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May 8, 2009



FISH LINES

The 2008-2009 Season by Monika Paris, Team Manager

As the season is wrapping up, I'd like to point out a few highlights that made for a very successful and memorable season. One of the first highlights of the season that seems fresh in my mind was when Kate and Matthew went with Coach Ray to the Olympic Trials in Omaha. As a result, the FISH, for the first time in our history, sent a swimmer, Kate Ziegler, to the Olympics and Mark Schubert realized that he would benefit from having Coach Ray at his side as a Special Consultant. So off they went to China while the other FISH continued to do at home what we do so well, swim. Due to our good ties to USA Swimming, the FISH were asked to host one of 10 large Splash Bashes in support of Kate swimming at the Olympics in Beijing.

September rolled around and with it came the ASCA World Clinic where the best coaches congregate and exchange ideas. Coach Ray was invited to give a pair of speeches on training Kate; both

were well received. I also had the privilege to attend the US Aquatics Sports Convention in Atlanta and participated in the National Team Manager Workshop. As a result, I have been chosen to manage the National Open Water Camp in Ft. Myers in June.



Just after coming back from these two excursions, our German friends from SG-Essen

arrived for a 10-day training camp. Not only did they swim, but they also saw so much of Washington and its surrounding areas, that they truly experienced a "cultural high." This was a very successful exchange, and as a result, Coach Norm and I will be taking a squad of nine FISH swimmers to Germany in August to

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Please remind your team reps and coaches that we offer free clinics to NVSL pools within the Spring

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The Year in Review by Ray Benecki, Head Coach

I always consider the FISH New Year to start with the summer season, and I think those of you who swam with us last summer probably have come to the same conclusion.

Almost immediately after the FISH New Year, Kate and Steven Benecki and a couple of their college friends went to Colorado Springs to train at altitude, to prepare for Olympic Trials. The second year of our four-year Olympic cycle always gives us the opportunity to take more of our team to train there, too, and that is something the Awesome FISH can look forward to in the summer of 2010.

Meanwhile, back home, the FISH LC Derby turned out to be another huge success. That meet is traditionally the first step for 14 and unders to qualify for

the PVS LC Age Group Championships, and we also usually have several Eastern Zone qualifiers, too.

And, it is a meet like no other in the country. There was even conversation about its innovative and interesting format at the American Swim Coaches Convention in Las Vegas this past year. There is no reason not to expect even greater success this year.

The Swim-like-a-FISH June Invitational was the last opportunity to qualify for the PVS LC Age Group Championships, and we really host this meet as a convenience for our team members and our parents. A full set of events is offered, avoiding the need to attend the PVS Age Group I and PVS Age Group II meets on two different Sunday

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An “Awesome” Year by Coach Norm

The Awesome FISH 2008-09 season will be remembered for its five-member senior class, its Junior Adam Pennington earning a World Championship Trials time cut, and the men breaking almost all the Senior boys records.

Four Awesome FISH swimmers (Matthew Benecki, Michael Flach, Adam Pennington, and Kate Ziegler) closed out the season with World Championship and US Open time standards. These swimmers helped the FISH finish 4th overall at the SPEEDO Championship Series Sectional Meet and take home the Men’s Team Title.

As the season opened, with the RMSC Kick-off, the Awesome swimmers were swimming the 200 yard and longer events. We were able to place multiple swimmers in the top 3 places.

Following the dominant showing at the RMSC Kick-off, the Awesome swimmers started to prepare for the November Open, the first FISH hosted meet of the season. At the November Open, the Awesome swimmers again had a strong showing by putting up 76 best times and multiple “AA,” “AAA,” and “AAAA” times. With this continued success, we were going back to training and refocusing for the upcoming mid-season championship meets.

At the Tom Dolan Invitational, the Awesome FISH again led the team into another successful meet. The FISH were able to place 7th overall and again achieved multiple best times while breaking FISH

team records. On the same weekend, some of the Awesome FISH were competing at the Christmas Champs meet in Maryland. Notable swimmers at the Christmas Champs were Elena Marsilii and Ryan Williams, swimming finals in all their events and even winning most events they competed in.

At this point in the season, the Awesome swimmers started their high school swimming competition with continued success. Matthew Benecki and Michael Flack were High School Champions in their events

at the State and Metro meets, respectfully.

At the Club Championships in March (Junior, Senior, and Sectional meets) the Awesome swimmers continued to shine. At Junior Champs we had swimmers qualifying for Sectionals by dropping massive amount of time, specifically Elena Marsilii and Becky Shaak.

At Senior Champs the swimmers showed that they were ready again to swim well with the women finishing 3rd and men finishing 2nd over all. Aside from the final scores the team environment at Senior Champs was exactly what was needed to prepare the FISH for the upcoming Sectional Championships.

Leading us to a Men’s Sectional Championship title, Michael Flach was able to win 5 of his 7 individual events not to mention his help on the strong men’s relays. Michael went on to earn the Men’s High Point Award for the meet and multiple World Championship Trials and US Open time cuts. Also

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Incredible FISH Recap by Coach Gabe

There is a time in life when you have to stop for a minute and look back and analyze how you have done. If what you accomplished reflects your best effort, then analyze what you did, and how you accomplished it. If this was not the best you could have done, then it will be important to detect what went wrong and ensure that you don’t make the same mistakes again.

This year’s season had a lot of surprises. As a group we doubled the points we scored, compared to last year’s championship. We also have two swimmers who qualified for Sectionals. The group, in general, is much stronger now than it was at the beginning of the season; some of you are having a breakthrough, and others are maturing.

We have three seniors graduating this year: Alissa Avilov, Emily Diener and Caroline O’Dwyer. I could write up a lot of wonderful things about each of

them, but instead, I think it is best to describe them with one word: Alissa – talent; Emily – perseverance; and Caroline – dedication. If you happen to see them, please wish them good luck. We will miss them and hope that they’ll visit us when they have a chance.

One of the best ways to prepare for your short course season is to use the long course season to get stronger, improve your strokes, and improve your speed. So, let’s plan ahead and make this long course season a great one!

Remember that swimming is one of the sports where you get what you put into it. If you give it only 20% in effort, you get 20% in results. So, plan to give it 100%, and you will get what you have always wanted.



Terrific FISH and Advanced Age Group Recap by Coach Grady

2008-09 has been another spectacular year for the Terrific Fish and the Advanced Age group. There were many new faces in both groups this year and many events swum for the first time such as the 400 IM, 1000, 2000, and 3000 freestyles. The practices were many and long, with a major focus on stroke drills and endurance work. The swimmers certainly remember 60 and 70 100s, the 3000 IM, and 25s underwater.

We started the year strong with multiple Full and Half Moon winners, continued our success at Christ-

mas Champs and the January Distance meet, and finished the year with the most JO qualifiers, JO finalists, and Spring Champs winners in recent memory. We want to congratulate Isabella Rongione for her second place finish at Eastern Zones in the 500 free as the fastest 9 year old in the country.

These groups are prepared now to tackle long course season and the upcoming summer leagues, and we look forward to seeing them all for outdoor summer practices.



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A Year of Learning with the Age Group by Coach Megan

I've had an amazing season with the FISH this year. In the water, my Age Group swimmers learned how to be on a swim team. We worked on strokes, turns, and even reading the pace clock. Age Group challenged themselves at practice and at meets. Some of them even swam a 500 freestyle! Out of the pool, we talked about what happened at school and what happened on Bones that week. We went bowling, ice skating, and to the movies. I hope my swimmers would say that we had fun in and out of the pool.

Just like my swimmers, I definitely learned a lot this season, and I have already begun to think about next season! I have new goals for myself as a coach as well as for my Age Group swimmers. Although some of my swimmers will be moving up to Advanced Age Group, I hope many of you will be back for the adventures I have planned for next year.

Finally, I would like to say, "THANK YOU!" Thank you to all my swimmers who really tried to understand my explanation of drills and who did my practices without complaining when they were too hard/ too easy/ too confusing/ etc. Thank you to all the parents who read the emails that I sent out at 1:00 am and who didn't get mad when I put tattoos on their child's face at swim meets. Thank you to all my fellow coaches who have supported me during my first season as a real swim coach and who got times for my swimmers during sets because I still don't know how to use a stopwatch. Thank you to our Team Manager because, as I have told her many times, I really couldn't do this job without her and she makes our team better every day. Good luck during the summer season! I know you guys will do great! I look forward to seeing you all back at Spring Hill in the fall!

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The Mighty Mini FISH by Coach Julie



Here we are almost to the end of the season, and it's wonderful to reflect upon our past year. From the hectic first weeks, meeting all the young swimmers, trying desperately to lock in on the names of all these adorable individuals, let's see surfer dude is Luke, Kimberly is the quiet one with an angel's face, Katherine is the perky swimmer, who never comes to practice without a giant smile. We had everything from gentle giants to tiny fire balls of energy. For me, the beginning is somewhat of a blur, but I remember being amazed at the overwhelming sense of openness and optimism your swimmers brought to each and every practice.

Of course, as the season wore on the personalities really emerged and I was touched by the determination of all the serious swimmers who came with the

attitude of wanting nothing more in that moment than to get the drill right, and the silliness that would ensue on the wall, from the not as serious minded, but equally determined swimmers. They formed their own workout groups, 8 year old boys pushing each other, 6 and 7 year old boys going crazy, and becoming remarkable racers. Not to leave the girls out, a highly competitive group, who helped and encouraged their new friends, but made sure they were the best they could be. We even have a couple of girls who rival (in my opinion) the Awesome FISH, with their starts and turns. Look out older swimmers the Minis are moving up.

It has been a pleasure to get to know all of these remarkable youngsters, and I look forward to hearing all about their summer successes.

Saying Goodbye to Coach Grady by Coach Megan



The FISH Family is sad to announce Coach Grady's departure from the team. He has been working with the Advanced Age Group for eight years. Coach Grady is a Registered Nurse at Inova Fairfax Hospital and has transferred departments. With his new schedule and responsibilities, Coach Grady will no longer be able to work with the team.

During his time with the FISH, Coach Grady has been able to work with two Olympians, coached the Open Water National Champion, has been fea-

ured in the Washington Post and Sports Illustrated, and most recently helped Isabella Rongione become the fastest nine-year-old in the country. Some of the swimmers that Grady has coached as age groupers are now graduating high school and have been awarded college swimming scholarships.

Grady hopes that he has not only taught swimmers discipline in the pool, but also life lessons about hard work that will apply to school, home, and family.

Wishing Coach Wint Good Luck by Coach Megan

The FISH Family would like to congratulate our own Coach Wint for her acceptance to The Royal College of Surgeons in Dublin, Ireland.

Coach Wint started swimming competitively at the age of 10 with the Merced Elk Skimmers in Merced, CA. She joined Awesome FISH when she moved to Virginia in the 8th grade and continued swimming in college on the Duke Swim Club. Coach Wint swam for the FISH for three years. Since graduating from Duke University, she has been working as a medical scribe at INOVA Fairfax Hospital in addition to coaching the Mini FISH.

Coach Wint would like to thank all the parents, swimmers, and coaches for all the wonderful memories she has had working on this team. The thing that she will miss most about the FISH is her Mini swimmers, who she says always brighten her day.

Coach Wint will continue to work with the FISH through the summer until she leaves for Ireland in September. She would love all her swimmers to keep in touch with her. Please email Coach Wint at Winterator21@aol.com.



An "Awesome" Year by Coach Norm

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at this meet, Adam Pennington achieved his first World Champs, US Open, and Junior time cuts. There was more to come as Matthew Benecki won many events for the team and qualified for World Champs and the US Open this summer. Kate Ziegler and Caylyn Tate were able to contribute to the team score by winning most of their events.



All the success of the season was due to the hard work and dedication that Coach Ray put into planning, preparing, and motivating the swimmers to be better than they believed possible. Coach Ray never backed down from the continuing challenges of success and accomplishment that were set for every swimmer in the group. Congratulations Awesome FISH, it was a great Short Course season and now it is on to Long Course!

The 2008-2009 Season by Monika Paris, Team Manager

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train with the SG-Essen.

Next up: the November Open which we hosted at Cub Run. It was a well run meet, with tremendous parent support. Just like at the FISH Qualifier a few months later, the parents' support was great and everyone was helping out. With so much support it becomes manageable to host meets and I am grateful that our parents understand this and I appreciate your taking the time and helping in creating an environment in which your kids can excel as swimmers.

In January we started our Micro FISH Program at Wakefield to give some little swimmers an opportunity to get their feet wet. February, March and April were dominated by administrative tasks such as hiring new coaches for the next season. We ran a nationwide search and I am happy to say that we will be joined by two additional full-time coaches in June who will bring new energy to the deck.



In March we were also able to bring in an expert from USA Swimming to keep our coaches up to date with the latest coaching techniques, motivational tools etc., and our swimmers received a lesson on nutrition and goal setting. After our long-time Treasurer Chris Loeser resigned, we were able to appoint Chris McArthur as our new financial "Guru." We were also able to recruit a new Registrar, Kathy Belilos who is also helping us with processing our meet entries. Our long time Registrar and "Concessions Queen," Teri Flach, is retiring as her son Michael is graduating. Thank you Teri and thank you Chris Loeser for your dedication and hard work over the course of so many years. Every day, tiny changes take place within the FISH organization to make it better, to make the team better, to serve you better.

The season culminated when we received the highest honor from USA Swimming and were recog-

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The Year in Review by Ray Benecki, Head Coach

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mornings, or the corresponding PVS Senior I and PVS Senior II meets. It is also held conveniently close, in a fast pool, with warm-up facilities, and indoors, not subject to the weather. FISH who take advantage of this opportunity usually get their championship qualifying times, some qualify for Zones, and most swim best times. This was also the last opportunity to see Kate race before she went to Olympic Trials.

The FISH took two swimmers, Kate Ziegler and Matt Benecki, to Olympic Trials at the end of June. Kate actually ended up traveling to Omaha on the evening of her birthday. Was it an omen when we learned that a tornado had passed through Omaha late that afternoon, shortly after we left Dulles, and tore off part of the roof of the Qwest Center. Hopefully you watched the Trials on TV, and you saw the beautiful 50-meter temporary pool that USA Swimming and Myrtha Pools set up in the middle of the Qwest Center! As an interesting side-note, what you might not have seen was the other wider 50-meter warm-up pool set up on the other side of the partitions!

If any of you were wondering why you didn't see much of Kate last summer, except perhaps on TV ... hopefully you saw her qualify for the 2008 USA

Olympic team in the 400 m free and the 800 m free. And from Omaha, it was immediately off to the Olympic Training Camp. First stop – Stanford. Actually, in Kate's case, she ended up staying in Omaha an extra day, sick with a stomach bug. Not a setback, but an opportunity to make new friends in the Emergency Room at the University of Nebraska at Omaha Hospital, who thought Kate looked VERY familiar, even through her ashen pallor, since they had all watched her swim at Trials! This was an opportunity for Kate to also become the first Olympian to swim in the pool at the University of Nebraska at Omaha (where we trained a couple of times during Trials to get away from the tension and drama), and to talk to a group of Beginners taking swimming lessons.

The middle of July was marked by activity on both coasts, Kate and I in Stanford, and the FISH at PVS Junior and Senior Champs.

The end of June and July is also a very busy month for the FISH staff, with long course and short course practices, PVS meets, recruiting, and clinics. 2008 was the first year that we ran clinics in the Reston area, and several FISH on this year's team joined as a result. This



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The Year in Review by Ray Benecki, Head Coach

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summer, the FISH will be running the Reston clinics again, in addition to adding clinics at Wakefield, to build our program there. In addition to those clinics, we had the opportunity to visit and run clinics at several of your summer clubs. And we will continue to take advantage of those opportunities again, so please help us set up a clinic at YOUR summer club!

Toward the end of July, the Olympic team shifted training from Stanford to their second stop – Singapore. The summer also heated up, literally and figuratively, for the FISH back home, with PVS LC Age Group Champs and Senior Champs for Matt Benecki in Minnesota. While Kate was preparing for the Olympics, Matt was using his opportunity in Minnesota to qualify for the National Junior team.

With the beginning of August, the end of the summer season truly came into focus. Kate headed off to the Olympics, our Zones qualifiers headed off to Zones. Your goals for the summer season should be to end with the highest possible meet that you can qualify for, whether it is the Olympics every fourth year, or some other international meet like World Champs or Pan Pacs, or Senior Nationals or the US Open, or Junior Nationals, or Zones. This goal-setting actually starts long before the start of the summer season, but should come into much

clearer focus with the results of the long course meets, starting with the FISH LC Derby. This goal-setting, in some cases, starts four years or more earlier, as with Kate!

This was a very successful

year for registrations for the FISH, and thank you very much for those whose good recommendations and encouragement got friends or summer teammates to join. I know I can rely on you again for this year.

The time and effort we spent over a good deal of the summer distributing flyers at meets and running clinics came to fruition with our inaugural program at Wakefield RECenter. We know we have much more work ahead, another long summer of recruiting, to help that program grow, but with your encouragement and recommendations, we can make that another very successful program of the FISH.

The fall season started with our early practices, which after several years, are not viewed as 'pre-season' practices, by most, but rather as the start of our season, and the traditional slate of activities and meets, the Halloween Candy Sale and Fright Night,

the Harvest Moon Meet, the RMSC Kick-off, the Boys vs Girls Meet, and the first of four meets that we traditionally host, the November Open at Cub Run. We had lots of best times at all those meets, and we had lots of qualifying swims, either for the Tom Dolan Invitational, Age Group Junior Olympics, or Junior or Senior Champs. Our November Open was one of our most successful, in large part due to the tremendous parent support and organization. This fall also marked a bon voyage of sorts to Caitlin Marsilli, who went down to East Carolina University to continue her swimming career.

A good measure of the number of best times we have at a meet is the number of six-best-times caps that I hand out afterwards. There were so many this year, that we had to place a second order!

Who can forget the visit by the Germans? Lots of social activities, the very popular hike to Old Rag Mountain, lots of training bonding and cultural exchange. Thanks to all who helped support this truly international venture, which is also resulting in a reciprocal trip by the FISH to Germany this summer! We attended the Christmas Champs for the first time, and what a tremendous meet that was! Lots of really fast swimming, and many, many FISH qualifying for second swims at finals! The Reindeer Mini Meet was a great meet, too, with some of our older team records falling, and that was followed by the Tom Dolan Invitational, one of the fastest meets in the country, and very fast for our top swimmers, too! Our annual bowling party was one of the best attended in recent years, and I hope the swimmers loved our Christmas present!

Holiday practices presented opportunities for extra training, which most of you took advantage of. Those who did laid the foundation for a very good 2009, and should be confident in their training and preparation. Holiday practices also presented the Mini FISH and Age Group with opportunities to attend Stroke Clinics and Time Trials, to work on their strokes, and to get timed, sometimes in events they had never competed in; we had several Mini FISH who swam a legal I.M. for the first time. The Distance Meet was the first event of January, perfectly timed for after the holiday training. No excuse not to be prepared for the 1000 free or the 1650 free, especially after the holiday practices ... right?

A new team-training joint-team-venture, the Fairland-FISH-Festival, appeared on the calendar for the



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The Year in Review by Ray Benecki, Head Coach

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first time this year, an opportunity to swim the National Distance Challenge with another team, MSSC, which actually hosted the event.

Perhaps the pizza at the social afterwards made it more memorable than swimming the 1000, 2000, or 3000?

The Retriever Meet at UMBC presented those who attended with lots of challenges, from great competition and the struggle to make finals, to swimming up to as many as 19 events in 4 days. (distance on Friday evening, 3 events each in prelims on Saturday, Sunday, and Monday, and finals in those same events). The purpose of this meet was to provide at least some of the preparation and experience necessary for future championship meets, either the gauntlet of High School Districts, States, and Regionals, or PVS Junior and Senior Champs, Junior Olympics, and Sectionals.

Other age group swimmers continued their quest for qualifying times in the January Open, another meet marked with lots of best times, patches ... and 6-best-times caps.

February was marked by lots more meets, the Gator Mini Meet (more team records), the FISH Qualifier at Spring Hill (another very successful meet – thank you, parents!), 18 & under Championships (several additional qualifying times for JOs), Metros (private high school championships – congratulations Michael Flach, double champion and record breaker!), Virginia State High School Districts, Regionals (congratulations Matthew Benecki, champion and record breaker) and States (congratulations Matthew Benecki, champion and record breaker).

March was even more hectic, with a meet a weekend, and two meets on a couple. Starting with Junior Champs, the FISH had several swimmers who not only qualified for Senior Champs, but made the huge leap and qualified for Sectionals! Next week was the first double-header weekend of the month, Senior Champs and Mini Champs. The FISH finished second at Mini Champs, the highest finish ever for our team at this meet. Several more longstanding individual team records fell, along with a couple of team relay records. For the most recent, updated version of our Short Course records, either check it out on our web page, or check the bulletin board at Spring Hill. Senior Champs was actually held at two pools, George Mason University for the majority, and Claude Moore for Sunday evening when drainage

problems forced a change of venue. Our guys finished third! Lots of best times, even in off events. In most cases, our top swimmers were not even swimming their best events, because of the upcoming Sectional meet. Senior boys FISH relays rock! Even though Junior Olympics was the only meet the following weekend, it yielded a lot of best times for us, with one of our higher finishes in recent years. That was also the meet that Isabella Rongione qualified for Eastern Zones, as a result of her finishing in the top 2 in the 10 and under girls 500 free. The following weekend marked the end of the Championship season, and just about the end of March, but it was another double-header weekend: Spring Champs and Sectionals. Lots of best times, lots of patches, lots of 6-best times caps from Spring Champs. Sectionals was perhaps our finest team meet for the FISH ever – our seven guys won the boys team score, Michael Flach won the boy's high point award, and the FISH guys were the only swimmers on the awards stand (first, second, and third) in the 500 free and the 1000 free.

March was our busiest month, September was our quietest. 6 meets in March, none in September. Even though there was only one meet in April on our calendar, and even though we only had one swimmer in attendance, and even though she swam only one event - Isabella Rongione made the most of her opportunities, finishing second in the 10 and under girls in the 500 free at the Eastern Zone Championships in Rochester, NY. and she is only 9!

Can we forget the annual Easter Egg practice held a couple of Saturdays ago?

Let's hope for a successful Swim-a-Thon, a successful LC Derby, and a successful return for all of the FISH to their summer clubs!

This was the first full season we have had Coach Norm and Coach Megan on board, and we hired an 'old' new coach, or a 'new' old coach, depending on how you want to look at, in Coach Julie, to help us with our Age Group and Mini FISH program, and we have already hired two new coaches to help us next year.

Such a successful year would not have been possible without the diligence of our Team Manager, without all the volunteer work that our parents and officials have provided, without the coaching from our staff, without the hard work and effort in the water from our swimmers, and without the support our parents have given us.

Thank you very much,
Coach Ray



The 2008-2009 Season by Monika Paris, Team Manager

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nized as a Gold Medal Club. Only 21 clubs in the entire US have Gold Club Medal status.

Thank you Coach Ray and the entire coaching staff for a tremendous season and a special thank you to

all the FISH parents who are supporting the team every day as well.

I am looking forward to a super 2009-2010 season. Thank you for your continued support, Monika

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Girls WIN the Boys vs Girls Meet by Coach Megan

The Girls' team showed up at this spring's Boys vs Girls Meet seeking revenge. As you may remember, the Boys' team dominated the fall competition. This spring, however, the Girls welcomed the challenge.

Members of both teams swam many best times; however, the Girls' team was able to get the victory.

The highlight of the afternoon was the pep rally before the meet. Both the Boys' and Girls' teams colored posters, got face paint, and made up cheers.

Right before the meet, the team marched around the deck cheering.

Come back next year to see if the Boys' team can reclaim their title at the fall Boys vs Girls meet.

A list of best times is posted on the FISH bulletin board at Spring Hill.



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Hawaiian Luau Awards Picnic a HUGE Success by Coach Megan

Although it seemed like winter with the pouring rain and 30° temperatures, the Hawaiian Luau-themed FISH Awards picnic was a HUGE success.

Each family was greeted with a colorful lei and a Hawaiian punch with a little umbrella. After playing limbo, the swimmers enjoyed a magic show! The Siegfrieds barbequed a whole pig as an entrée to accompany all the wonderful sides that each family brought.

During the awards ceremony, Kate Zeigler and Matthew Benecki were named



the FISH of the Year.

The coaches are so proud of the hard work our swimmers have put in throughout the season.

The FISH would like to thank the Siegfrieds for providing lunch and Mrs. Longos for planning the event.

The whole team is looking forward to next year's awards picnic!

Please pick up your trophies and end of the year packets at Spring Hill during your regularly scheduled practices.

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Picture Time by Monika Paris, Team Manager



If you have photos you would like to share with us, we would love to receive them. We are planning to add more pictures to our website about our swimmers. We are also planning to compile a video for our next Back-To-Pool Night in

2009. Any special moments on deck, during practice or at meets, off deck, moments of winning, mo-

ments of not doing so well, moments of starting, moments of turning at the wall, moments of touching the wall at the end of a race? Swimmers interacting with their coaches, swimmers participating in dryland routines, swimmers participating in meets, swimmers participating in social activities....I am looking forward to receiving your photos.

Please send me your special moments in a jpg format via email to mparis@pvfish.org.

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****Please turn in your 2009-2010 Registration forms ASAP! Space is limited!****