



HAWK HOLIDAY SWIM INVITATIONAL

December 18, 2016

Attached are the meet results, meets scores, and top times. Each swimmer is listed on their own individual page so you can print out your own top times list. Also attached is the Kecoughtan eligibility list. I will be working on entries this week.

Once again an OUTSTANDING event! Unfortunately one team was not able to attend due to the weather but everything else went off without a hitch.

A great big THANK YOU goes out to the Hawk Meet Crew who did the heavy lifting behind the scenes:

Mary Anne Townsend: She kept the gang organized, on schedule with pre-planning, and made sure even the smallest detail was addressed. She didn't overlook a single thing and on game day she was in constant movement to put fires and address potential issues. Amazing. Kind, efficient, smart and hardworking.

Beth Voelkel. While students will get senioritis and start slacking in their senior year when their mind is more focused on moving on to college, Beth has only gotten more high energy with her son, Jack, in his final year. She led the fundraising charge bringing in more than \$6,000 in direct financial donations and in-kind donations. She also took on getting the volunteers, organizing BETA/NHS name tags, welcoming parents/swimmers and BETA/NHS kids.

Ashley Walters, the meet manager. She was everywhere. I don't think she ever sat down. The right woman for the job. She moved from one project to the next, dealt with emerging issues (such as a lost page two of the meet sheet), answered question after question, and kept a positive can-do attitude the entire way. Unflappable.

Marti Newton: Without her organization, prep work, and willingness to take on project after project led to the meet's success. She organized the banner, the food in the hospitality suite, and kept things organized using her tablet.

Bobbie Moss and Shannon Brooks: Made sure the hospitality suite was flawless. From numerous coaches I heard how nice the Hanover parents in hospitality were. I felt like I had multiple moms every time I went in. Shannon was also multi-tasking as she was taking money and answering questions regarding the Papa John's coupon cards.

Bobbie/Shannon/Marti/ and Kate Brown for cooking up the breakfast casseroles, sausages, hashbrowns and taco meet.

On the day of the meet we had several parents go the extra mile – **Jim Sizemore, Judy and Patrick Fox, Brett Townsend, Steven and BJ Foster, and Lee Newton.**

The Gauntt Family! The Swimming Force runs strong in this family. Parents Laura (past Parent Rep) and Charles Gauntt came down from Northern Virginia to help with the meet. Laura provided that great experience to help keep things running smooth while taking pictures. Charles was a jack of all trades taking money for spectator entry fees, selling coffee mugs, timing, and dressing up as Santa. At one point in time Katrina was wearing three different name tags as she help out with a variety of meet day tasks including organizing the volunteers. Just recently graduated Garrett was a much need coaches' assistant at prelims taking splits.

Little brothers **Bryce Newton and Jackson Walters** helped out in hospitality and ran the decks offering much needed water for coaches and officials.

All Hanover swim parents and kids who contributed food and beverages to the Hospitality and volunteers who timed, marshalled, etc. It may seem like a small thing, but to the coaches and officials it is a large part of the atmosphere and comfort knowing that it is there if needed. In our second year we had no problem getting teams wanting to participate in the invitational and officials to work the meet, including Virginia Swimming's head of officials, Bryan Wallin. The hospitality that we put out, by providing all of the volunteers, to the kindness of our volunteers, and our focus on both having fun and swimming fast, it all I believe makes it an OUTSTANDING meet for the swimmers.

And last, myself. I deserve a pat on the back for getting out of the way and allowing all of these great people to put it all together. Oh, and I purchased the rubber duckies. Gotta love Amazon Prime and free two day shipping.

Now, onto the results!

Wow!, Wowzer! Wowzee!

We won our first events at the Hawk Invite, 3 in fact. Patrick Townsend won the 100 back and 100 fly and the boy's 400 freestyle relay (Marshall Brooks, Patrick Townsend, Jonathan Moss, and Ross Newton) won in an exciting tight finish beating Maggie Walker to the all and avenging the tight loss in the 200 medley relay.

The girl's 200 freestyle relay of Madison Walters, Caroline Blaser, Mattie Grant, and Ellie Sherry swam a quick 1:50.04.

This meet highlighted the improvement in freestyle speed that we have been working hard on this season. Two boys, Marshall Brooks and Carson Sizemore made Regional cuts and a third, Jack Iglehart, made a Kecoughtan cut. In the 100 free we have two boys, Jonathan Moss and Marshall Brooks with Regional cuts with two others, Patrick Townsend and Ross Newton that should have them if/when given the opportunity to swim the event. On the girls side, we have had three girls post times under 27 seconds (Mattie Grant, Ellie Sherry, Madison Walters), another in the 28's (Caroline Blaser) and a bevy of girls who have broken the 30 second barrier for the first time (Jordan Fox, Rhane Elder, Rylee Evans, and Brooke Foster).

What is most exciting is comparing the results of last year's meet or mid season results to this one.

Examples of our improvements:

		2015	2016
Boy's 200 medley relay		1:43.80	1:41.30
Girl's 200 free A relay		1:52.70	1:50.04
Boy's 400 free A relay		3:25.41	3:20.67
Boy's 400 free B relay		3:47.25	3:36.71
Girl's 400 free relay		4:15.58	4:05.73 (this is the time the relay would have swim if not for a dq for a minor infraction regarding an swim suit)
Ross Newton	200 free	2:00.18	1:52.99
Mattie Grant	500 free	5:23.77	5:13.72
Carson Sizemore	100 fly	1:01.54	58.07
Marshall Brooks	100 free	54.06	51.58
Jack Hufner	200 free	2:13.44	1:58.06
Jack Iglehart	50 free	25.65	24.31
Brooke Foster	100 free	1:11.60	1:06.22
Josh Altman	100 free	56.16	54.27
Brittany Townsend	100 fly	1:14.94	1:12.81
Delaney Kassab	100 breast	1:10.98	1:07.58
Josh Chadwick	100 breast	1:24.34	1:18.40

EXPECTATION ALERT! Just because someone might be 2, 4, or 6 seconds ahead of their times from a year ago, this does not automatically lead to a six second time drop at the end of the season. For example, last year Ross Newton was a 2:00.18 at the midpoint last season. He finished with a 1:48.90. This year at the mid point he is a 1:52.99. Will Ross finish at a 1:42? That...would...be...OUTSTANDING! However, for Ross, and everyone else, additional time drops will only occur with dedication to training, focusing on quality training, and doing more than the previous year.

New Time Standards Achieved.

If you make a State, Regional, Kecoughtan or Hawk Invitational qualifying standards, this means you have qualified for that meet and are eligible to participate. This is not a guarantee as we have multiple swimmers that qualify for these meets and we are limited in how many swimmers can compete in each event.

If you have a State cut, you also have everything other cut below. If you have a Regional cut, you also have everything else below. Etc, etc.

Team Record

Jonathan Moss, 100 breast, 1:02.56

States

Mattie Grant, 100 fly, 500 free

Jonathan Moss, 200 IM

Patrick Townsend, 100 back, 100 fly

Regionals

Marshall Brooks, 50 free and 100 free

Ellie Sherry, 100 back

Carson Sizemore, 50 free
Madison Walters, 50 free

Kecoughtan Invitational

Josh Altman, 100 free
Kayleigh Gordon, 200 IM
Seth Gulas, 100 free and 100 back
Jack Iglehart, 50 free

Top Time Drops

Luke Daley	500 free	-3.50
Courtney Carroll	100 back	-3.39
Marshall Brooks	100 free	-2.20
Luke Daley	200 IM	-2.00
Jack Hufner	500 free	-1.16
Elle Sherry	100 back	-1.15
Josh Chadwick	100 breast	-.95
Josh Altman	100 free	-.79
Jack Iglehart	50 free	-.63
Caroline Blaser	50 free	-.53
Madeline Atkinson	100 breast	-.48
Carson Sizemore	50 free	-.39
Jack Iglehart	100 free	-.38
Ashley Trice	50 free	-.33
Madison Walters	50 free	-.31

NEXT MEET: FRIDAY, JANUARY 6TH VS KING GEORGE. DINNER AT SPORTSPAGE IN ASHLAND AFTER THE MEET.