

14 and Under Junior Olympics 2010

Thursday, Day One

500 Freestyle:

Chris Murphy set a blistering pace in the first event of the meet and left the competition in his wake. Chris took first place by over 8 seconds, narrowly missing the PVS Age group record set by a former FISH swimmer back in 2000. Chris' time in the 500 ranked him 14th in the USA for 12 year old boys! Chris dropped over 10 seconds from his previous personal best. Chris showed the competition that FISH came to J.O.'s ready to race!

In the girls 500 freestyle, Amy Owens, Megan McCreary and Veronica Wolff all pushed themselves to personal best times. Amy Owens helped the FISH girls score their first of many points at the meet with her 12th place finish in this event.

Friday, Day Two

200 Medley Relay:

All Six Medley Relay teams that competed recorded a best time. The FISH displayed some of the best relay exchanges at the meet. The excitement at the meet helped propel the swimmers to great swims. Fiona Muir and Megan McCreary both anchored the relays with impressive swims. Fiona swam her 50 freestyle in 27.4 while Megan McCreary recorded a 28.68. Both girls dropped over 1 second off of their personal bests.

800 Freestyle Relay:

The 13-14 boys team dropped 2 seconds off of their entry time and moved up a couple of spots in the standing to finish in 10th place. On the girls' side, Ellie Bellios helped her team to a 13th place finish while posting a personal best time of 2:02.79.

200 Backstroke:

In the 200 backstroke, Chris Murphy swam a strong race at finals and further improved his best time to a 2:08.20, Chris dropped over 3 seconds in this event!

50/100 Breaststroke:

In the 13-14 Boys 100 Breaststroke, Jason Fu dropped over 2 second in the 100 breaststroke at prelims. Jason took advantage of an excellent start and improved under-waters!

In the 11-12 girls 50 Breaststroke, Kaylyn Macaluso posted a personal best time of 35.44. Kaylyn did a great job of swimming her best even though she was feeling a bit under the weather.

Gerry Wan's entry time of 35.49 seeded him at 15th entering prelims of the 50 Breaststroke. Gerry surprised a lot of swimmers by qualifying for finals. At the day Gerry, improved his time to 32.71 and placed 6th.

The 10 and Unders make a splash!

Swimming at a championship meet can be a challenging experience. Swimmers need to deal with many different kinds of pressure and distractions. There is the pressure of being expected to win, or the pressure of not finishing last in your heat. There are many lessons that need to be learned about swimming at a big meet, and experience is the best teacher. Swimmers need to learn how to properly warm up and cool down, refuel, relax and get focused for racing. There are often issues that swimmers can't control at these meets such as noise or poor air quality. For many of the ten and under swimmers, the 2010 Junior Olympics was their first experience at a higher level meet. It would take a couple of events for some of these swimmers to settle down and swim to the best of their ability. By the end of the meet these athletes learned valuable life lessons.

For those ten and under swimmers that had competed at this level or higher in the past, PVS Junior Olympics gave them an opportunity to showcase their talent, and the result of their dedication and hard work. These girls were well prepared to handle the pressure of the meet and push themselves to new heights.

Michelle Owens was the first FISH 10 and under girl to compete at finals at the meet. Michelle Owens started out as the 5th seed in the 50 Breaststroke and moved up to 4th place at finals with a strong performance in which she dropped over 1 second off her personal best. Michelle would continue to have solid performances at the meet.

100 Freestyle:

Isabella Rongione and Emily Meilus were set for a memorable race in their first head to head match up at JO's. Both girls were eyeing not only placing first, but sought to break the PVS record. Both girls got out quickly, Isabella was at the lead at the 50 posting a 27.91 to Emily's 27.99. At the third turn both girls were even and had a shot at the record. It wasn't until the last few meters that Emily was able to take the lead from Isabella and out touch her for the gold. Emily finished with a time of 57.31 to Isabella's 57.66. Emily missed the PVS record by only .03 of a second. Throughout the season, Isabella and Emily have motivated one another to be the best. They have battled through tough training sets together, competed together and they have most importantly become good friends. As a result, they ended the race ranked 1st and 2nd in the USA!

Chris Murphy was swimming in one of the most competitive divisions at the meet, the 11-12 boys. In the 100 freestyle, Chris narrowly missed his second win of the meet by .10 of a second. Chris swam a great race and finished with a personal best time of 52.55. Chris' time ranked him 35th in the USA in the 100 freestyle.

50 Butterfly:

Friday was a busy swimming day for Isabella Rongione, after swimming an inspiring race in the 100 freestyle, Isabella Rongione needed to get ready for the 50 butterfly. In the 50 fly Isabella got out to a good start but was touched out at the wall to finish 2nd.

Joanne Fu was swimming in her first event of the meet with high expectations of qualifying for zones and beating her best times. Joanne responded to this pressure by finishing 3rd, beating the 4th place finisher by .05 of a second. As became typical for Joanne at the meet, she would have to show a lot of heart to out touch her opponents.

200 Individual Medley:

Many athletes would lose focus if they entered a championship meet as a favorite and finished 2nd in their first two events. It takes a special ability to turn disappointment into motivation. Isabella showed how tough of an athlete she is both mentally and physically in her 3rd event of the day. Due to the prelims/finals format, The 200 I.M. would be Isabella 6th race of the day! As in her other events, Isabella was the favorite. Isabella swam brilliantly. At the start, Isabella exploded off the blocks and got out to an impressive lead of over 2 seconds on the butterfly. At the backstroke, her focus remained intact. Isabella recorded the fastest backstroke split at the meet and increased her lead to several body lengths. In the past the breaststroke had been Isabella weakest stroke. This season, Isabella put a lot of focus on improving her technique. In this race, Isabella didn't lose any ground on her opponents. It was becoming clear that Isabella wasn't thinking of just winning her race. She had something to prove. As she started swimming the freestyle, Isabella used her powerful kick right from the start. Isabella maintained her tremendous effort to the end of the race. When her time of 2:22.85 was displayed on the scoreboard, Isabella recorded her first PVS record of the meet!

Michelle Owens swam the 200 I.M. as the 3rd ranked swimmer, Michelle entered the morning session with a time of 2:33.08. Michelle swam a great race at finals, posting her best splits ever on the butterfly and backstroke. Michelle's breaststroke was beautiful; she recorded the fastest breaststroke split in the event with her 43.62. Michelle's final 50 freestyle was also her personal best split of 32.89! Michelle took 3rd in the race with a 2:27.58

Joanne Fu also swam the 200 I.M. and placed 5th in the event. Joanne dropped 1 second from her swim at prelims, but her stroke seemed a bit off. An adjustment needed to be made the following day!