

FCA Swimmers of the Month
(January 2010)

Novice

Since the start of the season, this swimmer has been considered for SOM every month. She consistently exceeds her quotas, works hard at practice and meets, and is kind to and respectful of her teammates and coaches. Her impressive work ethic and positive attitude make it a pleasure for us to coach her. The exponential improvement she has made in the pool this month and this season are icing on the cake. Great job **Ashwini Shende**, you are January's Swimmer of the Month!

Coaches: Davis, Tedesco, Hagan, Petrie, Schvom

Practice Kudos

Ashwini Shende -14
Jarod Ocampo -13
Cara Margolis-13
Anna Silbert -12
Caroline Groves -12
Catherine Cianfrani -12

Junior I

The Junior I coaches had a difficult time picking just one SOM. January was an excellent month for both personal improvement and training for this group as a whole. Consequently, we picked two athletes who reached a new level of monthly achievement. Their accomplishments did not come easily; they worked hard, overcame challenges, kept their attitudes positive, and always listened to their coaches. It is no surprise that both of these athletes had multiple personal bests at the EMAC meet. It has been a pleasure coaching them--they certainly have bright futures in the water. Congratulations **Gabe Kusiatin** and **Alexandra Branscom**, you are the Swimmers of the Month.

Coaches: Bryne, Sherin, Kankowski, McGrath

Practice Kudos

Sophie Roling -17
Ricky Maio-16
Sarah Lipson-16
Manav Khandelwal -15
Maddie Fisher-15

(OVER)

Junior II (Bronze & Silver)

Our Fall/Winter season is coming to an end and all of the athletes are practicing very hard. It was tough to pick just one swimmer who has foregrounded him or herself during the month of January. But there is one swimmer whose performance and attitude made a strong case for special recognition. He comes to practice consistently and never backs off a challenge. Whether he is getting through a demanding main set or tweaking out an off stroke, this young man always strives to be the best that he can be. And this approach clearly correlates with the performance he turned in at the EMAC meet, where he dropped time in all of his events. Congratulations **Griffin Kao**, you are the JR II Silver/Bronze Swimmer of the Month.

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

Practice Kudos

Tristan McConnell -27
Ben Shapiro -23
Grant Fisher -23
Elizabeth Flick -22
Griffin Kao-22
Archie Millar-22
Kyle Tuverson-22

Junior II (Gold) & Seniors

The January Gold/Senior Swimmer of the Month goes to a young man who has gone through significant change. This past summer, he was about 5 feet 8 inches tall, and now--as we segue into the spring of 2010--he stands at about 6 foot 3. We are not sure if he is eating some patented Wheaties/alpha concoction, but we are sure that he comes to practice and gives himself and his team nothing less than 100%. It is difficult to maintain complete cognitive control when you are growing an inch an hour, but this fact has not disheartened or dampened this swimmer's disposition. He has forged on and his muscles are growing and adapting accordingly. He has already qualified for several events at Junior Olympics and Senior Championships. One can only wonder what this young man will do when the rapid morpho settles! Keep up the great work **Ryan Cassidy**, you are the Swimmer of the Month.

Coaches: Anderson & Tomes

Practice Kudos

Ryan McConnell -18
Sarah Shaw-17
Leslie Rothstein -15
Allegra Armstrong-15
Emma Shaw-15