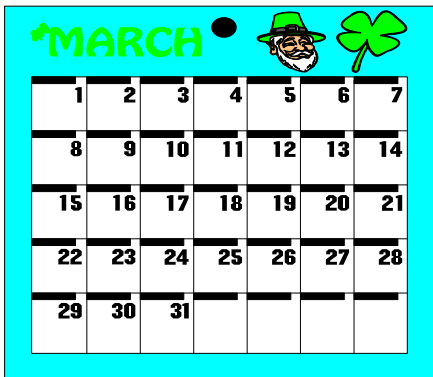
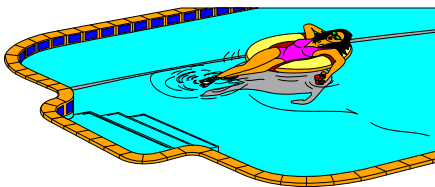


# THE RED AND WHITE -- March 2009



**MARCH BREAK** The last day of Red and White practice for this short course season will be Saturday, March 14. We'll then be on break until Monday, Mar 30th.



**POOL PARTY!** Woot! Practice on Saturday, March 14, will be an "unstructured practice" time. We'll have parents, siblings, and friends swimming that day (please, invite only one friend per swimmer). You may bring in nerf products, innertubes, rafts, and any soft, spongy toys. No hard plastic/ rubber, and NO GLASS! The practice will last from 12:30-1:45



**FIRST PLACE!** That's right, first place! That's the way LESD finished at the Barbara K. Minimeet! We had many fine swims and a number of NAG times turned in. Special notice to Morgan Mueller who won high point in the 6&Under girls age group. Also to first place finisher Colin Savage (6&U boys 25 fly).

It was in the relays that we really showed off LESD's team strength. In the 7&U girls the free relay of Bainon Hart, Mary Mitchell, Morgan Mueller, and Julia Frank got first, and Gianna Ferrante got added to the winning mix of Frank, Hart, and Mueller in the 7&U medley relay. Our 8&U boys took first in the free relay with Cole Fallon, Zeb Hart, Ethan Banks, and Michael Cerer, and these same four repeated in the medley relay. That's the team spirit, relays!

I can't say how much I appreciate the terrific job the parents did at the meet. We were a focused group, a cheering group, and a real team! Thanks for keeping such a close eye on all the swimmers, and thanks for cheering for everyone participating.

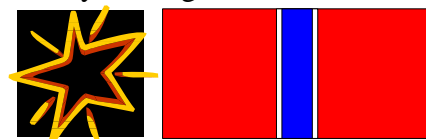
I'd also like to note the great help I got from Coach Bill Bare (from LESD team CV), and swimmers Emily Gaudiani (returning to the Barbara K after 6 years!) and Joey Cerer (returning after 3 years). This year's contest was so much fun!



**PICTURE PERFECT** Anyone who took digital photos of the meet is encouraged to send them to our website person, Amanda Kiel, at [akiel@windstream.net](mailto:akiel@windstream.net)



**SEEING INTO THE FUTURE** We'd love to keep the Barbara K. tradition going, but we'll need some people to replace outgoing parents. Michelle Krantz has graciously offered to handle the hotel arrangements for next year. We will need others to get the team dinner organized, and others to prepare the swimmer "goodie bags" that each get at the team dinner. Anyone wishing to help for next year should contact Beth Forsythe at [wforsythe4@gmail.com](mailto:wforsythe4@gmail.com)



**STARZENBARZ** The following swimmers made best times and some NAG times at these meets: **8&U Champs:** Chloe Katz, Alex Podrez, Lindsey Berlin, Mary Mitchell, Julia Kiefer, Morgan Mueller, Hunter Forsythe, Colin Savage, Noah Golovan, Jonah Katz (B in Back, Breast), Jaden Yon, Spenser Berlin.

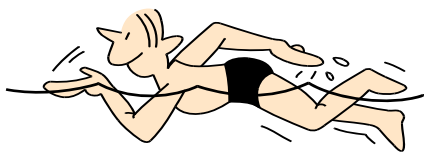
# THE RED AND WHITE -- March 2009

Barbara K.: Spenser and Lindsey Berlin, Chloe and Jonah Katz (B in IM), Noah Golovan, Julia Kiefer, Hunter Forsythe, Ross Krantz, Ben Pearlstein (B in Back), Colin Savage, Rose Gaudiani, Morgan Mueller, Alex Podrez, Claire Fallon, Ana Petrunic, Bainon Hart, Mary Mitchell, Nicole Christian, Zachary Vexler (B in Back, IM, and Breast), Jaden Yon (B in Back), and Jack MacIntosh.



**TROPHY TIME** The Barbara K team trophy is being loaned out to all swimmers who participated in

the meet. We'd like you to take it to school (Show and Tell), take whatever pictures with it you'd like, and then either give it to another team member to do the same or just return it to Coach Paul. He'll then try and get it to the next swimmer in the group. We'll hope to have everyone take their turn with the trophy before the end of school, about the second week in June.



**LES D TEAM TRYOUTS** will be on Saturday, March 28th, at 9 AM at Hawken Upper School's pool and should last less than an hour. To enter White group a swimmer has to be able to complete a length of the pool without stopping in any of TWO strokes. Lessons will be suggested for those not ready for the team. Please spread the word to anyone you think would make a good Silver Dolphin!



Hawken Community Swim lessons start soon (last Saturday in March or first Saturday in April). To sign up your swimmer (of any ability level) contact Lindsey Meier at

[lindsmeier@hotmail.com](mailto:lindsmeier@hotmail.com)

The lessons last for 8 consecutive weeks, are 45 minutes in duration (37 minutes instruction time, 8

minutes free play), and are taught by in-water instructors (usually LESD swimmers). The first group session is from 10:15-11AM; second group goes from 11-11:45AM, and the third from 11:45-12:30PM at Hawken Lower pool. All this at a cost around \$45! Hard to beat!



**MOVE OVER!** After the break, the following swimmers are invited to move to the next swim group:

from White to Red group: Rose Gaudiani, Alex Podrez, Lindsey Berlin, and Molly Johnson.

from Red to Blue group: John Delillo, Jonah Katz, Julia Kiefer, Josh Margulies, Zachary Vexler, and Jaden Yon.

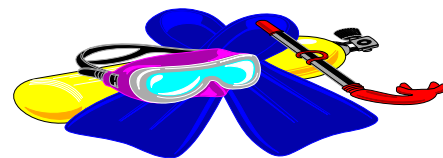
Moving from Red to Blue means the swimmer is legal in all strokes (as determined by meet or by coach), can dive off the blocks, knows a legal turn in all strokes, and EITHER has a "B" time in one (or more) strokes OR is nine years old or older. Also, the swimmer attends lots of practices, listens, works hard, isn't a discipline problem (no situps or push ups), enters the water on time, and shows mental and physical toughness during all

practices (no whiners!). Blue is lots harder than Red group, and you need to be ready when you make your move.

PLUS the first two weeks is a tryout period -- if the new coach feels the swimmer isn't ready for the new group he/she will ask you to move back. **SO YOU'D BETTER WORK IT!**

Moving from one group to another is **OPTIONAL**, you do **NOT HAVE** to do it. IF carpooling issues prevent you from doing so, you can spend an additional season in your present group.

(All this was previously written up in the January 2009 Red/White newsletter.)



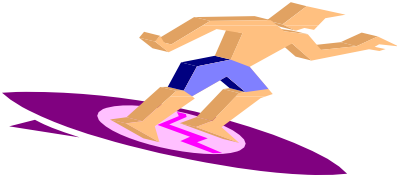
### **GEARING UP FOR BLUE**

Coach Lindsey has asked that everyone moving to Blue group consider getting a kickboard, pullbuoy, and nylon-mesh carry-all for this gear. You should also put a pair of ankle-socks in there for the days you'll be kicking a lot using fins (otherwise, be prepared for blisters!). You do not **HAVE** to get a pair of swim fins yet.

All these items can be purchased either from Swimville or from most area swim shops.

All these items are also at Hawken Lower, available for each practice. You may freely use them, just

don't leave the pool area with them, they belong to Hawken!



**SUMMER SWIM MEETS** The 2009 Long Course Meters meet schedule is out and can be viewed online at

[lakeerieswimming.com](http://lakeerieswimming.com)

At this time everyone should be prepared to attend the Busbey meet of June 19-21, and then the Parkview Sizzler of July 26.

Also remember our Lake County Captains baseball outing the evening of Friday, July 17.