

**FCA Swimmers of the Month**  
(December 2008)

**Novice**

Although December's SOM is new to the swim team this year, it is clear that she is no beginner. She honed her craft at the FCA stroke clinics and in a relatively short period of time has foregrounded herself as a force to be reckoned with in the Novice Group. She is dedicated; works hard, listens well, and has an awesome attitude. It is no surprise that she receives practice kudos every month--and it certainly comes as no surprise that she had a great mini meet at Penn Charter in December. With continued hard work and practice, she can only become an even better swimmer. Congratulations to **Anna Morales**--you are December's Swimmer of the month.

Coaches: Davis, Tedesco, Schvom, Petrie, & Feather

**Practice Kudos**

Anna Morales-10

Jarod Ocampo-12

Claire Ochroch-10

**Junior I**

This swimmer has quickly become one of the hardest workers in the entire Junior I group. After an amazing streak of 24 straight practices in December and January her hard work paid off at the PAAC meet where she had life time bests in every one of her events. Her 200 Freestyle was especially impressive posting a time of 2:47! This swimmer has learned a lot about the sport this season and she continues to challenge herself and work hard. This commitment to excellence will certainly pay dividends in her very bright future. Great job **Katrina Ocampo**--you are the Junior I Swimmer of the Month!

Coaches: Bryne, Sherin, Kankowski, Schvom, McGrath, & Feather

**Practice Kudos**

Katrina Ocampo-20

Peter White-17

Maddy Fisher-15

(OVER)

### **Junior II (Bronze and Silver)**

The JR II Swimmer of the Month has blossomed! Although this somewhat laconic athlete continues to exist quietly outside of the pool, her recent efforts in the water have been anything but understated--making 27 practices in the month of December--11 of which came over the holiday break! Needless to say, she's earned significant "drops" ...7 seconds in the 200 Free at Parkland and over 3 minutes in the 1,650 at the FCA Distance Challenge. This has been a banner moment for **Allegra Armstrong**--congratulations you are December's JR II Swimmer of the Month!

Coaches: Tomes, Byrne, Petrie, Sherin, Kankowski, & Feather

#### **Practice Kudos**

Victoria Gillison-32

Allegra Armstrong-27

Tristan McConnell-26

### **Junior II (Gold) & Seniors**

This past December the Senior/Gold Swimmer of the Month had one of the best months of training in her FCA swimming career. She attended 33 practices--averaging 8 practices a week. Her attendance was phenomenal over the winter break and her attitude was even better. She is swimming faster than ever and recently broke 8 FCA 13-14 Girls' records in the 200, 500, 1000, 1650 Free, 100 & 200 Fly, and 200 IM at the PAAC meet. She was under the JO time standard in all of these events and placed in the Middle Atlantic "Top 10" in the 500, 1000, 1650 Free, and the 100 Fly & 200 Fly for 13-year old girls. Clearly, all of her hard work and dedication are paying off. Her attitude and focus are helping her teammates as well as they push themselves to keep up with her and find themselves doing things they did not think they could do. This swimmer had a great December and continues to have a great season. Congratulations to **Meghan Price** for being the Senior/Gold swimmer of the month!

Coaches: Anderson & Tomes

#### **Practice Kudos**

Meghan Price-33

Sara Price-32

Rob Wagner-29