

The Seahorse (2008-2009, edition4)

Fairview 142 Rocky Mountain 43 The Knights won all nine of the individual events including a 1-2-3 sweep in six of the nine individual events. The sweeps were accomplished by **Caroline Patterson** (2:04.11), **Megan Giehl** (2:10.64) and **Kendra Werner** (2:20.82) in the 200 free; **Sydney Pair** (2:17.92), **Jenny McCoy** (2:21.04) and **Kourtney Fosse** (2:24.71) in the 200 IM, **Taylor Kitayama** (1:02.10), **Erica Wood** (1:04.50) and **Maia Kenney** (1:06.61) in the 100 fly; **Caroline Patterson** (5:44.18), **Emily Werner** (5:53.10) and **Erica Wood** (6:18.71) in the 500 free; **Kendall Fosse** (1:04.43), **Nisa Sedaghat** (1:06.65) and **Darian Davis** (1:07.67) in the 100 back; and **Kourtney Fosse** (1:12.45), **Jenna Beyer** (1:13.50), and **MacKenna Johnson** (1:15.43) in the 100 breast. **Rachael Cazden** (25.56) and **Amanda Mika** (25.91) placed 1-2 in the 50 free. **Shirin Sedaghat** won the 100 free in 55.46, a personal best and 14th on the All Time Performers List.

Fairview's winning 200 medley relay (1:56.71) was composed of **Taylor Kitayama** (28.89), **Shirin Sedaghat** (31.42), **Rachael Cazden** (29.15) and **MacKenna Johnson** (27.25). The second place B medley relay (2:04.72) was swum by **Regan Payne** (31.48), **Jane Xie** (37.13), **Amanda Mika** (28.55) and **Rachael Anderson** (27.56). The third place C medley relay (2:08.26) consisted of **Colleen Riedl** (34.99), **Kasia Rasker** (35.82), **Eliza Gonzalez** (29.95) and **Zoe Verhoeven** (27.50). The Knights finished first in the 400 free relay: the A team (3:52.92) was composed of **Caroline Patterson** (59.22), **Ellie Smith** (59.36), **Jenny McCoy** (56.90!) and **Taylor Kitayama** (57.44).

The diving Knights: **Lizzie Szoke** placed first with a score of 161.70. Also placing for the Knights were **Colleen Sherry** in 3rd with 96.75 and **Erin Walters** 4th in 75.52.

Fairview JV 128- Rocky Mountain JV 22. Rocky Mountain did not have JV entrants in the 200IM and the 500 free. In order to have more splashes, Fairview swam 6 girls in the JV heat of the 200 IM and the 500 free, which necessitated that the entire heat be swum as exhibition. Fairview won every JV individual event taking 1-2-3 in six of the seven individual events. The sweeps were accomplished by **Maggie Best** (2:17.53), **Alice Hearn** (2:22.23) and **Natasha Steinmann** (2:23.76) in the 200 free; **Jenna Beyer** (26.40) **Darian Davis** (27.14), and **Megan Giehl** (27.47) in the 50 free; **Kim Bonnette** (108.60), **Mackenzie Sober** (86.10) and **Megan Thayer** (74.80) in diving; **Amanda Mika** (1:04.66), **Jenny McCoy** (1:06.32) and **Maggie Best** (1:08.90) in the 100 butterfly; **Eliza Gonzalez** (1:04.54), **Shirin Sedaghat** (1:07.80) and **Kasia Rasker** (1:09.05) in the 100 back; and **Lindsey Fano** (1:17.40), **Lisa Driscoll** (1:19.90) and **Jane Xie** (1:22.36) in the 100 breast. Placing 1-2 in the 100 free were **MacKenna Johnson** (1:00.68) and **Rachel Anderson** (1:01.46).

Best Times and Complete Results: A partial list of personal best times from the Rocky Mountain meet is included below. The complete results are posted on the website including all exhibition swims (all heat #1 swims and heat #2 of the IM and 500).

Next Dual Meet: Fairview vs. Legacy: Will be held Thursday, January 15 at the Northglenn High pool. Some members of the swim team will skip the Legacy meet in order to practice at South from 3:30-5:30 to prepare for the BoCo meet. The meet will feature a JV heat (#1) and a varsity heat (#2) with separate scoring for each. Fairview will have 4 entrants per heat and will use lanes 2-4-6-8. The bus will leave Fairview at 2PM. The warm up will be 3:00-3:50. Divers will be able to warm up simultaneously with the swimmers from 3:00-3:50. The bus should arrive back at Fairview before 7PM. Dinner will be provided on the bus. A signup sheet will be posted on the pool deck at South on Monday, January 12th, 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. . **What to wear Thursday: TBA**

The Boulder County Championships (BoCo) will be held at South Boulder Rec. Center on Friday and Saturday, January 23 and 24. Swimming prelims are held on Friday. Students participating in the meet will be excused from school at approximately 2PM. We currently have only three dedicated lanes available for warm-up from 2:30 until 3:00. The meet begins at 4:15PM. Some of our USS swimmers may want to arrange a separate warm-up at Rally or East because we will be very crowded for warm-up at South. The 18 fastest individuals and relays in each event qualify for the swimming finals on Saturday (3 heats of six swimmers). There is a general finals warm-up for all teams on Saturday from 2:00-2:50PM. The finals begin at 3:00PM. Diving will be held on Saturday afternoon at the CU diving well (contact Coach Tony for specifics) Fairview will be divided into three different teams. Each separate team is able to enter a total of four persons in individual events and two relays in each relay event. This meet is fun and fast, a good opportunity to achieve fast state quals. Fast state quals are important because a faster state qual will position a swimmer at State toward the middle of the pool with a faster draft from faster swimmers in the adjoining lanes. Slow state quals may consign a swimmer to an outside lane or a slower heat. The Boulder Daily Camera will cover the BoCo meet. **The BoCo entry is due Sunday, January 18, so we would appreciate hearing your individual event preference by Wednesday, January 14. Please email Bob Smartt at rsmartt@att.net or call 303-448-0516 with your event preferences.**

Next pasta Dinner: Wed the 21st at the Werner's house, 5652Aurora place, Boulder, 80303.

Swimming Website: the website:

<http://www.floswimming.org/> has thousands of great swimming video clips including meets, and interviews with coaches and swimmers.

Good prices for Fast suits: the online store of the Highpoint swim shop (www.highpointswim.com) has provided Fairview with special discounts on the new Blue Seventy high performance swimsuits and on other top performance suits. The pricing is \$240 for the

Blue Seventy knee length Nero Comp, and \$296.25 for the Blue Seventy Ankle length Nero Comp. In order to get the special pricing you need to find and click [Click Here to go to Fairview High School Team Products](#). There is a link to the sizing chart. The weight is more important than the height when sizing. If the suit arrives and does not fit, Highpoint will do an exchange so long as the tags are still attached and the suit is not damaged. The only bad news is they do not have many of the sizes currently in inventory, they are getting a large shipment in in a week or so, so we may not have the suits by BOCO, but we can try them at the Boulder High Meet if need be. The person to speak with if questions arise is Rebecca at 866-863-5361 or at customerservice@highpointswim.com

Reminders: Bring a water bottle to practice to stay hydrated. Drinking a sports drink during practice is superior to plain water. 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.

Late January Birthdays: Colleen Koss 1/16, Amanda Krueger 1/24, Nisa and Shirin Sedaghat and **Spencer Hawkins** 1/25.

Fairview Varsity: 142 Rocky Mountain Varsity 43

Fairview JV Monarch JV

Rocky Mountain Meet Best Times*

Name	Event	Time	Previous best
Rachael Anderson	50 free	27.86	
Maggie Best	200 free	2:17.58	2:19.72
Maggie Best	100 fly	1:08.90	1:09.06
Lindsey Fano	200 IM	2:32.36	2:33.46
Kendall Fosse	100 back	1:04.43	1:04.89
Kourtney Fosse	200 IM	2:24.71	2:32.61
Dana Gallup	100 breast	1:19.07	1:19.24
Eliza Gonzalez	100 back	1:04.54	1:05.47
Rosie Irwin	500 free	6:41.90	6:47.71
Regina Johanos	200 IM	3:10.32	3:11.38
Maia Kenney	100 fly	1:06.61	1:08.27
Jenny McCoy	200IM	2:21.04	2:21.43

Amanda Mika	100 fly	1:04.66	1:06.xx
Maggie Nazareus	200 free	2:35.21	2:35.63
Maddie Oakley	100 fly	1:15.22	??
Caroline Patterson	200 free	2:04.11	2:04.29
Caroline Patterson	500 free	5:44.18	6:00.08
Tessa Schoenhals	200 IM	2:37.60	2:43.13
Shirin Sedaghat	100 free	55.46	56.43
Ellie Smith	100 free	57.18	57.22
Megan Thayer	1 meter	74.80	60.0
Zoe Verhoeven	50 free	27.72	27.81
Relay splits			
Wolf Bialek	50 free	33.57s	33.58s
Megan Duffy	50 free	30.79s	30.93s
Rachel Fenwick-Smith	100 free	1:25.35s	1:31.84s
Dana Gallup	50 breast	35.75s	36.50s
Megan Giehl	50 free	27.10s	27.16s
Natalie Jones	50 free	30.60s	31.82s
Colleen Koss	50 free	31.30s	31.73s
Tessa Schoenhals	100 free	1:04.06s	1:06.37s
Shirin Sedaghat	50 breast	31.42s	32.55s
Inga Winkelman	50 fly	33.28s	33.32s

*- 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, 55.46, 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, 200 free	1:01.14, 2:19.61, 2:04.11
Jenny McCoy	100 back, 200 IM	1:01.88, 2:21.04
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	25.91, 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, 200 IM	2:03.22, 5:19.54, 2:17.92
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.
	Lizzy Anderson	2:02.96	Mary Scraggs	5:32.35
	Caroline Patterson	2:04.11		
IM	Lauren Rigg	2:11.84		
	Syd Pair	2:17.92	100 back	

	Taylor Kitayama	2:17.93	Taylor Kitayama	59.31
	Caroline Patterson	2:19.61	Caroline Patters	1:01.14
	Mary Scraggs	2:19.68	Rachael Cazden	1:01.31
	Jenny MCCoy	2:21.04	Jenny McCoy	1:01.88
50Fr	Rachael Cazden	24.57	Erica Wood	1:03.69
	Shirin Sedaghat	25.37		
	Tasia DeMuth	25.39		
	Keeley Hernandez	25.84		
	Amanda Mika	25.91		
			100 Breast	
			Shirin Sedaghat	1:10.30
100 F	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		
	Shirin Sedaghat	55.46		
	Emily Scraggs	56.37		
	Amanda Mika	56.41		
	Taylor Kitayama	56.56		