



HANOVER VS KING GEORGE
HANOVER VS SPOTSYLVANIA
JANUARY 4, 2019

This was our first regular season travel meet in my five years. Despite taking the long route to the swim meet (good thing we left early) it was a great trip to and from the meet. The swim meet brought its own uniqueness. It was good to swim in an 8 lane pool. It was also the first time we have swum in a meters pool.

Final scores:

Girls Hanover 129 King George 156
Hanover 215 Spotsylvania 71

Boys Hanover 162 King George 121
Hanover 204 Spotsylvania 79

Overall the meet went well. The girls were paced by Claire Grant (1st-100 breast, two 2nd-relays, 3rd-100 fly, Natalie Culley (2nd-200IM and two relays, 3rd-400 free, and Delaney Childs (four 3rd place finishes), The King George girls were 2nd at States last year while we place 25th. We only lost by 25. We went 1-2 in the 100 breast (Claire Grant and Katie Carroll) and placed 2-3 in two of the three relays. King George is an elite team with top talent. They took 1-2 in 5 of the 8 individual events and won all three relays. When it comes to the Championship meets like Regionals and States, you only have one relay.

The boys team beat a King George team that placed right behind it at States last year, did so convincingly, and did it without 3 of are top 4 swimmers. The boys were paced by quad winner Jack Hufner (200 free, 50 free, 2 relays), Alex Destephanis, (1st 50 free and 2 relays, 3rd 400 free), Harrison Wilson (1st 2 relays, 2nd in 50 free and 100 fly), Bobby Culley (1st – relay, three 2nds – 200IM, 100 back, relay), and Daniel Richardson (three 2nds-400 free, 2 relays, and one third-50 free.

Other notes:

- At this meet, the majority of swimmers were either swimming 'off' events (not their best) or first time events. This trend will continue for the Maggie Walker meet.
- Recovering from injuries, Natalie Falls and Delaney Childs swam their first meet of the season and were impressive in the limited amount of training they have been involved in so far.
- John Herrera, Ben Toussaint, and Dani Varner swam their first 200 freestyles. Caleb Mittelstaedt swam his first 200IM.
- A primary goal for the meet was fast second half swims. That means, swim the first half of the race smooth, and then put the gas pedal down and race the second half. For the first two individual races we had some difficulty for the most part finding this proper balance. Reese Tunstall had an amazing second half in the 200 IM and even came from behind by almost a body length to beat out his King George opponent by just over a second. After the 15 minute break the team refocused and put

together outstanding second half races. Most of the 400 freestylers descended their last three 100's and we even had a couple of backstrokers actually go faster on their second 50 than their 50. Ideal? No. But learning how to control your race and expend your energy will lead to the best possible swim.

New Time Standards Achieved.

New records: NA

States: NA

Regionals: NA

Hanover Varsity cuts:

Caroline Blaser	100 back
Katie Carroll	100 fly
Delaney Childs	100 free, 200 free
Natalie Culley	200 IM
Alex Destephanis	50 free, 500 free
Gavin Dillard	100 free
Allison Everhart	50 free, 500 free
Natalie Falls	100 free, 100 back
Brooke Foster	200 free
Jordan Fox	100 free
Taylor Funai	50 free
Abby Gammon	100 back
Christine Gilbreath	50 free
Nicholas Ligday	100 fly
Meghan Powers	100 free, 100 back
Daniel Richardson	50 free, 500 free
Harrison Wilson	50 free, 100 fly

Next meet: Maggie Walker, Tuesday, Jan 8th, 6:45pm, Randolph-Macon