



# Utah Swimming

ISSUE 2

SEPTEMBER 2012

## WHAT'S ON TAP

**USI Convention**  
9/28-9/29

**SUSA Fall Fling**  
9/15

**DART Invite**  
9/21-9/22

**Park City Fall Classic 10/5-10/6**

**HAST Trick or Treat 10/12-10/13**

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## Zone Team Update

**C**ongratulations to the 65 athletes that represented Utah at the Western Zone Championships the week of August 6th in Grand Junction, Colorado. The Zone Team captured fourth place overall, which is the highest Zone Team finish in Utah history. There were over 500 splashes in five days of competition with 52 relays and 304 individual events.

Jayden Rasband, Natalie McDonald, Drake Mendelson and Trey Freeman all captured individual first place finishes and numerous Utah state records changed hands over the course of the competition. The 15-16 year old relay took first place as

well.

A huge thank you to our sponsors Aquaholics and Speedo as well as our parent chaperones:



Scott Wood, Kate Edwards, Jennifer Fitisemanu and Cami Smith. They helped Team Manager, Gwynne Freeman, manage the swimmers during the 600 mile journey and serve over 1300 meals during the trip.

## Select Camp Attendees

Two Utah athletes were invited to attend the U.S. Swimming Western Zone Select Camp at Arizona University at the end of May. Each year, 28 male and 28 female athletes are selected in each of the four Zones to attend this special invitation only camp. Zoe Phillips and Eva Gontrum both of Swim Utah represented Utah earning camp spots with their top

15 IMX finishes in the Western Zone. Congratulations ladies!

Have ideas for the newsletter? Want to share a story or an article? We cannot promise all submissions will appear in the newsletter, but all ideas will be considered. Send your ideas to:

**utahswimnews@gmail.com.**

Our Senior Swim Team members were excellent role models and leaders for the Age Group swimmers. Thank you for your inspirational leadership!

Photos from the event are located on the 2012 Utah Zone Team Facebook page.

Utah Swimming had three officials work the Zones meet and we will post next year's event information as soon as it becomes available. Look for new time standards! Applications will be available by Short Course JO's.

### Individual Event Zone Finalists:

- \* Jenessa Bushman
- \* Natalie McDonald
- \* Michael Pantelakis
- \* Christopher McClain
- \* Milava Shumilova
- \* Rhyan White
- \* Trey Freeman
- \* Abbey Sorenson
- \* Ethan Pollack
- \* Connor Anderson
- \* Jayden Rasband
- \* Drake Mendelson
- \* Jorgen Jensen
- \* Lily Claudis
- \* Camden Snow
- \* Ava Binder
- \* Mckenzie Barber
- \* Zach Carfi
- \* Matthew Vaughan
- \* Lucas Hess
- \* Claire Jackson
- \* Braden Jensen
- \* Nichole Mertz
- \* Kristine Pataray
- \* Greg Mayer
- \* Catherine Hampton
- \* Katy Daggett
- \* Kyle Gashler
- \* Joelle Hess
- \* Hunter Hallows
- \* Amanda Belliston

## Club Spotlight: Barracuda Aquatic Club

The Barracuda Aquatic Club has been in existence since 2006. It was formerly known as the Shark Attack Swim Team. We are a coach-run team that includes coaches, Jerry Hodgkinson, Jen Christensen, James Mason, and Mark Huntsman. We practice out of the Sports Academy in Logan and the Bear River Natatorium in Tremonton.

The Barracuda Aquatic Club has just over 150 active swimmers that are split into three groups - Bronze (beginner), Silver (intermediate), and Gold

(advanced). We have a feeder program called "pre-team" that caters to swimmers who have graduated from swim lessons and are looking for something to bridge the gap to competitive swimming. We just implemented a program where a certified trainer will be work on a "movement" dry-land program for us. It will involve our Silver and Gold teams.

While promoting swimming, growing the team, and competing are areas of focus, we feel that helping to build fine young people who will contribute positively to

society is just as important. Every swimmer is important and contributes to the betterment of the team. We often have activities for our swimmers and their families such as, barbeques, bowling, roller-skating, ultimate Frisbee competitions, parties, corn mazes, and other activities. This past summer we held the first ever Sports Academy Olympics. It was a blast that the whole family could enjoy. Our kids are awesome, our parents are supportive, and our coaches are passionate about swimming. It's a winning combination.

### Coach Tonya's:

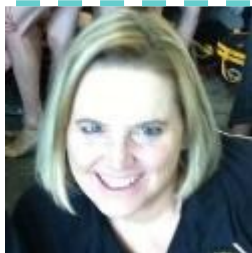
**Favorite stroke:**  
Freestyle

**Favorite drill:** Freestyle finger tip drag

**Favorite movie:**  
Charlie

**Favorite vacation destination:** Tortola, Bahamas

**What did you eat for breakfast today?** Slim fast shake



Coach Tonya grew up as an age group swimmer in Southern California. The last thing she expected when moving to Utah in the fall of 2007 was to return to the competitive swim world as a coach. After finding a strong program for her three children,

## Coach Tonya Finley

she began volunteering. Every summer since high school she would return to the water to teach children and adults to swim, so it was a natural transition. She continues to work on her own technique through Masters swimming and is currently working to complete her ASCA Level 3 coach's certificate. Her three children continue to swim and play water polo. You will find at least one of them on deck with her most days. Anybody who

knows her, knows that swimming is something that she is passionate about. She believes you can always improve no matter your age or ability and swimming is a wonderful lifelong sport. Coach Tonya wants to see WCST provide a strong foundation of swimming skills for athletes to go as far as they can in the sport. She loves kids and enjoys sharing her enthusiasm for the sport with her swimmers.

### Utah Swimming Convention



Save the Date!

**September  
28-29, 2012**

Information for coaches, swimmers and parents. Details coming soon!

## A Word from the General Chair!

Wow! That was an amazing summer of swimming! From the Olympics to the State meets as well as other bigger and smaller meets, we all saw some amazing swims. Hopefully, after a successful season everyone took a little, well deserved break or vacation.

Ok break's over, now we get back to work. Luckily we all know what to do. Swimmers keep swimming. Coaches keep coaching etc. etc. Seriously though, we do have a lot of work to do. From educating our newest, to pushing our intermediates and keeping up with our advanced, I don't just mean swimmers either. Coaches, officials and parents also fit into these categories, and we all rely on each other for success. Let's make sure that we never miss a good opportunity to help one another advance to the next level or push ourselves to try a little harder. Together, we will accomplish some amazing things this next season. I can't wait. Please never hesitate to call or email me at

[boblemon@sisna.com](mailto:boblemon@sisna.com).

*Bob LeMon*

Bob LeMon, Utah Swimming General Chair



# Why I Swim: Kasadi Hall



"Because I LOVE it! I have been swimming my whole life. I don't ever remember a time when I wasn't swimming. It's fun and great exercise. I love the water!"

Kasadi Hall, SUSA

I am in Mr. Tanner's 5th grade class. My favorite subjects are math and science.

I really enjoy camping, riding my bike, hanging out with friends, FaceBook, jumping on my tramp and playing with my dog. My mom is my role model.

**Favorite swimmer:** Missy Franklin and Michael Phelps

**Favorite stroke:** Freestyle and breaststroke

**Favorite drill:** Freestyle shark fin

**Favorite meal:** Mac and cheese

**Favorite music:** Want You Back and Lights

**Goals:** With aging up, my goal is to earn my new JO times, swim for BYU and go to the Olympics.

# Why I Swim: Lillian Moore

"It's fun. I love my team and my coaches." Lillian Moore, Wasatch Front Fish Market

I go to Skyline High School. My favorite subject in school is Human Biology. I currently have a 4.0 GPA. I love to hang out with friends, read and go the beach whenever I can.

**Favorite stroke:** Butterfly

**Favorite drill:** Super Fly

**Favorite meal:** Italian

**Favorite music:** Anything country

**Pre-race ritual:** Warm up

**Goals:** I want to be a doctor.

# Interesting Links

Check out these links!

[www.swimutah.com](http://www.swimutah.com)

[www.usaswimming.org](http://www.usaswimming.org)

[Hometown welcomes back Missy Franklin](http://www.usatoday.com) - Aug 16 [www.usatoday.com](http://www.usatoday.com)

[While others savor Olympic triumphs, Allison Schmitt goes back to school with her 5 medals](http://www.washingtonpost.com) - Aug 22 [www.washingtonpost.com](http://www.washingtonpost.com)

[KYAT swimmers compete well at Long Course Championships](http://www.valleyjournals.com) - Aug 15 [www.valleyjournals.com](http://www.valleyjournals.com)





# 2012 Long Course Championship Results

On August 1, 2012 over 800 U.S. registered swimmers ranging from ages 7 to 23 competed in the 2012 Long Course Championships in Kearns, Utah. Athletes competed in the Olympic size 50-meter pool and represented swim clubs from across the State of Utah.

Thirteen new state records were set at this meet. Six of the 13 records broken at the meet have been in place for decades. Two relay teams from Cottonwood Heights Aquatics Team (CHAT) broke three records that were in place for more than 18 years. A Dixie Aquatic Racing Team (DART) swimmer broke two records that were in place for more than 28 years in the 50 meter fly and the 100 meter breaststroke. A Race Swami (RACE) swimmer broke a 32 year old record with a 50 meter backstroke swim of 35.40 seconds.

The 2012 Long Course State Championship team is Cottonwood Heights Aquatics Team (CHAT) with a combined team total of 3744.5 points. The Wasatch Front Fish Market (WFFM) team of Salt Lake finished second with 3453 points and the Hilltop Aquatics Swim Team (HAST) out of American Fork finished third with 2035 points.

As with all swim meets in Utah, this event would not happen without the work and dedication of parent volunteers. This particular event took over 350 volunteers to run swim meet operations. Thank you to everyone who gave of their time to make this a successful Championships!

## WORD WISE

**Disqualified:** A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.

**Eligible to Compete:** The status of a member swimmer that means they are registered and have met all requirements.

The individual State Championship high point winners are as follows:

- Girls 10 and Under: Audrey McDonald of Park City Swimming
- Boys 10 and Under: Zerin Wolfgramm of Race Swami
- Girls 11-12: Milava Shumilova of Park City Swimming
- Boys 11-12: Trey Freeman of Cottonwood Heights Aquatics Team
- Girls 13-14: Zoe Phillips of Swim Utah
- Boys 13-14: Brock Harries of Cottonwood Heights Aquatics Team
- Girls 15 and Over: Brianna Francis of Devil Ray Aquatics Team
- Boys 15 and Over: Shawn Western of Wasatch Front Fish Market

## A Special Thanks....

Congratulations to our USI Volunteer of the Year, Carri Oviatt and our Official of the Year, Wayne Oviatt! Thank you for all you do and have done for Utah swimming!



## SAFETY FIRST



**Swimmers** please remember that you should not dive into the pool during warm-ups.

Feet first entry should always be used to enter the pool unless you are in a designated dive start warm up lane.

\*\*\*You must be accompanied by a coach during dive start warm ups.