

**FCA Swimmers of the Month**  
(November 2009)

**Novice**

November's SOM is one of the fastest swimmers in the novice group, but that is not why she is receiving this honor. She is on time for practice, considerate to her teammates, respectful to her coaches, has a tremendous work ethic, and the drive to be the best that she can be. This swimmer does all of that with a smile. This is why **Anna Kalandadze** is November's Swimmer of the Month

**Coaches: Davis, Tedesco, Hagan, Petrie, Schvom**

**Practice Kudos**

Noor Ansari -10  
Jarod Ocampo -10  
Elizabeth Forsyth -10  
Anna Kalandadze -10  
Caleb Shack -10  
Ashwini Shende -10  
Caroline Groves -9  
Isabel Novacich -9  
Catherine Cianfrani -9

**Junior I**

This month's SOM has done nothing but impress his coaches from the very first day of practice. In his first season with FCA he has quickly become a swimmer who can be counted on to work hard at each and every practice, make his quota, and give his absolute all at meets. If he has a question, he does not hesitate to ask, and it is his thirst for swimming knowledge and drive to improve that sets him apart from many other swimmers his age. After a challenging inaugural meet at CBST this swimmer surpassed expectations at GCIT and could be seen not only swimming fast, but also smiling and enjoying his improvement that he worked so hard for. It is with great pleasure that we award this month's SOM to **Nick Tuverson**.

**Coaches: Bryne, Sherin, Kankowski, McGrath**

**Practice Kudos**

Sophie Roling -14  
Maddy Fisher -14  
Sarah Lipson -13  
Nick Anstadt -13  
Lainey Solomon -13

**(OVER)**

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

The SOM for Jr II Bronze & Silver has transformed himself into a confident and powerful swimmer in just a few seasons with FCA. His strokes were barely legal when he started in Jr Is, but he is an excellent listener who knows how to apply what he is told by his coaches. This quality, combined with a mature sense of patience and hard work, played a significant role in his “break out” performance at the GCIT meet. In two days, he dropped almost 100 accumulated seconds off all his events! WOW--LOOK OUT Lanes 1 and 2 because **Richard Price-Sanchez** is swimming right on your heels. Congratulations, Richard from all of the FCA Coaches!

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

#### **Practice Kudos**

Tristan McConnell -26

Ben Shapiro -23

Grant Fisher -19

Archie Millar -19

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

This Jr II Gold & Senior Group SOM has changed in a number of areas during the past year. She has grown 4 inches, developed biceps, and taken a shine to platinum knee-high Doc Martins. You will probably never hear this young, slightly shy, and laconic athlete. But you will certainly notice her at meets and practices--though perhaps without the boots that Nancy Sinatra sings about. This gal has made a concerted effort over the past four years to improve her training and technical processes. And with a lot of hard work, determination, and unwavering practice consistency, she has molded herself into a swimming machine. With every practice the coaches can see her gaining confidence and quite possibly locking in a “break out” season. Congratulations and keep up the great work, **Allegra Armstrong**. You are the November Gold & Senior Swimmer of the Month!

**Coaches: Anderson & Tomes**

#### **Practice Kudos**

Justin Hager -19

Leslie Rothstein -19

Ryan McConnell -18