

The Seahorse (2008-2009, edition3)

Fairview 134 Monarch 52 The outcome of the dual meet was never in doubt after Monarch decided to only swim it's top athletes in relay events. As a result, the Knights won all nine of the individual events including a 1-2-3 sweep in seven of the nine individual events. The sweeps were accomplished by **Lauren Rigg** (2:02.83), **Julie Anderson** (2:05.07) and **Jenny McCoy** (2:07.85) in the 200 free; **Taylor Kitayama** (2:17.93), **Caroline Patterson** (2:23.18) and **Lindsey Fano** (2:33.46) in the 200 IM, **Emily Scraggs** (25.36), **Jenna Beyer** (26.11) and **Ellie Smith** (26.11) in the 50 free; **Ellie Smith** (1:04.00), **Erica Wood** (1:04.71) and **Kourtney Foose** (1:05.76) in the 100 fly; **Mary Scraggs** (5:32.35), **Maia Kenney**(5:52.85) and **Alice Hearn** (6:17.31) in the 500 free; **Rachael Cazden** (1:01.31), **Eliza Gonzalez** (1:05.93) and **Emily Scraggs** (1:07.13) in the 100 back; and **Jenna Beyer** (1:12.07), **Mary Scraggs** (1:14.96) and **MacKenna Johnson** (1:17.08) in the 100 breast. **Amanda Mika** (56.41) and **Michaela Metzler** (1:00.69) placed 1-2 in the 100 free. Fairview's winning 200 medley relay (1:56.56) was composed of **Rachael Cazden** (28.31), **Darian Davis** (33.07), **Shirin Sedaghat** (29.32) and **Jenna Beyer** (25.86). The Knights scored 1-2 finishes in the 200 free relay: the A team (1:50.22) was composed of **Kourtney Fosse** (26.75), **Michaela Metzler**, **Rachel Anderson**, and **Lindsey Fano**, and the B team (1:55.96) was comprised of **Zoe Verhoeven** (28.47), **Jane Xie** (28.20), **Maddie Oakley** (28.84) and **Laura Kaliski** (30.45)
The diving Knights: **Lizzie Szoke** placed first with a personal best score of 174.23 and **Colleen Sherry** took 5th place (85.88).

Fairview JV 116- Monarch JV 57. Fairview won every JV individual swim race taking 1-2-3 in seven of the eight individual swim races. The sweeps were accomplished by **Megan Giehl** (2:10.80), **Emily Werner** (2;10.90) and **Kasia Rasker** (2:15.23) in the 200 free; **Tessa Schoenhals** (2:43.13), **Brynn Seitzman** (2:55.02) and **Regina Johanos** (3:11.38) in the 200 medley,; **Nisa Sedaghat** (26.34) **Darian Davis** (27.00), and **Michaela Metzler** (27.35) in the 50 free; **Karlina Wu** (1:02.75), **Maddie Oakley** (1:03.63) and **Dana Gallup** (1:09.47) in the 100 free; **Rosie Irwin** (6:47.71), **Laura Kaliski** (7:03.62) and **Anna Royer** (7:24.12) in the 500 free; **Nisa Sedaghat** (1:06.32), **Kendall Fosse** (1:07.04) and **Kasia Rasker** (1;07.58) in the 100 back; and **Lindsey Fano** (1:17.70), **Jane Xie** (1:18.69) and **Maddie Oakley** (1:23.26) in the 100 breast. **Stephanie Kohl** placed first in the 100 butterfly with a time of 1:19.28

A partial list of personal best times from the Monarch meet is included below. The complete results are posted on the website include all exhibition swims (heat #1).

Colorado Invitational: Fairview finished 3rd out of the 55+ teams competing. The score of the top 5A teams was: Cherry Creek 215, Regis 189, **Fairview 151.5**, Heritage 106, and Smoky Hill 85. The top 4A team was Ralston Valley who scored 115.

Fairview swimmers who qualified for finals were: **Lauren Rigg**-9th in the 200IM (2:16.47/2:11.84); **Mary Scraggs** -15th in the 200 IM (2:19.68/2:20.48);**Rachael Cazden**-2nd in the 50 free (24.69/24.57); **Shirin Sedaghat** 12th in the 50 free (25.48/25.49) **Tasia DeMuth**-15th in the 50 free (25.39/25.61);; **Lauren Rigg**-9th the 100 fly (1:01.12/58.59); **Tara DeMuth**- 15th in the 100 fly (1:02.42/1:01.73); **Tasia DeMuth**- 5th in the 100 free (54.56/54.37); **Rachael Cazden** 8th in the 100 free (55.55/55.21);**Taylor Kitayama** 12th in the 100 free (56.63/56.56); **Sydney Pair**-7th in the 500 free (5:19.54/5:21.52) , **Taylor Kitayama**-5th in the 100 backstroke (59.74/59.31); **Caroline Patterson**-15th in the 100 backstroke (1:01.14/1:01.66); **Jenny McCoy** 16th in the 100 backstroke (1:02.02/1:02.17); **Shirin Sedaghat** 12th in the 100 breaststroke (1:10.57/1:10.98); and **Tara DeMuth**-14th in the 100 breast (1:11.93/1:11.70).

The 200 medley relay finished 3rd in a time of 1:51.43 and was composed of **Taylor Kitayama** (28.23), **Tara DeMuth** (31.99), **Lauren Rigg** (26.52) and **Rachael Cazden** (24.69). The 200 free relay placed 3rd (1:40.38) and was composed of **Shirin Sedaghat** (25.44), **Emily Scraggs** (25.30), **Tasia DeMuth** (25.08) and **Rachael Cazden** (24.56). Fairview's 400 free relay finished fifth (3:40.54) and as staffed by **Emily Scraggs** (56.37), **Lauren Rigg** (54.11), **Tasia DeMuth** (54.94) and **Taylor Kitayama** (55.12).

Congratulations to new state qualifier **Keeley Hernandez** (50 free)! Keeley brings our total of qualifying swimmers to 18.

Senior ceremony: Dual Meet Rocky Mountain at Fairview: will be held Thursday, January 8. A sign-up sheet will be posted on the pool deck at South or athletes may email Bob Smartt. All swimmers should communicate with the coaching staff about their intent to participate, and if so, their desired individual events. Warm up begins at 3:10PM, the senior ceremony will be held at 3:55PM, and the meet begins at 4:15PM.

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.

Practice resumes: The first practice after the break will be Friday, January 2, at South from 3:30-5:30. We will practice Saturday, January 3 at CU from 3-5PM. The normal practice schedule will resume the week of Monday, January 5 with practice at South from 3:30-5:30PM.

College Congratulations: to early admission students **Rachael Cazden** at Lewis and Clark, **Emily Werner** at American University, and **Erica Wood** at Southern Methodist University.

January Birthdays: Keeley Hernandez 1/07, Anna Hall 1/09, Colleen Koss 1/16, Amanda Krueger 1/24, Nisa and Shirin Sedaghat 1/25.

Fairview Varsity: 134 Monarch Varsity 52
 Fairview JV 116 Monarch JV 57
 Monarch Meet Best Times*

Name	Event	Time	Previous best
Maggie Best	100 back	1:08.98	1:10.35
Jenna Beyer	50 free	26.11	26.5
Rachael Cazden	100 back	1:01.31	1:03.76
Rachael Cazden	50 back	28.31	29.2
Lindsey Fano	200 IM	2:33.46	2:38.25
Kourtney Fosse	50 free	26.75	26.75
Ashani Gottlieb	200 free	2:18.89	2:32.5
Madison Harmon	100 free	1:13.70	1;15.46
Regina Johanos	200 IM	3:11.38	3:12.83
Taylor Kitayama	200 IM	2:17.93	2:20.84
Alison Koeber	50 free	32.38	32.79
Stephanie Kohl	100 fly	1:19.28	1:21.24
Amanda Mika	100 free	56.41	57.35
Maddie Oakley	100 free	1:03.63	1:05.18
Regan Payne	100 back	1:06.96	1:07.66
Tessa Schoenhals	200 IM	2:43.13	2:54.87
Ellie Smith	50 free	26.11	26.4
Ellie Smith	100 fly	1:04.00	1:05.43
Lizzy Szoke	1 meter	174.23	160.90
Kendra Werner	200 free	2:17.39	2:19.45
Kendra Werner	100 back	1:07.50	1:10.4
Karlina Wu	100 back	1:10.89	1:11.59
Karlina Wu	100 free	1:02.75	1:04.5
Relay splits			
Megan Duffy	50 free	30.93s	31.66s
Rachel Fenwick-Smith	50 free	35.88s	37.67s
Rachel Fenwick-Smith	100 free	1:31.84s	1:32.15s
Kendall Fosse	100 free	59.64s	1:01.55s
Kourtney Fosse	100 free	57.65s	59.4
Anna Hall	100 free	1:20.77s	1:24.09s
Stephanie Kohl	100 free	1:11.18s	1:13.83s
Maddie Oakley	50 breast	37.00s	37.4s

*- 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 100 back	24.57, 55.21, 1:01.31
Shirin Sedaghat	50 free, 100 free, 100 breast	25.37, 56.43, 1:10.30
Taylor Kitayama	100 back, 100 fly 200IM, 100 free	59.31, 59.84, 2:17.93 56.56
Caroline Patterson	100 back, 200 IM	1:01.14, 2:19.61
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, 100 free	25.92, 56.41
Erica Wood	100 back	1:03.69
Lauren Rigg	200 free, 200IM, 100 fly	2:02.83, 2:11.84, 58.59
Emily Scraggs	50 free, 200 free, 100 free	25.36, 2:00.28, 56.37
Ellie Smith	100 fly	1:04.00
Mary Scraggs	500 free, 200IM	5:32.35, 2:19.68
Sydney Pair	200 free, 500 free	2:03.22, 5:19.54
Tasia DeMuth	50 free, 100 free	25.39, 54.37
Keeley Hernandez	50 free	25.84
Tara DeMuth	100 fly, 100 breast	1:01.73, 1:11.70
Fairview A	200 medley	1:51.43
	200 free	1:40.38
	400 free	3:40.54

Bold- indicates a personal best time

2008-2009 state quals by event

200fr	Emily Scraggs	2:00.28	500 free	
	Lizzy Anderson	2:02.96	Lizzy Anderson	5:17.72
	Lauren Rigg	2:02.83	Sydney Pair	5:19.54.
	Sydney Pair	2:03.22	Mary Scraggs	5:32.35
			100 back	
IM	Lauren Rigg	2:11.84	Taylor Kitayama	59.31
	Taylor Kitayama	2:17.93	Caroline Patters	1:01.14
	Caroline Patterson	2:19.61	Rachael Cazden	1:01.31
	Mary Scraggs	2:19.68	Jenny McCoy	1:01.88
50Fr			Erica Wood	1:03.69
	Rachael Cazden	24.57		
	Emily Scraggs	25.36		
	Shirin Sedaghat	25.37		
	Amanda Mika	25.92		
	Keeley Hernandez	25.84	100 Breast	
	Amanda Mika	25.92	Shirin Sedaghat	1:10.30
100 Fly	Lauren Rigg	58.59	Tara DeMuth	1:11.70
	Taylor Kitayama	59.84	Jenna Beyer	1:12.06
	Tara DeMuth	1:01.73	Kourtney Fosse	1:12.32
	Ellie Smith	1:04.00		
100Fr	Tasia DeMuth	54.37		
	Rachael Cazden	55.21		
	Emily Scraggs	56.37		
	Amanda Mika	56.41		
	Shirin Sedaghat	56.43		
	Taylor Kitayama	56.56		