

FCA Swimmers of the Month
(February 2009)

Novice

February's Swimmer of the Month exemplifies what continued hard work can achieve, even as the season winds to a close. While she is not the fastest swimmer in the pool, her effort never wavers, and there is no doubt in our minds that, if her work ethic continues, she will rise to the top. At the GRA Mini Meet, she dropped 1.54 seconds, 1.00 seconds, 1.65 seconds, and 3.84 seconds in her 25 free, 50 free, 25 back, and 25 breast, respectively. What is more, few swimmers can say they have never complained about a set or stroke at least once this season. However, the coaching staff feels that this swimmer is an example of someone who **NEVER** complains and possesses the kind of attitude all of our swimmers should strive to exhibit. Congratulations to **Anna Volpp** on being the February Swimmer of the Month! We look forward to your continued hard work and are expecting great things from you.

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

Practice Kudos

Maddie Anderson-10
Morales Anna-10
James Cohn-10
Katherine Lynch-9
Jake Waldman-9
Claire Ochroch -8
Cole Sanchez -8
Alyse Lynch-8
Sydney Silberg-8
Clemence Tardivel-8
Margarita Vinogradov-8

Junior I

This swimmer had a tremendous month of February. After a couple of up and down meets to start the season, this swimmer buckled down in time for the EMAC and CBST meets and was rewarded with three JO times and three team records. He has also picked up his level at practice. His hard work has made him a reliable lane leader and a better all-around member of the team. This new enthusiasm has allowed him to develop into a team leader, a role this swimmer previously had a hard time accepting. The coaches expect great things as this swimmer continues to mature. It is with great pleasure that we present this months JR. I Swimmer of the Month to **Griffin Kao**.

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

Practice Kudos

Jake Montenegro-13
Max Roling-12
Sophie Roling-12

Maddy Fisher-12
Griffin Koa-11
Sarah Lipson-11
Ricardo Maio-11

Junior II (Bronze and Silver)

February's JR.II Swimmer of the Month is a swimmer that has a passion for the sport unlike anyone else. He makes 6-7 practices a week, he is the youngest swimmer in lanes 1 & 2, yet still tries hard, and he pushes himself above and beyond at every practice. This swimmer has had an outstanding season so far. He has dropped time at every meet this year and has not only received his personal best times, but has broken several team records as well. He holds eleven 11-12 records right now and he broke 5 of those records at the CBST meet. He has qualified for JOs for the first time and in eight different events. He has had an incredible year due to his hard work, immense dedication, and positive work ethic. Anyone who tells their parents they would rather be at practice on their birthday than anywhere else deserves every achievement he has received so far and more. Congratulations to **Ben Shapiro** for being the JR.II Swimmer of the Month.

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

Practice Kudos

Vitoria Gillison-21
Ben Shapiro-21
Marielle Greenblat-20
Tristan McConnell-19

Junior II (Gold) & Seniors

For the past few weeks of February this Senior/Gold Swimmer of the Month has been training exceptionally hard, harder than he has ever trained. He attended his 5 practices for FCA and his high school practices as well. He had a great month of February with his training and in meets. He broke 55 in the 100 free at two different meets this month qualifying himself for JOs. He also qualified in the 100 fly and 50 free. This will be his first winter JOs. He has a great work ethic and always gives it 100% at practice. He is very easy to coach and listens to everything the coaches have to say. He is always looking for ways to improve and asking the coaches to help him out on his weak points. He is one of the newest members of the Gold group and has done a great job so far. The February Senior/Gold Swimmer of the Month goes to **Gordon Kender**. Keep up the good work!

Coaches: Anderson & Tomes

Practice Kudos

Sara Price-20
Meghan Price-18
Sarah Shaw-17