mtn.	PAC, AQTC,WST,VAC,LENR,MSC
Dec. 6, 2008	Lenoir	BRSL- ** <time standards -2 sessions
Dec. 12-14, 2008	NOMAD .	All BRSL**-13 up will have trials/final
Jan. 10, 2009	Lenoir	WST, Statesville,MSC,XCELL
Jan. 17-18, 2009	Charlotte	All BRSL-Entire Team
Jan. 30-Feb. 1, 2009	TAC-Cary	NCS Senior champs- time standards
Feb. 7, 2009	Lenoir	WST,RCST,SCSC,Statesville,QCD
Feb. 7, 2009	NCSU	1/A-2/A High School States
Feb. 7, 2009	Huntersville	4A High School Regions
Feb. 14, 2009	UNC-CH	4A State Champs
Feb.20-22, 2009	Huntersville	NCS 14 and under champs- time standards
March 7, 2009	Lenoir	WST,PAC,AQTC,SCSC,NOMAD,MS
March 6-8, 2009	TAC-Cary	Sr. Sectionals –time standards
March 13-15, 2009	Huntersville	Age Group Sections-time standards
March 27-29,2009	Charlotte	BRSL Short Course Champs
April 6-18, 2009	Spring Break	No Practice during Easter Break
May 2-3, 2009	Huntersville	LC “Mom” meet-Entire Team
May 16-17, 2009	ATOM Invite	LC –Entire Team

# Swim Lenoir's Fall Practice Schedule

	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sat.</b>
<b>A M</b>	Senior/Gold 6:00-7:00am.	Senior/Gold 6:00-7:00am.	Senior/Gold 6:00-7:00am.		Senior/Gold 6:00-7:00am.	Senior/Gold-7:00-8:30 Silver 2-8:00-8:45 White 2-8:45-9:30 Swim School -9:00
<b>P M</b>	Senior/Gold 4-6 Silver 1-4:00-5:00 White 1-5:00-6:00 Silver 2/White 2-6:00-7:00	Senior/Gold 4-6 Silver 1-4:00-5:00 White 1-5:00-6:00 Blue 6:00-7:00	Senior/Gold 4-6	Senior/Gold 4-6 Silver 1-4:00-5:00 White 1-5:00-6:00 Silver 2/White 2-6:00-7:00	Junior Group-4:00-5:00  Blue- 5:00-6:00	

## Parent's Meeting on September 22nd @ 6:30

We will have a parent's meeting on September 22nd at 6:30. The meeting will be held downstairs at the public library in Lenoir. The meeting will last from 6:30-7:30. I need one parent from each family to attend.

- Items to be discussed:
- On-line registration and dues payment process
  - Discuss group and team dues changes
  - Discuss upcoming meets –Sept. 27and Oct. 17

We will not have Silver 2/White 2 workouts on Monday the 22nd. We will offer Silver 2 and White 2 on Tuesday night , Sept. 23rd, from 6:00-7:00.



## Swim Lenoir

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As most of you know I will be traveling to Louisiana from September 13-20. A group from my church will be working at the UMCOR Depot in Baldwin, LA. You can follow my groups blog at [www.gffumc.org](http://www.gffumc.org). The practice schedule will be as follows:

Sat.– Sept. 13th—	Silver 2 –8:00-8:45 White 2-8:45-9:30
Mon. –Sept. 15th—	Sr. and Gold 4-6 Silver 2 and White 2-6:00-7:00
Tuesday-Sept. 16th-	Silver 1– 4:00-5:00 White 1-5:00-6:00 Blue– 6:00-7:00
Wednesday– Sept. 17th	Sr. and Gold 4-6
Thursday– Sept. 18th	Silver 1-4:00-5:00 White 1– 5:00-6:00
Friday– Sept. 19th	NO workouts
Saturday– Sept. 20th	Silver 2– 8:00-8:45 White 2-8:45-9:30

Morning workouts will be held on Mon, Tues., and Wed. from 6:00-7:00 for Gold and Sr.

I realize that all groups will have reduced times this week. I appreciate your support and understanding. Senior group and Gold may come on Tuesday and Thursday from 4-6 however your workout will be individual. Coach Pat will have workouts available. . All must be on best behavior.

# NCS Championship Meets –Summer of 2008

**9 Swimmer's competed at NCS** Long Course Championship meets this summer. Julie Bottoms, Rachel Ponti, Joseph Reid, Collin Hites, Morgan McCuen, and Morgan Nash competed at the 14 and under champs located at the MCAC pool – **downtown Charlotte. Rachel's highest finish was 21st in the 50 free. Collin's highest finish was 25th in 200 Breast. Joseph finished 31st in the 50 free. Julie finished 68th in the 50 free. Morgan McCuen and Morgan Nash competed in a 400 medley relay with Julie and Rachel. All**

of these swimmers gained valuable experience and look to make it back to the championship level this winter. Kyle Hites, Ted Esch, and Maggie Esch competed at Sr. Champs in Chapel Hill. We scored 11 points which doesn't sound like much but this is the first time we have ever scored at a meet at this level. This meet has no age limit so many college swimmers competed at this meet. **Kyle's highest finish was 12th** in the 200 breast– scoring 5

**points. Ted's highest finish** was 11th in the 800 free scoring **6 points. Maggie's highest finish** was 29th in the 100 breast. Maggie broke 2 of our 15 and over records in the 50 free and 100 free. Kyle broke our records in the 100 back, 100 breast, 200 breast. Ted broke the 100 free, 200 free, 400 free, and 800 free records at this meet. Kyle and Ted qualified for Sr. sectionals this winter. Maggie has left us for Graduate School in the State of Washington.