



Seahawks Swim Team

March Bulletin

Swimmer of the Month

Mary is 13 years old and in 8th grade at Mont Beall Christian Academy. She is in our Gold swim group. Her favorite stroke is breast stroke. In addition to swimming she enjoys karate which she is a Blue Belt in!! She is also a member of NC High Power Junior Rifle Team. Some of Mary's favorites: food – cheese pizza; restaurant – Kyoto at the Lake; vegetable – pumpkin pie (wait that's a vegetable?). She also has a black lab "Cartwright"

and a bobtailed kitten "Pitiful". Great job!



Coach Dave's Corner

A great, great meet for the Seahawks on March 1st in Lenoir. We had amazing swims all day long. As a team we placed second for the second time while competing in Lenoir. Our 8 & under's turned in their usual dominate performance. Samantha Hoke, Sheridan Nitz, Peyton MacDougall, Natasha Gou, Michael Jones, Timothy Clendenin, Ben Craver, Eli Yacinthe all turned in best times.

Our 9&10 Boys and Girls also turned in some impressive times: Mallory Swartz, Julie Emory, Abigail Ekren, Austin Dotzel, James & David Hoke, Zach Nitz.

While Ashley Cromie was our only 11&12 girl competing she did a fantastic job. The 11&12 boys also made their presence known: Avery Wilson, Matt Jones, Jesse Hoke, Landon Harrell, Patrick Hunter, John Sharp, and Michael Spencer.

Our older kids (13 & over) were also amazing and turned in some impressive times: Shannon Sherrill, Bree Samson, Elizabeth Hernandez, Chaunte Durand, Jessie Cromie, Jessica Eagle and Shane Lucas.

CAPS OFF!!!!

Zach Nitz – 1st 50 Breast

Mallory Swartz – 1st 50 Fly

Bree Samson – (3) 2nd places 100 Free, 100 Back, and 100 Fly

Michael Jones – (2) 1st places 25 Back and 25 Fly

Ashley Cromie – 1st 50 Free

David Hoke – 1st 50 Back

Samantha Hoke – 1st 25 Fly

Matt Jones – 1st 50 Back

Avery Wilson – (3) 1st places 100 IM, 50 Fly, 50 Free

Great job swimmers!

Meet Entries

It is very important that everyone confirm their child's participation at meets. Whether they are going to participate or not please inform Coach Dave via e-mail. As most of you know Coach Dave suffers from sometimers. If he gets it in writing he might not forget. We are still trying to get meet information out to all parents in a timely manner so please bare with us while we work out this glitches this first season.

Senior Scholarships

We discussed the idea of doing a fundraiser to start a senior scholarship fund. This scholarship will be awarded to a senior on the team that is headed to college to swim. It will be left to the discretion of the parent organization along with in-put from the coaches as to who will be awarded it each year. To start this off we will do a Swim-a-thon. It will be sometime in April. Look for it in the next newsletter.

NC Swim 14 & Under Age Group Champs – Feb 21st-24th

What an exciting meet! With over 30 teams in attendance and over 250 of the top swimmers in the state, Avery Wilson was the only Seahawk swimmer with qualifying times. Avery competed in six events in over 3 days. There were over a dozen state records broke at this meet. Avery did qualify for the Southern Zone Age Group Champs by setting his first qualifying time in the 50 Fly followed by the 50 Free in Lenoir. The Southern Zone Champs will allow Avery to compete with the best swimmers from over 8 states. Great job Avery. We are all very proud!

Special thanks to Dr. Wayne Wilson

Wayne has successfully completed the requirements for stroke and turn judge. He worked his first official meet during our home March Madness meet.

Turns, Turns, Walls, Walls

We are sooo.... good at saying these words. I wonder why! You are at your fastest point off the walls, period! You are at your fastest in a race when you are coming off your starts and turns, underwater. It's not debatable, it's physics. You will be faster if you maximize the power and momentum of these moments and the only way to do that is to streamline tightly and kick efficiently until you have ridden out that momentum. A tight streamline minimizes resistance. Turns can account for up to 1/3 of your race – that's a huge piece. As such, a little improvement and mastery in this portion of your race can lead to big gains and advantages.

Happy Birthday!!!

Chaunte Durand - 14yrs old
James & David Hoke - 10yrs old
Sheridan Nitz - 8yrs old.
Avery Wilson - 13yrs old

**Thanks to Speedo for our 4 year
sponsorship!**



Team Players

Coach Eric Orders - derteo@excite.com

Coach David Jones - seahawksswimming@yahoo.com - (828) – 228 - 4207

President, Teresa Hoke – teresashoke@aol.com

Secretary / Treasurer, Rochelle Dotzel – rndotzel@bellsouth.net

Awards – Lori MacDougall – LmacDougall@CCITelecom.net

YMCA CEO – Tip Nicholson – ymca@statesville.net