

The Seahorse (2008-01)

Fairview Invitational: Fairview Ferrets 493, Lewis Palmer 313, Fairview Foxes 232, Boulder 200, La Junta 166 and 4 other teams. This hybrid meet included seven relay events and five individual events. Notable among the teams attending were Boulder who placed 4th at 5A state last year and La Junta who placed 6th at 4A state last year. **Complete results are posted to the website.** The Knights won all of the seven relay events and three of the five individual events. Leading the charge in individual races was **Taylor Kitayama** who established a new Fairview Invitational record in the 100 backstroke with her fast early season time of 1:00.16. **Rachael Cazden** swam to victory in the 50 free (25.37) and **Jenna Beyer** is the Fairview Invite Champion in the 100 breast (1:12.06) A partial list of personal best times that were achieved by Fairview swimmers at the meet is listed below.

State Qualifiers: The coaching staff had a quiet goal of achieving six individual qual times at the meet. We were pleased that eight individual quals were achieved by seven different girls. **Rachael Cazden** became our first state qualifier of the year with her win in the 50 free (25.37), she was closely followed in second place by **Shirin Sedaghat** who achieved her standard with a 25.62. The 100 backstroke was fertile ground for qualifying times for three Fairview swimmers: **Taylor Kitayama** (1:00.16), **Caroline Patterson** (1:01.27), and **Jenny McCoy** (1:01.88) In the 100 breaststroke our swimmers who placed 1-2, both with qualifying standards, were **Jenna Beyer** (1:12.06) and **Kourtney Fosse** (1:12.32) Special congratulations to **Kourtney** for achieving a state qual in her first swim for Fairview as a freshman. **Shirin Sedaghat** finished the state marks by leading off the 400 free relay in a time of 56.43.

The Fairview Ferrets A medley relay bested the state standard in 1:53.36 and was composed of **Taylor Kitayama** (28.23), **Jenna Beyer** (32.11), **Erica Wood** (28.85) and **Rachael Cazden** (24.17). The Fairview Ferrets A 200 free relay achieved a state qual with a total time of 1:44.74 and was swum by **Amanda Mika** (26.08), **Emily Werner** (26.98), **Maia Kenney** (27.04) and **Nisa Sedaghat** (26.78). Two of our 400 free relay teams bested the state standard: the A Ferret team (3:43.16) was composed of, **Shirin Sedaghat** (56.43), **Taylor Kitayama** (55.32), **Caroline Patterson**

(57.08) and **Rachael Cazden** (54.33) : the B Ferret team (3:58.05) consisted of **Jenny McCoy** (58.36), **Emily Werner** (1:00.18), **Megan Giehl** (1:01.43) and **Amanda Mika** (58.02).

Fairview Invitational Relay Records: Fairview quartets broke the Fairview Invite records in six of the seven relay events. In addition to the 200 medley and 400 free relays mentioned above, the following relays established new Fairview Invite Records:

The 200 breaststroke relay (2:14.20) was composed of **Shirin Sedaghat** (33.51) , **Lisa Driscoll** (36.87), **Kourtney Fosse** (31.78) and **Jenna Beyer** (32.04); the 200 backstroke relay (1:54.29) was composed of **Taylor Kitayama** (28.22), **Caroline Patterson** (27.62), **Nisa Sedaghat** (30.14) and **Jenny McCoy** (28.31); the 4 x 100 IM relay (4:26.04) consisted of **Caroline Patterson** (1:04.91), **Erica Wood** (1:08.58), **Ellie Smith** (1:06.96) and **Kourtney Fosse** (1:05.59); and the 200 butterfly relay (1:55.06) was staffed by **Rachael Cazden** (28.67), **Erica Wood** (29.42), **Ellie Smith** (29.36) and **Amanda Mika** (27.61).

All Time List: One of the team goals is to achieve 45 new positions on the Fairview All-Time List. The following three swims from the Invitational made the List: **Kourtney Fosse** in the 100 breaststroke (1:12.32-18th on the list); the 200 medley relay of **Taylor Kitayama, Jenna Beyer, Erica Wood, and Rachael Cazden** (1:53.36-8th on the list); and the 400 free relay of **Shirin Sedaghat, Taylor Kitayama, Caroline Patterson** and **Rachael Cazden** (3:43.16-9th on the list) .

Fairview Letters: The new lettering guidelines may be found on page 30 of the Parent/Athlete Handbook. One criterion to letter is to place individually (top 12) in the Fairview Invitational. In addition to the individual state qualifiers mentioned above, congratulations to the following girls who placed top 12 in the Invite and therefore letter for the season: in the 100 freestyle were **Nisa Sedaghat** (58.31-3rd), **Emily Werner** (59.34-4th), **Megan Giehl** (1:00.12-7th), **Rachel Anderson** (1:01.37-8th), and **Kendra Werner** (1:01.57-10th); in the 100 butterfly were **Erica Wood** (1:04.88-2nd), **Ellie Smith** (1:06.69-6th), **Eliza Gonzalez** (1:07.84-7th), and **Maia Kenney** (1:08.33-10th); in the 50 free were **Amanda Mika** (26.21-4th), **Michaela Metzler** (27.51-8th), and **Zoe**

Verhoven (28.97-10th); in the 100 backstroke were **Ashani Gottlieb** (1:08.67-7th), **Kasia Rasker** (1:09.45-8th), and **Regan Payne** (1:11.00-11th); and in the 100 breaststroke were **Lindsey Fano** (1:16.83-7th), **Lisa Driscoll** (1:18.33-8th), and **Jane Xie** (1:18.82-11th)

Front Range League Relays: After over 30 years in the Centennial League, Fairview and Boulder moved this year to the Front Range League. Our first swim meet in the new league was the Front Range Relay Meet. The Knights made a strong statement with a 1-2 showing and our third team placed 9th and defeated three other A teams. The Northglenn Pool is a very slow pool. Lane One had a continuous two or three inch boiling action throughout the meet, earning the moniker “the lane of death”. The team was instructed to have fun, enjoy racing, **and not stress over split times!**

The Knights Alpha team won every relay race by a significant margin. The 200 medley relay (1:57.68) was swum by **Erica Wood** (30.67), **Jenna Beyer** (33.04), **Eliza Gonzalez** (29.33), and **Rachael Cazden** (24.64); the 500 freestyle relay required swims of 50/100/150/200 yards and was comprised of **Michaela Metzler** (28.07), **Amanda Mika** (57.77), **Jenny McCoy** (1:32.53) and **Caroline Patterson** (2:05.60); the 4 x 100 IM relay (4:26.84) was composed of **Ellie Smith** (1:08.17), **Kourtney Fosse** (1:05.95), **Shirin Sedaghat** (1:04.14) and **Eliza Gonzalez** (1:08.58); the 200 yard freestyle relay (1:44.57) was staffed by **Jenna Beyer** (27.08), **Michaela Metzler** (27.40), **Shirin Sedaghat** (25.17) and **Rachael Cazden** (24.92); the members of the 200 butterfly relay (1:56.61) were **Amanda Mika** (28.81), **Kourtney Fosse** (28.00), **Ellie Smith** (30.45), and **Erica Wood** (29.35); the 200 backstroke relay (1:54.77) was peopled by **Caroline Patterson** (29.07), **Jenny McCoy** (28.03), **Eliza Gonzalez** (30.13), and **Rachael Cazden** (27.54); swimming the 200 breaststroke relay (2:14.40) were **Shirin Sedaghat** (33.68), **Jenna Beyer** (33.63), **Kourtney Fosse** (33.33), and **Amanda Mika** (33.76); and the meets ultimate relay, the 400 free relay (3:53.21) was won by **Ellie Smith** (59.26), **Erica Wood** (59.67), **Caroline Patterson** (57.57) and **Jenny McCoy** (56.71).

The Fairview Beta team was able to place second in three relays; the 4 x 100 medley relay was composed of **Maia Kenney** (1:09.95), **Kasia Rasker** (1:08.08), **Jane Xie** (1:11.86) and **Regan Payne** (1:09.95); the 200 butterfly relay (2:04.84) was swum by **Megan Giehl** (31.31), **Maia Kenney** (29.78), **Emily Werner** (31.99) and **Zoe Verhoven** (31.76); and

the 200 breaststroke relay (2:26.06) was comprised of **Jane Xie** (36.73), **Lindsay Fano** (36.32), **Megan Giehl** (36.32) and **Kasia Rasker** (36.69).

Parent Support: thank you to Meet Director Anne Hearn, and all of the parents who helped with the Fairview Invitational , and to Monique Sedaghat who organized swim suit and clothing orders. Vickie Cazden prepared a wonderful croissant sandwich lunch for the girls who returned on the bus from Northglenn High.

Week of December 8. Due to scheduling difficulties, we will swim simultaneous meets in two different venues on Thursday, December 11. a bus will leave Fairview at approximately 1:45PM for the Mountain View High School Pool in Loveland where we will swim a double dual meet against Fort Collins High and Loveland High. Last year, Fort Collins was the team from the Front Range League with the best finish at the 5A state championship (10th place). The warmup will begin at 3PM and the meet will start at 4PM. The meet will be varsity only and will consist of two heats. Each team will have two swimmers in both of the two heats who are swimming for place. Additionally there will be some non-scoring swimmers in the outside, exhibition lanes. The meet is expected to end by 7PM and the bus should return to Fairview by 8:30. The girls will be served a light dinner on the bus trip home.

Also on Thursday, we will swim a home dual meet at South against Mountain Range High. Mountain Range placed 8th in the League relay meet. The meet will be structured with two heats per event, the first heat will be a JV heat and the second heat will be a varsity heat. There will be separate scores for the JV competition and the varsity competition. Warmup begins at 3PM, the meet starts at 4PM; swimmers should plan to stay at the meet until 7PM.

Because of the complexity of two meets on one day, the coaches need to have the lineup prepared by Tuesday so that athletes and their parents know where their daughters will be swimming. **Please communicate by Monday evening as to whether you want to swim on Thursday and what individual events you prefer.** Also, certain athletes are time constrained and want to swim the meet at South so that they can get home earlier for school work. Please let Bob know if you have a strong preference to swim in the home meet. You can communicate via the meet signup sheets which

will be on the wall at South from 3-6PM on Monday, or by sending an email to Bob Smartt at rsmartt@att.net.

Colorado Invite Entry: is due Monday, December 15. Qualification times are listed on page 24 of the Parent/Athlete handbook. Swimmers who have multiple qualification standards should communicate with the coaching staff about their preferred races for Invite. All swimmers with Invite qual standards should be communicating this week with the coaches. A signup sheet will be posted at South or swimmers can email Bob Smartt at rsmartt@att.net.

Caps now available: Jenny McCoy has a supply of the new team cap available for \$10 each.

Reminders. Bring a water bottle to practice to stay hydrated. Powdered Gatorade is provided at South. Athletes should try to eat 400 to 600 calories within 30 minutes after practice in order to speed the replenishment of muscle glycogen. The optimal composition of the post-exercise feeding is 4 grams of carbohydrates to one gram of protein. Chocolate milk is very close to this optimal nutritional ratio. Swimmers expecting significant results should swim six times per week is preferred.

Christmas Blackout: It is time for all swimmers to formulate their training plans for the December 24- January 1 CHSAA-mandated blackout period. Tiffany Forbes will be offering a rigorous training program during the blackout that is consistent with the Fairview training approach (see website for flyer).

Team Pictures: will be taken at South Boulder Rec before the Monarch home dual meet on Thursday December 18 at 3:15PM. Attire is the team swim suit.

Fairview Invitational Personal Best Times*

Name	Event	Time	Previous best
Emily Werner	100 free	59.34	1:00.32
Kendra Werner	100 free	1:01.37	??
Rachel Anderson	100 free	1:01.37	1:02.88
Colleen Riedl	100 free	1:05.97	1:09.00
Ellie Smith	100 fly	1:06.69	1:10.17
Eliza Gonzalez	100 fly	1:07.84	Never!
Maggie Best	100 fly	1:11.23	??
Alice Hearn	100 fly	1:13.34	1:17.xx
Ashani Gottlieb	100 back	1:08.30	1:09.12
Kourtney Fosse	100 breast	1:12.32	1:15.0
Lindsey Fano	100 breast	1:16.83	1:20.69
R. splits (lead off)			
Tessa Schoenhals	50 back	34.46	
Ashani Gottlieb	50 back	32.38	34.53
Shirin Sedaghat	50 breast	33.51	33.61
Rachel Anderson	50 free	27.99	28.16
Ellie Smith	100 free	57.97	58.59
Alice Hearn	100 free	1:06.38	1:07.54s

*- the coaches do not have personal best times for many of the new swimmers

2008-2009 State Qualifiers

Name	Events	Time
Rachael Cazden	50 free	25.37

Shirin Sedaghat	50 free, 100 free	25.62, 56.43
Taylor Kitayama	100 back	1:00.16
Caroline Patterson	100 back	1:01.27
Jenny McCoy	100 back	1:01.88
Jenna Beyer	100 breast	1:12.06
Kourtney Fosse	100 breast	1:12.32
Fairview A	200 medley	1:53.36
	200 free	1:46.88
	400 free	3:43.16

Bold- indicates a personal best time