

FCA Swimmers of the Month
(October 2009)

Novice

October's SOM is no stranger to hard work, dedication, or commitment. From the first time he stepped into the pool at FCA, he hasn't looked back. His swimming has consistently improved year after year. We sometimes wonder what motivates him to work so hard. Is it some intrinsic desire to be better than his competition or is he just trying to be faster than his sister? We may never know. What we do know is that he has exceeded his practice quota since the beginning of the season. In fact, he has not missed one practice. His individual times during meets continue to improve, and he is a member of the 8 & under 100 Free Relay that holds the new team record. We are proud to announce that **Jarod Ocampo** is October's Swimmer of the Month.

Coaches: Davis, Hagan, Petrie, Schvom, Tedesco

Practice Kudos

Noor Ansari 14
Jarod Ocampo 14
Elizabeth Forsyth 11
Anna Kalandadze 11

Junior I

This month's Junior I SOM has been able to carry his incredible progress during the summer season right into the fall. Over the last year, the coaching staff has seen a dramatic improvement in terms of this swimmer's commitment, attentiveness, and overall skill. With each passing day he makes strides in acquiring the skills that are needed for both continued success in swimming, as well as success in the world outside the pool. At CBST this swimmer swam life time best in every event he swam. He was well below multiple JO times for his current age group, and he even threatened a few team records. The coaches are excited about having the opportunity to continue working with this talented swimmer. We are very pleased to award this month's SOM to **Sam Montenegro**.

Coaches: Bryne, Sherin, Kankowski, McGrath

Practice Kudos

Sophie Roling 15
Alexa Kaminsky 14
Sarah Lipson 13
Ricky Maio 13
Sophie Shack 13

(OVER)

Junior II (Bronze and Silver)

These two athletes are our "Bookends" to FCA's growth and success. Both have experienced many trials and tribulations, but we've enjoyed celebrating their many victories even more. They've grown up in our swim program, going all the way back to novices and JR I's. And while one has looked to her older sibling swimmer and asked "Why Me?" and the other always says "Why Not?" , they are both starting to realize that all their hard work and determination make them FCA's up-and-coming "Shining Stars". Congratulations **Emma Shaw and Leslie Rothstein** as JR II SOM for October 2009.

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

Practice Kudos

Tristan McConnell 36

Emma Shaw 29

Tristan McConnell 27

Amy Chapkovich 24

Griffin Kao 24

Junior II (Gold) & Seniors

The October SOM for the Gold and Senior group goes to two swimmers. These swimmers have been with the FCA for several seasons, and both have shown excellent dedication, support, and commitment to the FCA program. They have learned how to balance their family, school, and swimming commitments at the highest level offered by FCA. Every time they come to practice they listen to what the coaches have to say, they work hard, they understand they must push themselves to get to the next level, and they encourage others while doing so. These swimmers have been dropping time in their events every year since they have joined the program. They both had a great meet this past weekend at CBST with one breaking the FCA 15 & Over Girls 400 IM and the other one swimming life time best in all but 3 of his races. These two swimmers demonstrate what every coach looks for from every athlete: communication, commitment, and respect. We would like to congratulate **Sarah Shaw and Ryan McConnell** for being this October's FCA Gold/Senior Swimmer of the Month.

Coaches: Anderson & Tomes

Practice Kudos

Sarah Shaw 36

Justin Hager 27

Marielle Greenblatt 24

Ryan Cassidy 24

Jake Katznelson 24

Sahara Clement 24