



HANOVER VS COLONIAL
HEIGHTS VS GOOCHLAND

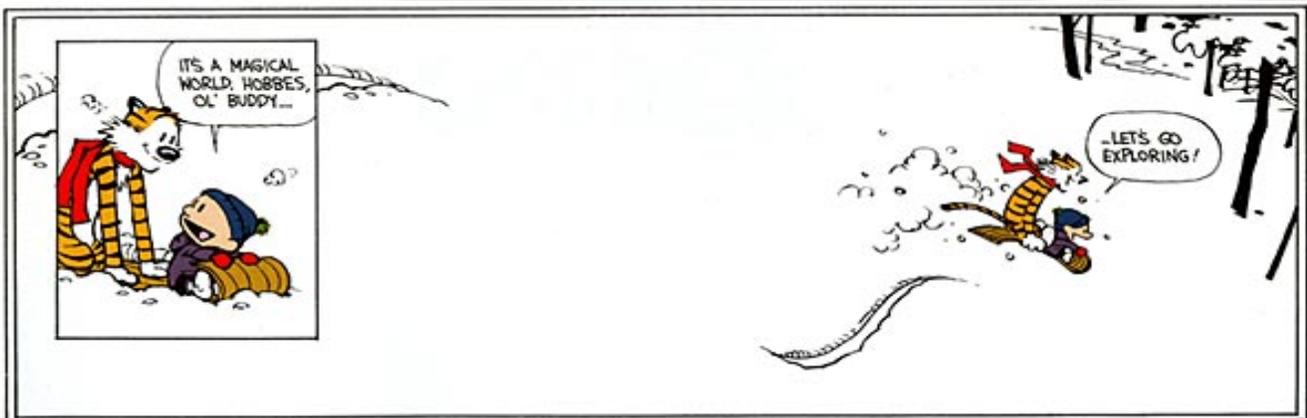
January 19, 2017

Congrats to our graduating seniors:

Rylee Evans
Mattie Grant
Seth Gulas
Jack Iglehart
Delaney Kassab
Jonathan Moss
Carson Sizemore
Brittany Townsend

An outstanding group of swimmers, but more importantly, an outstanding group of people. As a person fond of quotes, seniors, I present you with this one from Mark Twain:

*Twenty years from now you will be more disappointed with the things that you didn't do than with the things that you did do.
So throw off your bowlines.
Sail away from the safe harbor.
Catch the trade wind in your sails.
Explore.
Dream.
Discover.*



Final scores:

Girls Hanover 129 Goochland 34
Hanover 111 Colonial Heights 59
Boys Hanover 132 Goochland 55
Hanover 142 Colonial Heights 24

As a team we improved on 36% of our individual swims. If you take out the year round swimmers, the improvement rate climbs to 48%.

The evening was highlighted by a few swims.

1. Cole Newton – Dropped over 25 seconds off his 100 fly time to go a 1:25.06. Think about that for a moment, that is an average of over 6 seconds per length of the pool. Cole has always had a technically sound butterfly, now the training is starting to pay off.

2. CLASS WARFARE. The freshmen class toppled the seniors for the top time drop of the week with Cole's 25.29 second time drop in the 100 fly, however the meet ended in a draw among all the combatants. The freshmen class dominated the 200 IM with three best times (Brooke Foster, Natalie Falls, Joe Faudale), the sophomore class claimed honors in the 100 free with four best times (Claire Grant, Jordan Fox, Catherine Elder, Aidan Loftus). The junior class dominated the 500 free with three best (Josh Altman, Josh Chadwick, and Kyle Henry), and while the senior class did not have a specific event it dominated, it was strong across the board in the freestyle events with improvements from Rylee Evans, Seth Gulas, and Delaney Kassab.

3. Sophomores Aidan Loftus and Harrison Wilson. They earned their status in the Magic Minute Club by going under one minute in the 100 free for the first time. This also earned them Varsity Time Standards.

4. First time 200IM swimmers: Savvy Holzshu, Drew Hulburt

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

N/a

States

N/a

Regions

N/a

Kecoughtan Invitational

N/a

Hawk Invitational

Delaney Kassab, 100 free

Harrison Wilson, 50 free, 100 free, 100 back

Hanover High School Varsity Letter standard

Aidan Loftus, 50 free

Top Time Drops

Cole Newton	100 fly	-25.29
Kyle Henry	500 free	-17.35
George Temple	100 fly	-12.95
Josh Chadwick	500 free	-7.72
Patrick Chodorov	200 free	-7.03
Joe Faudale	200 IM	-5.51
Natalie Falls	200 IM	-4.35
Seth Gulas	200 free	-3.56
Jordan Fox	200 free	-3.07
Alex Gaudino	50 free	-2.93
Jordan Fox	100 free	-2.45
Courtney Carroll	500 free	-2.41
Patrick Chodorov	50 free	-2.19
Harrison Wilson	100 back	-2.16
Delaney Kassab	100 free	-2.03

NEXT MEET: CONFERENCE CHAMPIONSHIP – FEB 4TH. @SwimRVA. Warmups: 12 noon.

