



CONFERENCE CHAMPIONSHIP
February 4, 2017

OUTSTANDING! Truly an impressive performance by Hanover High swimmers across the board. For the third year in a row, we won both the boys and overall titles. The girls placed second behind a strong King George squad. Even more impressive than the score is the positive comparison to ourselves. Check this out:

	<u>Last year</u>	<u>This year</u>
Time improvement	52%	60%
Team records broken	0	3
State cuts	2	3
Region cuts	1	1
Hawk Invit cuts	2	4
Varsity standard	1	2

Regarding time drops, last year our largest time drop was 5.65 seconds. This year our largest time drop was 21.24 seconds. This year we had 7 time drops faster than last year's largest time drop.

Top Three Scores

Girls	King George	537
	Hanover	397
	Courtland	246
Boys	Hanover	518
	King George	376
	Courtland	336
Combined	Hanover	915
	King George	913
	Courtland	582

Once again, Hanover ran a smooth, efficient meet. Thank you parents and swimmers for supporting the team, and like the Hawk Invitational, going the extra mile to host this meet. The Hanover High swim team is truly blessed to have such supportive parents. Hosting these meets always reminds me of this fact. For example, at this meet five of the teams could not provide the requested two officials and three teams could not provide one at all. The support makes a big difference. The two teams who dominated the meet are the ones with this support.

First place finishers

Mattie Grant	500 freestyle
Jonathan Moss	500 freestyle
Patrick Townsend	200 IM, 100 fly
Boy's 200 Med Relay	Patrick Townsend, Jonathan Moss, Ross Newton, Marshall Brooks
Boy's 200 Free Relay	Carson Sizemore, Seth Gulas, Josh Altman, Luke Daley
Boy's 400 Free Relay	Marshall Brooks, Ross Newton, Patrick Townsend, Jonathan Moss

In a meet full of highlights, here are few,

1. Marshall Brooks – In the first event of the day, the boy's 200 medley relay, Marshall gave us a glimpse of things to come later on in the meet. Marshall posted a 22.32 50 free split (first time under 23 seconds) leading the relay to a come from behind victory. Later in the meet Marshall would post two best times, two State qualifying times, and break the school's 50 free record.

2. The 500 freestylers While we have been working on a lot of speed in practice, it was the 500 freestylers that, as a group, provided two of the four individual victories, huge points, and significant times drops. Jonathan Moss and Jack Hufner went 1-2 on the boy's side while Mattie Grant cruised to a large victory on the girl's side. 6 of the 8 swimmers (Josh Altman, Brooke Foster, Courtney Carroll, Gwen Farley, Moss, and Hufner) achieved best times.

3. Aidan Loftus and second chances. Initially Aidan was not scheduled to swim at this meet. However a spot in the 100 back opened up when a teammate was not able to swim. He added a second event, the 50 free, for the same reason just a couple of days before the meet. Aidan swam two best times, dropping almost 3 seconds in the 100 back. Here is the best part of the story, last year Aidan swam the 100 freestyle at Conferences, he placed 11th, only a few tenths out of 10th place. Placing 10th at Conference gets you an invite to swim at Regions AND qualifies you for Varsity lettering status. As hard as Aidan had worked, as well as he had performed, he had just missed out on earning a Varsity letter. One year later, Aidan finds himself in the same position, needing a 10th place finish or better to earn a Varsity letter. This year he left no doubt. He charged out off the start building a body length lead going into the first turn. He won his heat by 3 seconds and placed 9th overall, earning his first trip to Regionals and a Hawk Varsity letter.

4. Best Race to Watch. Truly a tough one here. From a coaches' perspective I have a dozen or so races that I got really excited about. From a spectator standpoint though it must come down to two relay races – the boy's 200 medley relay victory or the boy's 400 free relay victory. I chose the latter. After the first two legs of the relay we were down by a body length. Patrick Townsend dives into the water for the third leg and already on the first length of the pool he has cut the lead in half. Halfway down the next length, Patrick has already pass his competitor and is pulling away fast. Have you ever watched a NASCAR race? Ever see when the top cars go barreling around the slower, lapped cars? Yea, it was like that. By the time Patrick handed it off to Jonathan for the anchor leg it was a two body lead. Jonathan brought it home like a champ and the relay broke its own team record.

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

Marshall Brooks 50 free 22.93. Broke old record of 22.97 by Patrick Townsend set earlier this year

Patrick Townsend 200 IM 1:55.92. Broke his own record of 1:57 set at Regionals last year.

Boy's 400 free relay (Marshall Brooks, Ross Newton, Patrick Townsend, Jonathan Moss) 3:20.60. Broke record of 3:20.66 set at States last year.

States

Marshall Brooks 50 free, 100 free

Mattie Grant 200 free

Regions

Josh Altman 200 free

Kecoughtan Invitational

Delaney Kassab 200 IM

Hawk Invitational

Brooke Foster 500 free

Aidan Loftus 100 free

Michael Neller 100 fly

Hanover High School Varsity Letter standard

Lucy Geen 100 free

Bella Seip 200 IM

Top Time Drops

Courtney Carroll	500 free	-21.24
Gwen Farley	500 free	-13.66
Jonathan Moss	500 free	-8.15
Bella Seip	200 IM	-8.12
Josh Altman	500 free	-7.45
Brooke Foster	500 free	-6.45
Kellie Brown	100 fly	-5.69
Patrick Townsend	200 IM	-5.58
Mattie Grant	200 free	-4.57
Jack Hufner	500 free	-4.47
Josh Altman	200 free	-3.83
Claire Grant	100 back	-3.48
Aidan Loftus	100 back	-2.82

Jordan Fox	200 free	-2.33
Rylee Evans	100 breast	-2.28

NEXT MEET: REGIONAL CHAMPIONSHIP – FEB 10TH @SwimRVA. Warmups: 5:15PM.

Meet start: 6:15PM

Team will take a bus over to the meet. Parents pick up afterwards