

FCA Swimmers of the Month (July 2009)

Novice

July's swimmer of the month joined FCA in the middle of the Spring/Summer season. Initially she was somewhat tentative--understandably worried about her endurance and her ability to keep up with the other swimmers. She started out pragmatically in lane 6, but it soon became clear that she was eager to challenge herself. She moved to lane 5 and the rest, as they say, is history! Day in day out, this young lady has stepped out of her comfort zone, and it has been a pleasure to record the dividends. Her technique has improved in all four of her strokes and she has conquered her fear of swimming distances--all of *this*, with a positive attitude and noticeable degree of respect for her fellow teammates and coaches. Congratulations **Elizabeth Forsyth**--you are the Novice swimmer of the month!

Coaches: Davis, Tedesco, Petrie, Schvom

Practice Kudos

Caroline Groves-7
Elizabeth Forsyth-7
Katie Cappola-6
Ashwini Shende-6
Rowan Teran-6
Christina Wang-6

Junior I

The Junior I SOM has come a long way in a short period of time. He has only been swimming with FCA for one year. In that period he has found the ability to challenge himself, to work hard, master—legally--all of four of his strokes, hold intervals that are consistent with the rest of his peers in the upper training lanes, swim any event he asked, drop times on a consistent basis at meets, smile, and laugh. His upcoming season will be a challenging one as he graduates to the Jr. II level, but we are confident that he has the resolve to get himself, and the rest of his transitioning teammates, successfully through the process and onto the next level. Great job **Richard Price-Sanchez**--you are the Junior I swimmer of the month.

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

Practice Kudos

Sam Montenegro-8
Angela Zhou-8
Annaika Khoday-8
Elliot Davis-7
Ricky Millar-7
Max Roling-7
Sophie Roling-7
Kate Raphaely-7

Junior II (Bronze and Silver)

One would think that picking a JR II Silver/Bronze SOM for the truncated month of July might be difficult. Well to be quite honest, with all the notable performances at the Cloister Classic--it was. However, this SOM has been on the radar for quite some time, even before the spectacular way she finished this season. It has been a pleasure watching this athlete mature and grow into a strong and confident swimmer. She has committed herself to making more than the standard 4 practices a week for several months now. This swimmer practices hard and is serious about how she trains. Occasionally there is a moan or a groan, but most of the time she's focused and cares what she does in practice as well as with her lane. Most times you can find her attending AM practices.....morning practices are not easy to attend regularly and she did it religiously before school and before work. The time and effort paid off for her and it showed especially at Ephrata, where she earned personal bests in 5 events and swam 3 new events. It was quite a finale. It's been long in coming, but the JR II coaches would like to congratulate **Amy Chapkovich** as July's Swimmer of the Month.

Coaches: Tomes, Byrne, Petrie, Tedesco, Sherin

Practice Kudos

Ben Shapiro-15
Emma Shaw-14
Amy Chapkovich-14
Grant Fisher-11
Leslie Rothstein-11
Jacob Montenegro-11
Matt Weinburg-11
Marina Foster-11

Senior and Jr. II Gold

The July Senior & Gold SOM goes to four young men who decided to take swimming to the next level. **Rob Wagner, Tommy Ringe, Max Gilbert, and John Armstrong** will be swimming in college next fall. For them, all of the hard work and passion over the past several years has paid off. They have made it through the grind of waking up for 6:30 AM practices, going to school, and then returning to the pool in the evening for their second practice. Their high level of commitment has forced them to make some tough social decisions, to use their "down time" constructively, to plan ahead, to be organized and drink lots and lots and lots of water. They are great role models and are very prepared for what lies ahead. We all look forward to their returns as they help this community understand what it takes to be a student athlete at the next level. Congratulations and good luck next year, guys!

Coaches: Anderson & Tomes

Practice Kudos

Sarah Shaw-21
Meghan Price-19
Sara Price-19
Lindsey Wiener-19
Ryan McConnell-18
Lydia Lobb-18