

FCA Swimmers of the Month (May 2009)

Novice

For the May Swimmer of the Month, the Novice coaches decided to recognize two athletes. The extraordinary work ethic and determination of all our swimmers this season make it extremely hard to single out even two. But here it goes...the first Swimmer of the Month is new to the team this season. She started with FCA during the spring Stroke Clinic. For a short time, her quiet demeanor kept her under the radar. However, it did not take long for the coaches to notice her. She is strong in all of the strokes, and if she continues to work as hard as this month--she will go far! The second swimmer is not new to the team, and his continued hard work has paid dividends this month. In the FCA Mini Meet, he swam personal bests in the 25 back and 100 IM. As a senior member of the Novice group, this swimmer leads by example with every lap. Even when it is clear that he is tiring, he continues to do what the coaches ask and is happy to set the tempo for practice and the pace that the other swimmers to follow. Congratulations to **Caroline Groves** and **Jarod Ocampo** on being the May Swimmers of the Month. Keep up the great work!!

Coaches: Davis, Tedesco, Schvom, Petrie, & Feather

Practice Kudos

Jarod Ocampo-12
Claire Ochroch-12
Dan White-12
Cara Margolis-12
Ashwini Shende-11
Caroline Groves-10

Junior I

This pint sized dynamo is one of the strongest swimmers of the Junior I group this spring. Her results in test sets and at mini meets have been mind blowing. The coaching staff can't do anything but shake their heads in amazement as she muscles her way past bigger, older swimmers with a smile on her face and a twinkle in her eye. Her energy is infectious and it is almost impossible not to smile when she is around. We all look forward to the LAC meet--later this summer-- when this young lady will finally be 9 and able to get in the pool with the big kids. It is with great pleasure that we present this months SOM to **Sophie Roling!**

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

Practice Kudos

Max Roling-16
Sophie Roling-16
Angela Zhao-16
Maddie Fisher-14
Ricky Maio-14
Peter White-14
Sam Montenegro-13
Emmett Orts-13

Junior II (Bronze and Silver)

We can't say enough about this new JR II swimmer--transitioning from the JR I group is hard enough with schedule demands, social adjustments and the workload. But this swimmer is showing everyone that he can make the adjustment and keep up with the TEAM! When he comes to practice, well.....you've heard of the saying...hit the ground running...this young man hits the water "sprinting." He never falls behind and often leads the group in the main set. He is positive, enthusiastic, never complains, and is always eager to improve. This swimmer's hard work and effort are bound to pay off, and we are looking forward to what he's going to accomplish in the approaching swim meets. So without saying another word...the JR. II coaches all congratulate **Jimmy Turley!** He is the May Swimmer of the Month!

Coaches: Tomes, Byrne, Petrie, Sherin, Kankowski, & Feather

Practice Kudos

Victoria Gillison-26

Tristan McConnell-26

Emma Shaw-24

Marielle Greenblatt-23

Jake Katznelson-23

Junior II (Gold) & Seniors

This FCA Senior/Gold Swimmer of the Month has done something unique. He attended 50 practices in the month of May--more practices than any one in the history of our club for this period. Averaging 1.6 practices a day, this young man swam a total of 270,000 yards in May--roughly 163 miles. On top of that, he worked hard, showed up on time, and gave it his proverbial all! What was the inspiration behind such an endeavor--to explode out of one's comfort zone? Would you believe, a senior project? This swimmer set out to explore the natural but demanding correlation between *input* and *output* and the results are in. He is swimming faster in practice than he ever has-- holding paces that were just "ideas" last year while making significant strides in his stroke efficiency as well. After waking up at 4:45am and starting the day of with a 5:30am practice and finishing the day with a 2.5 hour practice at 8:30pm, **Rob Wagner** is the well-deserved May Senior/Gold Swimmer of the Month.

Coaches: Anderson & Tomes

Practice Kudos

Rob Wagner-50

Sarah Shaw-34

John Armstrong-33