



HANOVER VS KING GEORGE

January 6, 2017

Another outstanding meet! 54% best times. When we faced King George last year, the improvement rate was 44%. A great way to start the second half of the regular season. Final scores:

Girls Hanover 39 King George 131
Boys Hanover 95 King George 75

Regarding the scores. On the girls side this is same as last year. For the boys, this is a reversal, last year we lost by 20 points. Once again (like last year at this time) I caution putting too much emphasis on the final scores. While I want to win the dual meets, it is more important to have the swimmers participate in a variety of events, even when they are not necessarily their strongest events. This allows the coaches to better evaluate our strengths for Conferences, Regionals, and States. We are leaps and bounds ahead of last season. Finally, we were missing one of our best female swimmers and still have three girls trying to recover from injuries and illness. King George will be our primary opponent for the Conference title this year for both the boys and girls. I look forward to the opportunity to swim them again.

The evening was highlighted by a few swims.

1. Freshman swimmer Lauren Van Alstine's 100 fly. Lauren got to participate in a "TV Swim". This is a swim when all the eyes are upon you. This occurred because she was the only swimmer in the second heat of the 100 fly. With all eyes upon her, and the swim team cheering her along, she dropped 10 seconds off her time just achieved in November. Wow!

2. Lookout for the underclassmen. Okay, so senior Delaney Kassab takes the spot for the largest time drop this week, but look at the list of top time drops and it is overwhelming underclassmen. Freshman Savvy Holzshu met her goal time (how do you goal time, my name is Savvy) by dropping 17 seconds. Freshmen Brooke Foster and Natalie Falls busted out amazing swims. Brooke came from the outside lane in the 50 free to post the fastest Hanover time in the 50 free at 28.7 and improving 1.5 seconds in the process. Natalie Falls dropped 6 seconds in the 100 back posting a 1:13 and putting her in contention for the Conference team. Joe Faudale raced to a 15 second improvement in the 100 fly, Alex Gaudino dropped 9 seconds, and Jack Hufner dropped 6 seconds. Not to be outdone, the sophomores boasted their own huge success. Jordan Fox posted a 9 second drop in the 100 fly going a 1:13. Aidan Loftus crushed his 200 free time by 14 seconds.

3. Claire Grant and the 200 free. It was not the actual swim, but it was how she started the race – by diving into the pool. The long road of recovering from an injury has come to its end. What a great sight to see. I could rattle off at least three different Champions Creed lines right now, however, I will just say this instead:

You rock!

4. First time 500 freestyle swimmers: Patrick Chodorov, Brooke Foster, Gwen Farley, and Megan Morrison.

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 Records

Patrick Townsend, 50 free, 22.97. First Hanover swimmer under 23 seconds. Looking for a 4 of a kind come championship season.

Boy's 200 freestyle relay (Carson Sizemore, Marshall Brooks, Jonathan Moss, and Patrick Townsend), 1:33.78. First time in my three years we have gone under 1:34. Now we have State cuts in all three boy's relays.

States

Patrick Townsend, 50 free

Boy's 200 freestyle relay (Carson Sizemore, Marshall Brooks, Jonathan Moss, and Patrick Townsend)

Kecoughtan Invitational

Luke Daley, 100 free and 100 breast

Hawk Invitational

Josh Chadwick, 200 free

Jack Hufner, 100 fly

Hanover High School Varsity Letter standard

Caroline Blaser, 200 free

Natalie Falls, 100 back

Brooke Foster, 50 free

Delaney Kassab, 50 free

Top Time Drops

Delaney Kassab, Sr 500 free -25.46

Savvy Holzshu, Fr 200 free -17.13

Joseph Faudale, Fr 100 fly -15.66

Aidan Loftus, So 200 free -13.63

Lauren Van Alstine, Fr	100 fly	-10.08
Jordan Fox, So	100 fly	-9.76
Reese Tunstall, So	100 fly	-8.40
Alex Gaudino, Fr	100 fly	-7.88
Josh Chadwick, Jr	200 free	-6.51
Jack Hufner, Fr	100 fly	-6.16
Josh Chadwick, Jr	100 free	-5.71
Natalie Falls, Fr	100 back	-5.41
Kyle Henry, Jr	200 IM	-4.49
Rylee Evans, Sr	100 back	-4.41
Luke Daley, Fr	100 breast	-3.93
Cole Newton, Fr	100 free	-3.61
Caroline Blaser, Fr	100 breast	-3.53

NEXT MEET: ????