

FCA Swimmers of the Month
(February 2010)

Novice

February's SOM is an individual who demonstrates what can be accomplished through hard work and a desire to improve. In addition to being a member of the record setting 100 Medley and Freestyle relays this season, he continues to work hard at practices to refine his strokes. He not only attended practice on a consistent basis this month, but he has throughout the whole season. His coaches definitely admire his ability to balance a strong work ethic with a desire also to have fun. Congratulations to **Rowan Teran** on being the February Swimmer of the Month. We look forward to your continued efforts and success!

Coaches: Davis, Tedesco, Hagan, Petrie, Schvom

Practice Kudos

Anna Kalandadze - 11
Isabel Novacich - 10
Caleb Shack - 10

Junior I

This Junior I has had a great season. She is constantly a practice kudu frontrunner and recently turned in comprehensively impressive performances at the EMAC and LVA meets--highlighted by a seven second drop in the 100Fly! Each and every day she comes to practice prepared to listen, work hard, and learn. This attention to detail and inherent drive is duly noted by all her coaches and her teammates. It comes as almost no surprise that she has foregrounded herself as a leader, and there is no doubt in our minds that this committed swimmer will continue to work hard and evolve as an athlete and a great kid. Congratulations **Sarah Lipson**, you are the Junior I Swimmer of the Month!

Coaches: Bryne, Sherin, Kankowski, McGrath

Practice Kudos

Alexandra Branscom - 12
Sarah Lipson - 12
Maddy Fisher - 11
Annaika Khoday - 11
Sophie Roling - 11
Nick Tuverson - 11

(OVER)

Junior II (Bronze & Silver)

As we close out the Fall/ Winter season, the SOM selection process gets extremely difficult. There are just too many swimmers who have given it their all for us to hold up only one. It seemed, therefore, that we should acknowledge those swimmers who through consistency, commitment, and hard work, have become the "Best of the Best." That's why the coaching staff for JR II Silver/ Bronze choose to acknowledge those swimmers who have qualified for the Mid- Atlantic Junior Olympics. These athletes are our February Swimmers of the Month and the FCA coaching staff are very proud of their accomplishments. Congratulations go to **Sarah Silberg, Giulia Acchione, Tristan McConnell, Aris Mourelatos, Emmett Orts, Richard Price-Sanchez, Ben Shapiro and Jimmy Turley.**

Coaches: Tomes, Byrne, Hagan, Petrie, Sherin, Tedesco

Practice Kudos

Tristan McConnell - 20

Griffin Kao - 18

Kyle Tuverson - 17

Grant Fisher - 17

Junior II (Gold) & Seniors

This month's award for the Gold and Senior group goes to all the swimmers who have qualified and are representing FCA at the Middle Atlantic Senior Championships. These athletes have worked hard this season to accomplish this great feat. The MA Senior Championships have some of the top swimmers in the state, region and country participating each year. These FCA athletes have put a lot of time and effort into the pool this season, and seasons before, in order to earn this right. Congratulations to **Ryan Cassidy, Allegra Armstrong, Elizabeth Baker, Sahara Clement, Rachel Goodman, Jake Katznelson, Ben Shapiro, Marielle Greenblatt, Ryan McConnell, Sarah Shaw, Olivia Gillison, Victoria Gillison, and Justin Hager.** You are the February Gold and Senior Swimmers of the Month.

Coaches: Anderson & Tomes

Practice Kudos

Olivia Gillison - 12

Allegra Armstrong - 11

Sahara Clement - 11

Victoria Gillison - 11

Ryan McConnell - 11

Sarah Shaw - 11