

# Typhoon TIMES

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## Congratulations!



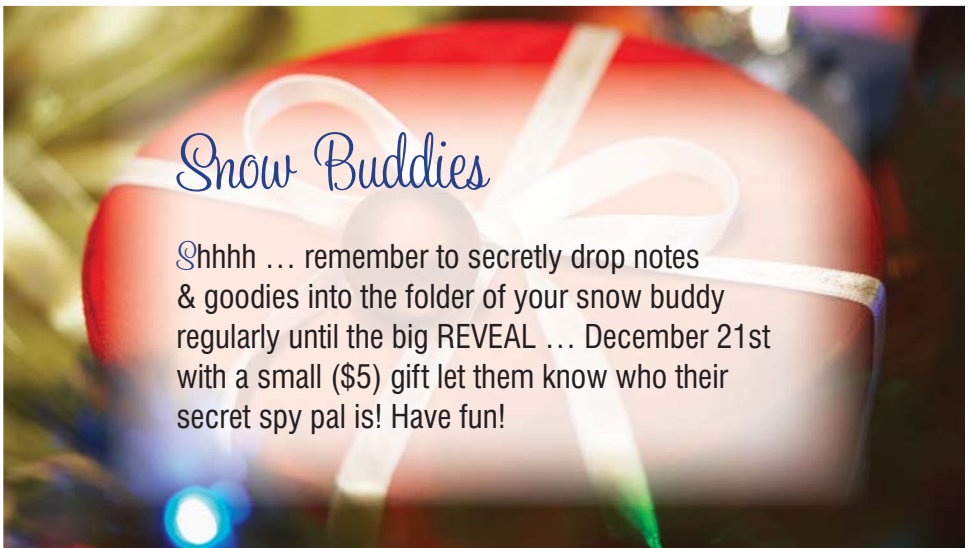
**C**ONGRATULATIONS to SPY Girls HS Swimmers for a great high school season, and WELCOME BACK to SPY! Kudos to Natalie Knox (SHS), Elle Ryan (SHG), Megan Wilkey (SHS), and Cassidy Neeley (SHS) for receiving All CS-8 honors! A Special Congratulations to Elle for making it to STATE!

Also SPY receiving honorable mention include Alex Carney, Madison Milling, and Lauren Hennenfent. Way to go, ladies!

GOOD LUCK to SPY HS boys who have started their season! January 26 is City Meet, so save the date!

## Snow Buddies

Shhhh ... remember to secretly drop notes & goodies into the folder of your snow buddy regularly until the big REVEAL ... December 21st with a small (\$5) gift let them know who their secret spy pal is! Have fun!



# Team Travel Arrangements

A good time is guaranteed when we travel as a group, so get your reservations early! You can be sure that the rooms WILL be taken, so pull out your plastic and call today to reserve your room today so you aren't left out of the fun. Blocks aren't held indefinitely, and most can be cancelled with appropriate notice, so you would be wise to make your reservations IMMEDIATELY. Following is our team block information:

## **Indianapolis Groundhog Invite February 5-7**

### **Two Options:**

#### **Homewood Suites by Hilton**

#### **Indianapolis - Keystone at the Crossing**

317-253-1919

Michelle has booked a block of rooms here at a reduced rate.

We have 10 King Suites and 15 Two-Full Bed Masters being held under "SPY Typhoons YMCA" \$109.00 per night.

This Block of rooms will be held until January 14, 2010 - Please reserve by then or the remainder of the block will be released.

## **Hannibal Tom & Becky Invite February 12-14**

### **Holiday Inn Express**

573-406-0300

A block of 12 rooms is being held under SPY. These will all go, first come first serve! SPY won this meet last year with great swims and large participation; so don't delay in getting your reservation for this fun filled weekend!

### **The Quality Inn**

573-221-4001

We have usually stayed here, but did not get our block reserved fast enough! There may still be a few rooms available.

## **USA Age Group Champs in Chicago March 12-14:**

### **Marriott Medical District**

800-356-3641

\*Email CindiHamill@ymail.com for block name. We have reserved 10 rooms together with D.O.C.S. at this very convenient location complete with free shuttle to/from the pool!

## **YMCA State Meet in DeKalb March 19-21:**

### **Country Inn & Suites**

815-895-8686

This hotel block is already sold out, as they only allowed 10 rooms. If you have reserved a room and end up NOT attending, be sure to let another SPY family take the room from you. Don't just cancel! Thanks!

### **Super 8**

815-748-4688

This has been a backup for us the past couple years. It is about 7 minutes from the pool right off I-88, and continental breakfast is provided. They are holding a block of 10 rooms under the name SPY. Block rooms include NS Double Queen and King rooms for \$99 and two Triple Queen rooms for \$129! The block will be released Feb 19, so don't delay making your reservations!

## An Important Reminder from Coach Michelle

It is getting closer to the Championship season! Please make sure you are eligible for YMCA championship competition, which includes the Jr. District, District and State meets:

- You must compete in THREE (3) YMCA sanctioned meets during the season to participate in YMCA Championship meets.

- HS Boys participating on their HS team are allowed to have only 2 meets, while HS Girls must still participate in 3.
- Please check the posted # of Y Meets Attended poster in the pool area to see if your swimmer has competed in enough Y meets.

## The Swimmer's Start ... The Beginning of Every Race

A great start can mean the difference between GOLD and SILVER. So, how do you go about improving your start so that you can get ahead of the competition from the beginning? Let us break down the start to see how we can improve it. First, you want to get off the blocks as fast as possible. To do this, you need to respond to the start signal as fast as your mind and body can react, and explode as quickly as possible. You want to get into the water as "cleanly" as possible. There is no short cut for this one. Practice your start over and over until you feel that your body is traveling the optimal distance through the air before entering the water, and once you enter the water, try to get your body to enter into the smallest "hole" possible. This reduces loss of speed when you break the surface tension of

the water.

You want to start swimming the race at optimal speed. This means that when you come to the surface of the water to start swimming, you want to have as much of the starting block speed as possible. To do this, maintain a tight streamline while also performing a well-timed breakout to the surface of the water. Stretching daily helps improve your streamline, and once again, PRACTICE makes perfect on the breakout.

Remember - swimming, as in life, is all about inches. If you take it one inch at a time, and look back, that inch will turn into a yard, and those yards will turn into Gold.

Source: About.com: Swimming  
Brendon Dedekind

## Happy Birthday!

SPY Coaches Anneliese Fierstos, Michelle Snelson, and Chad Kruse recently celebrated December birthdays! We hope the year ahead is healthy and prosperous for you! YOU are a GIFT to spy!!

## Spy Snowball Invite

Right after the holidays ... Our big home meet is Saturday, January 16th! Entries are out at the pool and on our website. Remember that there are NO ENTRY FEES for spy, and the meet is held at Eisenhower

Pool. However, home meets do require 100% parent participation!! A sign-up will be posted at the pool, so volunteer early if you prefer a particular job. ALL spy parents are required to work this meet. Go SPY!

## Faster by Choice...Not by Chance

The Bloomington Waves picked the perfect theme for their "Shoot Out" Meet on December 5. The phrase "Faster by Choice...Not by Chance" which adorns the back of the meet T-shirts perfectly embodies the path to faster swimming. If swimmers CHOOSE to attend practices and CHOOSE to work hard while they are there....they have also chosen to go fast.

This is the time of the season for swimmers to really buckle down, take a look at their goals for the season, and

push forward. Championships will be here before we know it. CHOOSE to go fast!

Our team had a lot of success at the Bloomington meet. We had several swimmers make it through all of the rounds of the shoot-out into the final round. (Kerby Ingram, Elle Ryan, Gage Hamill, Nate Fierstos, Abby Fierstos) It was so much fun to hear the cheers for our SPY swimmers in those final rounds! We had a lot of swimmers go best times at the meet. It appears that our hard work is really paying off.

## PORTA Satellite Update

The PORTA Satellite Practices started on November 30 and so far things are going very well. The pool is very hot, but the lanes are nice and wide. Despite the drive, we have had a good number of older kids make the trek out to Petersburg to train. The satellite location has really benefitted the Y/P2 swimmers who are training at the Y on Mondays and Wednesdays by

making those practices much less crowded. It is amazing what we can accomplish when we have fewer bodies in the lanes! The coaches have been talking amongst themselves about practices and we really feel that everyone is getting a better workout because there is more space. We should see some great results at the end of the season. Go SPY!

# CAN-Y-CUDA

Best Times Honor Roll: 13 SPY Swimmers get the distinction of achieving

100% best times at the Can-Y-Cuda classic in Canton on November 21:

Ali Hallman – age 10: Dropped 3.91 in 100 Free, 2.21 in 50 Back and 2.35 in 50 Free.

Grace Hamrick – age 9: Dropped 3.48 in 100 Free, 4.63 in 50 Fly, and .69 in 50 Free.

Jocelyn Harmon – age 11: Dropped 5.93 in 100 Free, 2.52 in 50 Fly, and 2.59 in 50 Free.

Jordan Harmon – age 8: Dropped 4.13 in 25 Back, 3.92 in 25 Free, and 4.32 in 25 Breast.

Megan Mackenzie – age 14: Dropped 5.06 in 100 Back, .63 in 50 Free, and 2.88 in 100 Breast.

Madison Milling – age 14: Dropped 4.56 in 100 Free, 10.70 in 100 Fly, and 6.68 in 100 Back.

Kara Milward – age 13: Dropped 5.59 in 100 Free, 4.99 in 100 Back, and 2.09 in 50 Free.

Harrison Rumble – age 9: Dropped .18 in 100 Free, .51 in 50 Fly, and .02 in 50 Breast.

Alyssa Sammons – age 10: Dropped 3.54 in 50 Fly, .79 in 50 Free, and 3.23 in 50 Breast.

Weston Stephens – age 13: Dropped 2.34 in 100 Free, 16.97 in 100 Fly, and 4.37 in 100 Back.

Sarah Wagner – age 9: Dropped 1.83 in 50 Back, .23 in 50 Free, and 1.52 in 50 Breast.

Allison Wilkey – age 10: Dropped 2.28 in 50 Back, 4.23 in 50 Free, and 2.32 in 50 Breast.

Brinton Wilkey – age 13: Dropped 1.24 in 100 Free, 2.60 in 100 Back, and .51 in 50 Free.

## CONGRATULATIONS!!!

Congratulations to **SPY** Pentathlon Trophy Winners!

6 & U Boys 4th Trey Moulton, 5th Fletch Moulton

7-8 Girls 1st Cami Blair

7-8 Boys 1st Michael Patton

9-10 Girls 1st Camryn Milling, 4th Haley Rivera

9-10 Boys 1st Gage Hamill, 5th Harrison Rumble

11-12 Girls 2nd Annah Carney

11-12 Boys 3rd Nate Fierstos

13-14 Girls 4th Laura Collings

13-14 Boys 2nd Ryan Held

15-21 Girls 3rd Brittany Ellis