



## Seahawks Swim Team

Swimmer of the Month: James Snyder



James Snyder is 5 years old he attends The Forsyth County School Pre-K. His favorite sport is swimming and his favorite stroke is butterfly. James does tennis, running and triathlons. He is looking forward to watching the Olympics. James loves to eat pasta, read and his favorite book is Little Boys Bible, when he grows up he wants to become an Astronaut. WAY TO GO JAMES!!!!

### **COACHES CORNER**

The 2008 NC 14 & Under age group champs meet (JO'S) and 2008 BRSL Conference meet marks the 2007 – 2008 season. Registration for the 2008-2009 short course and long course season will start shortly. For returning Seahawks, the registration will be slightly different from last year. This year registration will be managed by Sharon Nitz. Sharon has volunteered to take this and will be collecting all new and existing swimmers shortly.

The upcoming short course season will make the Seahawks second season as a USA Swimming Team. Last September we have only 9 swimmers registered. This September we expect to renew over 45 swimmers with NC swimming and USA Swimming. These make the Seahawks one of the top 20 teams in the nation and acquire 50 + swimmers in our first year of competition. This could not have happened without the support of our families.

Congrats to David Hoke and Zach Nitz for competing and the NC 14 and Under age group champs meet (JO'S). Both did exceptionally well, going personal best times.

BRS� Conference Meet. WAY TO GO SEAHAWKS!!!!!!!!!!!!!! The coaching staff was so thrilled and excited for all our swimmers. Our kids really stepped it up and showed such potential. It has been a long time since we have seen our kids perform so well. We knew going into this meet, that we were considered underdogs. Especially since we were outnumbered 3 to 1 by Elkin. Second is truly something for all of us to be proud of.

## **RESULTS**

### 8 and Under Girls

Sharidan Nitz: 2<sup>nd</sup> 100 IM, 1<sup>st</sup> 25 Breaststroke, 3<sup>rd</sup> 25 Butterfly  
Samantha Hoke: 3<sup>rd</sup> 100 IM, 1<sup>st</sup> 25 Free, 2<sup>nd</sup> 25 Butterfly  
Emma Jordan: 14<sup>th</sup> 25 Free, 16 25<sup>th</sup> Backstroke  
Kelly Malloy: 9<sup>th</sup> 25 Free, 10<sup>th</sup> 25 Backstroke, 15<sup>th</sup> 25 Breaststroke  
Gabiella Moore: 22<sup>nd</sup> 25 Free, 22<sup>nd</sup> 25 Backstroke

### 8 and Under Boys

Timothy Clendenin: 1<sup>st</sup> 100 IM, 9<sup>th</sup> 25 Free, 5<sup>th</sup> 25 Breaststroke  
Michael Jones: 2<sup>nd</sup> 100 IM, 3<sup>rd</sup> 25 Butterfly, 8<sup>th</sup> 25 Free  
Ryan Swarts: 2<sup>nd</sup> 25 Backstroke, 4<sup>th</sup> 25 Free, 15<sup>th</sup> 25 Breaststroke  
Daniel Snyder: 10<sup>th</sup> 25 Breaststroke, 16<sup>th</sup> 25 Free  
Aaron Harrell: 32<sup>nd</sup> 25 Free, 26<sup>th</sup> 25 Back

### 6 and Under Boys

Phillip Clendenin: 5<sup>th</sup> 25 Breaststroke, 4<sup>th</sup> 25 Backstroke  
James Snyder: 3<sup>rd</sup> 25 Free, 4<sup>th</sup> 25 Breaststroke, 3<sup>rd</sup> 25 Backstroke

### 9-10 Girls

Mallory Swarts: 1<sup>st</sup> 25m Free, 2<sup>nd</sup> 25 Butterfly, 3<sup>rd</sup> 100 IM,  
Lynsey Clipperd: 7<sup>th</sup> 100 IM, 8<sup>th</sup> 25 Backstroke, 16<sup>th</sup> 25 Free

### 9-10 Boys

Zach Nitz: 1<sup>st</sup> 100 IM, 1<sup>st</sup> 50 Free, 1<sup>st</sup> 25 Breaststroke  
David Hoke: 1<sup>st</sup> 25 Butterfly, 2<sup>nd</sup> 50 Free, 2<sup>nd</sup> 100 IM  
James Hoke: 1<sup>st</sup> 25 Free, 1<sup>st</sup> 25 Backstroke, 3<sup>rd</sup> 100 IM  
Austin Dotzel: 3<sup>rd</sup> 50 Free, 6<sup>th</sup> 25 Free, 7<sup>th</sup> 25 Backstroke  
Thomas Harrell: 10<sup>th</sup> 25 Backstroke, 23<sup>rd</sup> 25 Free  
Daniel Malloy: 11<sup>th</sup> 25 Free, 13<sup>th</sup> 25 Backstroke

### 11-12 Girls

Ashley Cromie: 1<sup>st</sup> 100 IM, 1<sup>st</sup> 100 Free, 1<sup>st</sup> 50 Butterfly  
Savannah Weed: 12<sup>th</sup> 50 Backstroke, 17<sup>th</sup> 50 Free, 22<sup>nd</sup> 50 Breaststroke

### 11-12 Boys

Jesse Hoke: 1<sup>st</sup> 100 IM, 2<sup>nd</sup> 50 Breaststroke, 2<sup>nd</sup> 50 Butterfly  
Patrick Swarts: 3<sup>rd</sup> 100 IM, 4<sup>th</sup> 50 Backstroke, 7<sup>th</sup> 50 Breaststroke  
Michael Spencer: 5<sup>th</sup> 50 Backstroke, 6<sup>th</sup> 50 Breaststroke, 7<sup>th</sup> 50 Free  
Jared Souther: 7<sup>th</sup> 50 Backstroke, 14<sup>th</sup> 50 Free

### 13-14 Girls

Jessie Cromie: 2<sup>nd</sup> 100 IM, 2<sup>nd</sup> 50 Free, 2<sup>nd</sup> 50 Backstroke  
Mary London: 10<sup>th</sup> 50 Breaststroke, 14<sup>th</sup> 50 Free, 14<sup>th</sup> 50 Backstroke  
Elizabeth Hernandez: 4<sup>th</sup> 100 IM, 4<sup>th</sup> 50 Butterfly, 3<sup>rd</sup> 50 free  
Chaunte Durand: 8<sup>th</sup> 100 Free, 9<sup>th</sup> 50 Breaststroke, 13<sup>th</sup> 50 Backstroke

### 13-14 Boys

Avery Wilson: 1<sup>st</sup> 100 Free, 2<sup>nd</sup> 100 IM, 3<sup>rd</sup> 50 Butterfly  
Landon Harrell: 7<sup>th</sup> 50 Breaststroke, 9<sup>th</sup> 100 Free, 9<sup>th</sup> 50 Backstroke  
Zach Jones: 6<sup>th</sup> 50 Breaststroke, 9<sup>th</sup> 50 Free, 11<sup>th</sup> 50 Backstroke

### 15-18 Girls

Allison Southard: 1<sup>st</sup> 50 Free, 2<sup>nd</sup> 50 Butterfly, 4<sup>th</sup> 100 IM  
Lyndsey Edwards: 3<sup>rd</sup> 100 Free, 7<sup>th</sup> 100 IM, 9<sup>th</sup> 50 Free  
Leandrie Durand: 4<sup>th</sup> 50 Breaststroke, 6<sup>th</sup> 50 Backstroke, 10<sup>th</sup> 50 Free  
Madeleine Snoddy: 9<sup>th</sup> 50 Backstroke, 11<sup>th</sup> 50 Fly, 13<sup>th</sup> 50 Free  
Keri Souther: 10<sup>th</sup> 100 Free, 16<sup>th</sup> 50 Backstroke, 17<sup>th</sup> 50 Freestyle

### 15-18 Boys

Daniel Pugh: 1<sup>st</sup> 50 Free, 3<sup>rd</sup> 100 Free, 4<sup>th</sup> 50 Fly  
Casey Clarke: 3<sup>rd</sup> 50 Backstroke, 4<sup>th</sup> 50 Free, 5<sup>th</sup> 100 Free  
Yah'Don Wheeler: 6<sup>th</sup> 50 Free, 6<sup>th</sup> 100 Free, 7<sup>th</sup> 50 Backstroke

CONGRATS TO CASEY CLARKE, DANIEL PUGH AND SHANNON HAYES FOR QUALIFYING TO STATES COMPETION. WAY TO GO!!!!



## IMFORMATION

I have been asked by numerous parents “What should my child eat before practice? At meets? The best pre-practice or pre-meet meal should contain primarily carbohydrates. Carbohydrate rich foods like pasta, breads and cereal or easily digested and easily absorbed. Should contain: 0.5 -2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise as a general rule.

### Parent And Athlete

**Parent Tip:** Competitive Swimming programs provide many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and learn how to treat success and failure as 2 sides of the same coin, while becoming healthy and physically fit. As a parent your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child. Show your interest in ensuring your child’s attendance at practices, by coming to swim meets and volunteering for your club at swim meets or by participating in fundraising etc. Parents contribute to the success experienced by the child and the team. Parents serve as role model and their children cumulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, opponents, and teammates.

## WEARING ISYS APPARE L AT MEETS

Please make sure your swimmer always competes in an ISYS team suit and team cap. Team uniforms are a very important aspect of team building, promotion and identification.

## PRACTICE SCHEDULE

We will no longer have practice on Friday evenings. The rest of the practice schedule will remain as it has been all summer.



Hey,

My name is Phillip Hall and I'm a visiting swimmer from Ocala Florida. I have enjoyed my stay in North Carolina very much so far and found the YMCA to be very inviting and helpful. Thanks for the fun times during practices. Just to give you guys a little information about me, I'm 17 and my life basically revolves around swimming and school since I'm in the IB program at school. But every free weekend I get, I go to the beach and surf, which is my favorite thing to do outside of swimming. I also like hanging out with my friends and watching movies or goofing off. Our favorite hobby is making cookies. Swimming dominates a considerable portion of my life. I think I spend more time at the pool than I do at home. We have nine practices a week, with doubles on Monday, Wednesday, and Thursday. We have pretty hard practices and usually do anywhere from 6,000 to 7,500 yards/meters in a practice. A typical practice for us consists of a 1,500 to 2,000 meter warm up set, then a 1000 meter kick set, and our final set at about 4000 meters, usually a ladder set or a set of 800s. But, even though its hard, we all push through it, and it pays off at the end of each summer when we all go to nationals. Thanks for letting me swim with you guys, it was fun. Keep at it.

Phillip Hall



Dear Swimmers and Parents,

I have thoroughly enjoyed my summer on this team as assistant coach. This team has a lot of talent and personality. The kids are phenomenal and so easy to walk with. The Parents are great supporters and role models. Thank you for allowing me to work with such a great group of swimmers. GOOD LUCK TO ALL OF YOU!

Coach Allison



## HAPPY BIRTHDAY

Ashley Cromie- July 5<sup>th</sup> (12 years old)  
Emma Jordan- July 10<sup>th</sup> (9 years old)  
Allison Southard- July 10<sup>th</sup> (19 years old)  
John Williamson- July 10<sup>th</sup> (9 years old)  
Patrick Swarts- July 26 (12 years old)  
Jesse Hoke- July 28<sup>th</sup> (13 years old)  
Ryan Swarts- July 31<sup>st</sup> (8 years old)



Dear Swimmers and Parents,

As most of you know by now, I have decided to retire (again) from coaching. I made this decision after a lot of soul-searching and prayer. I have really enjoyed working with all of you- parents and swimmers alike. My original intention last year was to "help" with the team-not take over-as the result ended up. This team has come a long way and the end is nowhere in sight. You are a GREAT group of families and are becoming a "SWIM TEAM FAMILY" that will be making waves every where you go. I wanted all of you to know that I am leaving due to a number of reasons that have to do with my family and my job. This was not my first choice but I feel that it is the best choice for the situation as it is now. Coach Dave and I have talked and I am sure I am leaving you in good hands. He has done a lot for the team and I'm sure he has many more goals to reach with all of you.

I will still be around from time to time so I'm sure we will see each other again. Until then, keep working hard and encouraging each other

Coach Eric



**WE WILL MISS YOU MUCH COACH ERIC**

The parents and swimmers would like to say Thank You to Coach Allison and Coach Eric for all the hard work you put into the team and all you have done. Thank you very much!

### **Team Players**

Coach Eric Orders - [derteo@excite.com](mailto:derteo@excite.com)

Coach David Jones - [seahawksswimming@yahoo.com](mailto:seahawksswimming@yahoo.com) - (828) – 228 – 4207

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