



February 10, 2017

## 4A REGIONAL SWIM CHAMPS WRAPUP

Our goals coming into the meet was 1<sup>st</sup> place on the boys side and 4<sup>th</sup> place on the girls side. It was hotly contested on both sides all the way down to the final event – the 400 freestyle relay.

The girls were battling Chancellor, Courtland and Powhatan through most of the meet. Going into the final relay Hanover trailed Chancellor by 13 points. The girls of **Madison Walters, Mattie Grant, Jordan Fox and Ellie Sherry** dropped a whopping 7 seconds, moved up 2 spots to take 5<sup>th</sup> place. Chancellor meanwhile finished 11<sup>th</sup>. The 16 point difference meant Hanover pulled out the 4<sup>th</sup> place finish by 3 points!

On the boys side coming into the meet I had Jamestown winning by 20 points. Already much closer than the 170 points from last year. We had a couple of disappointments early in the meet that cost us an additional 11 points. But no matter, by the time we reached the final relay Jamestown was up by only 6.5 points. The boys swam their hearts out, finishing with school record, a time 1.9 seconds faster than they had ever swum, but it was just shade slower than Jamestown who won the event.

So, the final scores:

Girls 4<sup>th</sup> – Jamestown 411 King George 338 Lafayette 315 Hanover 168

Boys 2<sup>nd</sup> - Jamestown 384.5 Hanover 372 Lafayette 274.5

We achieved 62% best times, better than Conference last week. All six relays advanced to States. We have 19 swimmers advancing to States, 3 more than we have ever had. As you will see below we had some jaw dropping time drops. Coach Bollander came out for the meet and stayed to the end. And we endured. The meet started at 5:30pm and ended around 11pm. One final point, these swimmers can eat. Not only did they chow through their boxed lunches, but also an additional six box lunches, extra cookies, and extra baquettes I had ordered.

### Top swimmers for the meet

**Jr. Patrick Townsend.** 1<sup>st</sup> 200 individual medley, 1<sup>st</sup> 100 fly

**Sr. Mattie Grant.** 2<sup>nd</sup> 200 free, 3<sup>rd</sup> 500 free

**Sr. Jonathan Moss.** 3<sup>rd</sup> 500 free, 3<sup>rd</sup> 100 breast

**Fr. Jack Hufner**, 2<sup>nd</sup> 500 free, 4<sup>th</sup> 100 back

**Fr. Luke Daley**, 3<sup>rd</sup> 100 back, 4<sup>th</sup> 200 individual medley

### A few highlights

**The 500 freestylers** – Again just an incredible performance. **Jack Hufner** was a machine while dropping 13 seconds enroute to his first State cut. **Jonathan Moss** dropped four seconds. **Josh Altman** drops 13 seconds from last week and qualifies for States. We placed 2<sup>nd</sup>, 3<sup>rd</sup>, and 7<sup>th</sup> in the event. Finally, **Brooke Foster** dropped 22 freakin’ seconds and **Jordan Fox** drops 26 freakin’ seconds. Yes, I typed freakin’. It is not a bad word.

**Kyle Henry** – He dropped 4 seconds off his 200 free time and is now just .5 away from a Kecoughtan cut. He dropped another 6 seconds in the 100 fly. But it was the pure elation he displayed after finishing his swims that really stood out. Check out the attached picture. This is the moment when you realize all the hard work was worth it.

**Jordan Fox** – I have already mentioned Jordan in the 500 free section, but just 40 minutes prior to the 500 free she swam the 100 free. Last week she drop 1.5 seconds. This week she cut off another 3 seconds and claimed her first ever Kecoughtan cut.

The Girl’s 400 Freestyle Relay. **Madison Walters, Mattie Grant, Jordan Fox, and Ellie Sherry**. No change in personnel from last week to this week and they drop 7 seconds achieving the girl’s first State relay qualifying cut. Talking about coming up big at the right time!

**Jack Hufner**. With a 13 second time drop the 500 free, and another 3 second time drop in the 100 back, Jack swam an inspired meet. He achieved two state qualifying times. I know shaving your legs helps a little, but not that much. But, like Kyle, it was also his celebration after the fact that made the swims awesome. Check out the attached picture.

### School Records broken

**Boys 400 free relay** (Marshall Brooks, Ross Newton, Patrick Townsend, and Jonathan Moss finished with a time of 3:18.71

**Mattie Grant**. 200 free. 1:58.15

**Jonathan Moss**. 100 breast. 1:02.19

### State Qualifiers

#### Girls

**Maddie Grant**, 200 free, 500 free, 200 medley relay, 400 free relay

**Maddie Walters**, 100 fly, 200 free relay, 400 free relay

**Ellie Sherry**, 100 free, 100 back, 200 free relay, 400 free relay

**Claire Grant**, 200 medley relay

**Brooke Foster**, 200 medley relay

**Rylee Evans**, 200 medley relay

**Caroline Blaser**, 200 free relay

**Natalie Falls**, 200 free relay

**Jordan Fox**, 200 free relay

**Kayleigh Gordon**, alternate 200 medley relay

### Boys

**Patrick Townsend**, 200IM, 100 fly, 200 medley relay, 400 free relay

**Luke Daley**, 200IM, 100 back, 200 free relay

**Ross Newton**, 200 free, 100 fly, 200 medley relay, 400 free relay

**Marshall Brooks**, 50 free, 100 free, 200 medley relay, 400 free relay

**Carson Sizemore**, 50 free, 100 free, 200 free relay

**Seth Gulas**, 100 free, 100 back, 200 free relay

**Jack Hufner**, 500 free, 100 back

**Jonathan Moss**, 500 free, 100 breast, 200 medley relay, 400 free relay

**Josh Altman**, 500 free, 200 free relay

**Delaney Kassab**, 100 breast

**Jack Iglehart**, alternate 200 free relay

### Top Six

**1<sup>st</sup> Place:** Patrick Townsend (200 IM, 100 fly)

**2<sup>nd</sup> place:** Mattie Grant (200 free) / Jack Hufner (500 free) / Boy's 200 medley relay (Townsend, Jonathan Moss, Ross Newton, Marshall Brooks) / Boy's 400 free relay (Brooks, Newton, Townsend, Moss)

**3<sup>rd</sup> place:** Mattie Grant (500 free) / Jonathan Moss (500 free, 100 breast) / Luke Daley (100 back)

**4<sup>th</sup> place:** Jack Hufner (100 back) / Madison Walters (100 fly) / Luke Daley (200 IM) / Boy's 200 Free Relay (Carson Sizemore, Josh Altman, Seth Gulas, Daley)

**5<sup>th</sup> place:** Ross Newton (200 free, 100 fly), Madison Walters (100 fly) / Marshall Brooks (50 free, 100 free) / Boy's 200 free relay (Gulas, Marshall Brooks, Newton, Carson Sizemore) / Girl's 400 Free Relay (Walters, Grant, Jordan Fox, Ellie Sherry)

**6<sup>th</sup> place:** Seth Gulas (100 free, 100 back) / Delaney Kassab (100 breast) / Girl's 200 Medley Relay (Claire Grant, Rylee Evans, Mattie Grant, Brooke Foster)

### **New State cuts**

Jack Hufner, 500 free, 100 back

Ross Newton, 100 fly

Jonathan Moss, 500 free

Delaney Kassab, 100 breast

Girl's 400 free relay (Madison Walters, Mattie Grant, Jordan Fox, Ellie Sherry)

### **New Region cuts**

Carson Sizemore – 100 free

### **New Kecoughtan Invit cuts**

Jordan Fox – 100 free

Josh Altman – 500 free

### **New Hanover Varsity cuts**

Gwen Farley – 200 free

Kyle Henry – 100 fly

Jordan Fox – 500 free

### **New Hawk Invit cuts**

Meghan Morrison – 200 IM

### **Most Improved**

Jordan Fox	500 free	-25.61
Brooke Foster	500 free	-22.04
Josh Altman	500 free	-13.73
Jack Hufner	500 free	-13.09
Gwen Farley	200 free	-8.07
Aidan Loftus	200 IM	-7.75
Kayleigh Gordon	200 IM	-6.34
Kyle Henry	100 fly	-5.23
Mattie Grant	200 free	-4.63
Meghan Morrison	200 IM	-4.44
Jonathan Moss	500 free	-4.41
Kyle Henry	200 free	-3.97
Kayleigh Gordon	100 breast	-3.63
Madeline Atkinson	100 breast	-3.40