

The Seahorse (2008-2009, Vol. 2)

Fairview 226, Fort Collins 86; Fairview 214, Loveland 95; Fort Collins 161 Loveland 151: the meet was held at the Mountain View High School Pool in Loveland, one of the top swim venues in the state. Fort Collins placed 10th at 5A state last year. The original league schedule planned this meet as a dual between Fort Collins and Loveland; the other teams graciously allowed Fairview to participate when we petitioned to compete. The meet was structured as a double dual, with three separate scores for each of the three pairs of teams. The individual scoring for a double dual with four entries per team is 8-6-5-4-3-2-1 for an individual event and 10-5-3 for relays. Therefore, we placed a premium on depth in individual events, and on entering 2 strong relays per relay event.

Fairview won all three relays and all eight of the individual events. The Knights were led by double winners **Lizzy Anderson, Rachael Cazden and Taylor Kitayama**. **Lizzy Anderson** made a big statement in her first high school meet winning the 200 free (2:02.96) and the 500 free (5:17.72) in state qualifying times. **Rachel Cazden** won the sprint free events: the 50 free in 25.20 and the 100 free in 55.96, which was a state qualifying mark and a personal best. **Taylor Kitayama** broke the one minute barrier in the 100 fly with a 59.84, an event which she does not often swim. Taylor's second victory came in the 100 back(1:00.16). **Caroline Patterson** swam to victory in the 200 medley with a 2:19.61; and **Shirin Sedaghat** won the 100 breaststroke (1:10.30); both performances were state times. The Knights expanded our list of state qualifiers to ten athletes (see below) with the addition of **Lizzy Anderson, Amanda Mika** in the 50 free (25.92) and **Erica Wood** in the 100 backstroke (1:03.69).

The winning Fairview relays follow: 200 medley (1:55.01) was composed of **Taylor Kitayama** (27.87), **Jenna Beyer** (32.17), **Erica Wood** (29.75) and **Rachael Cazden** (25.22); the 200 free relay (1:44.27) was composed of **Kourtney Fosse** (26.75), **Amanda Mika** (25.48), **Keeley Hernandez** (26.68) and **Rachael Cazden** (25.36); and the 400 free relay (3:46.43) was composed of **Ellie Smith** (57.24), **Amanda Mika** (57.11), **Caroline Patterson** (56.41) and **Taylor Kitayama** (55.67).

Near Miss Department: the Knight had the following swim that are close to the state qualifying marks: Jenny McCoy placed second in the 200 IM with a 2:21; **Keeley Hernandez** placed 6th in the 50 free (26.62);

Kourtney Fosse in her first 100 butterfly swim in many months swam 1:05.70 and she led off the 200 free relay in 26.75; **Ellie Smith** swam 1:05.70 in the 100 fly and she led off the 400 free relay in 57.24; and **Eliza Gonzalez** swam exhibition in the 100 backstroke in 1:05.47.

Lizzy Szoke led the **Diving Knights** with a 4th place finish in 160.90 and **Marina Yamazaki** added a 5th place with her score of 142.30

Fairview 122, Mountain Range 64. For possibly the first time in school history, Fairview swam two different varsity meets simultaneously at different venues. As mentioned above, we were able to be added to the Fort Collins/Loveland Meet and we also had a meet scheduled at the same time against Mountain Range. Mountain Range was expected to host the meet at the Northglenn High Pool, but due to scheduling problems Fairview was able to host in the much faster pool at South. **The score of the JV meet was Fairview 126 and Mountain Range 60.**

Fairview won all three relays and five of the eight individual events. The Knights were led by **Alice Hearn, Michaela Metzler, Maia Kenney,** and **Darian Davis** who each won an individual event and placed second in another event. **Alice Hearn** captured her first varsity win by taking the 200 free in 2:17.72; Alice was in third place after 150 yards, but closed with a 34.54 final split to take the win. Alice placed second in the 500 free with a personal best time of 6:09.81. **Michaela Metzler** won the 50 free in 27.01 and she placed second in the 100 free in 1:00.16. **Mia Kenney** won the 500 free in 5:48.61 and took a second in the 200 IM in 2:26.02, both personal bests. **Darian Davis** won the 100 back in 1:06.06 and finished second in the 50 free (27.21). Also capturing an individual; victory was **Maggie Best** in the 100 butterfly (1:09.06), she was followed in second place by **MacKenna Johnson** (1:11.75). **Regan Payne** participated in the back half of a Fairview 1-2 finish with her 1:07.66 time for second in the 100 back

The winning Fairview relays follow: 200 medley (2:02.50) was composed of **Regan Payne** (31.46), **Darian Davis** (33.01), **MacKenna Johnson** (31.23) and **Michaela Metzler** (26.80); the 200 free relay (1:50.89) was comprised of **Mackenna Johnson** (28.36), **Maggie Best** (27.98), **Zoe Verhoeven** (27.47), and **Michaela Metzler** (27.08); and the 400 free relay (4:10.90) was swum by **Maia Kenney** (1:01.88), **Maggie Best** (1:02.88), **Darian Davis** (1:05.76) and **Kasia Rasker** (1:00.38).

Fairview was able to place 1-2 in two relays. The second place relays follow: the 200 medley relay (2:07.22) was staffed by **Ashani Gottlieb** (32.89), **Jane Xie** (35.40), **Maggie Best** (30.65) and **Karlina Wu** (28.28); the girls in the 400 free relay (4:17.59) were **Colleen Riedl** (1:07.99), **Karlina Wu** (1:03.64), **Ashani Gottlieb** (1:04.07) and **Regan Payne** (1:01.89).

Diving Knights: Congratulations to first time Fairview divers **Leslie Tanis** (90.53), **Mackenzie Sober** (80.33), **Sarah Reed** (76.95), **Erin Walters** (74.55), **Kimberly Bonnette** (65.40) and **Megan Thayer** (60.00)!!

Upcoming Birthdays: **Kourtney Fosse** (12/17), **Erica Wood** (12/28), **Alice Shen** and **Jane Xie** (12/31),

Lost and Found: Lost and Found: a new team swim suit was left at the Mountain Range dual meet on Thursday and is stored on the metal shelves in the lifeguard office at South.

Parent Support: Thank you to all the parents who volunteered for the Mountain Range home meet. We also appreciate the parents who help with the PowerRack machines at South including Tracy Seitzman, Kaye Anderson and Donna Patterson. Your efforts are so very much appreciated by all!!! NOTE: Vicki Cazden is coordinating the away meet snack/dinners for the girls. If you are able to help with food preparation for about one hour from 12-1:00 on the day of an away meet, please contact Vicki Cazden at 303-545-6152. Her email address is vcazden@comcast.net. Your help would be most appreciated!

Colorado Invite Entry: **Due Monday, December 15.** The following are the qualification standards: 200 free: 2:10.0, 200 IM 2:27.0, 50 free: 27.0, diving: 180/310, 100 fly: 1:07.0, 100 free: 58.8, 500 free 5:50.0, 100 back 1:07.3, 100 breast: 1:16.0. **All swimmers with Invite qual. standards who have not already done so, should be communicating with the coaches immediately.** Swimmers can email Bob Smartt at rsmartt@att.net or call at 303-448-0516.

Colorado Invitational: Saturday, December 20 at the Mountain View High Pool , 3500 Mountain Lion Drive, in Loveland. Directions: Take the Diagonal to Niwot, then East on the 52 to I-25. I-25 North to exit 257 B (34 West), West 1 mile to the second stoplight, South (left) on Boyd Lake Road. The entry will be posted on the wall at South on Monday afternoon. We will carpool from the East Boulder Rec. Center at 6:30 AM. Please let Franny Benay know if your parent can drive. Franny's cell number is 949-278-0065. Bob Smartt will go up earlier to try to reserve deck space for the team. Warm up in the competition pool is from 7-8:20 AM. The meet begins at 8:30 AM. Several lanes are available for continuous warm up and warm down throughout the meet. Prelims will be over at approx. 1:30PM. Girls should not leave the meet without coach's approval. Warm ups for finals begin at 3:30PM. Finals begin at 4:30PM.

Caps now available: Our new team caps are in (\$10). See Jenny McCoy.
NOTE: For those that are new to the team this year, there are national high school rules relating to what is allowed on caps during high school meets. Swimmers are NOT allowed to wear any cap that has logos or wording relating to anything but their high school (NO summer league, college, club, etc. caps!)

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. This frequency is preferred by the coaching staff.

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. For details see Holiday Swim Camp at CU on our website.

Team Pictures: Swimmers and Divers: **Mark your calendars for the 2008/2009 Team Picture: Thursday, December 18 at 2:15 at South before the Monarch meet.** Order forms will be available at practice the week before the meet, and on picture day.

Fort Collins/Loveland Meet Best Times

Name	Event	Time	Previous best
Rachael Cazden	100 free	55.98	57.x
Kendall Fosse	200 IM	2:28.90	2:29.80
Kourtney Fosse	100 fly	1:05.70	1:07.x
Eliza Gonzalez	100 back	1:05.47	1:05.90
Taylor Kitayama	100 fly	59.84	1:03.x
Jenny McCoy	200 IM	2:21.43	2:22.08
Amanda Mika	100 free	57.35	57.82
Shirin Sedaghat	100 breast	1:10.30	1:11.18
Shirin Sedaghat	50 free	25.37	25.58
Ellie Smith	100 fly	1:05.43	1:06.69
Ellie Smith	100 free	57.24	57.97
Emily Werner	200 free	2:09.04	2:12.40
Kendra Werner	200 free	2:19.45	2:22.x
Relay splits			
Amanda Mika	50 free	25.48s	25.77
Caroline Patterson	100 free	56.41	57.08

Mountain Range Meet Best Times*

Name	Event	Time	Previous best
Maggie Best	100 fly	1:09.06	1:11.23
Lisa Driscoll	200 IM	2:40.61	2:44.08
Lindsey Fano	200 IM	2:38.25	2:42.x

Lyndsi Halvorson	100 breast	1:33.27	1:35.xs
Alice Hearn	100 free	1:05.94	1:06.38
Alice Hearn	200 free	2:18.72	
Alice Hearn	500 free	6:09.81	6:12.x
Rosie Irwin	200 free	2:23.51	2:26.80
Natalie Jones	100 free	1:10.21	1:17.29
Maia Kenney	500 free	5:48.61	6:03.09
Maia Kenney	200 IM	2:26.02	2:28.53
Stephanie Kohl	100 fly	1:21.24	1:23.12
Michaela Metzler	100 free	1:00.16	1:01.32
Maddie Oakley	100 breast	1:22.68	1:22.97
Regan Payne	100 back	1:07.66	1:08.23
Regan Payne	100 free	1:01.66	1:03.39
Kasia Rasker	200 IM	2:27.08	
Tessa Schoenhals	500 free	6:24.54	
Zoe Verhoeven	100 fly	1:17.52	1:20.11
Karlina Wu	100 back	1:11.59	1:12.33

*- 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, 100 free	25.37, 55.96
Shirin Sedaghat	50 free, 100 free, 100 breast	25.62, 56.43 , 1:10.30

Taylor Kitayama	100 back, 100 fly	1:00.16, 59.84
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
Lizzy Anderson	200 free, 500 free	2:02.96, 5:17.72
Amanda Mika	50 free	25.92
Erica Wood	100 back	1:03.69
Fairview A	200 medley	1:53.36
	200 free	1:44.27
	400 free	3:43.16

Bold- indicates a personal best time