



March 23rd, 2009

Delphinus & WaveRunners

Swimming

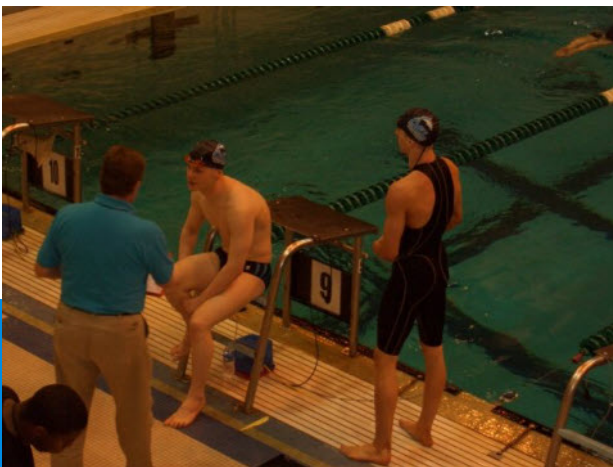
Great State Meet

Our six state meet swimmers just completed their 2009 Short Course State Meet today. Each of the six swimmers produced at least one lifetime best time – fourteen in all. Five club records were broken. Included in the charge were former WaveRunners Corwin Blythe (1:00.78 100 free) and Vaughn Holmes (57.22 100 free). Joining us after the high school season were Ish Jn Baptiste (1:02.18 100 fly) and Josh Regan (2:38.42 200 breast). Eli Gaugush not only had a lifetime best 200 breast (2:32.82) but his 100 free (50.45) was both a state and zone cut.

Jordan Regan swam about as expected, with zone cuts in the 100 free (51.48), 200 free (1:48.06), 500 free (4:51.76), and 100 fly (56.04). His 1650 freestyle was a USA Swimming Central Zone Sectional cutoff time (16:46.15). He will compete in that event Thursday in Indianapolis.

Our medley relay team of Jordan, Josh, Ish, and Eli moved up six spots in the standings from their seeding. The 400 free relay of Jordan, Corwin, Vaughn, and Ish placed ninth, scoring points, but just missing a medal.

It was very gratifying to see the hard work pay off with so many lifetime best times. **Congratulations to all!**



Partial Week of Practice

This last week of Delphinus practice will be altered from the normal because of the Sectional Meet in Indy. We will practice on Monday, Tuesday, and Friday at the normal times. We will be in Indy on Wednesday and Thursday.

After Friday, we begin a two week spring break. Get healthy, get rested, and get ready to begin the stroke clinic.

Stroke Clinic Begins On April 13th

Our Spring Session begins on Monday, April 13 for both WaveRunners and Delphinus. In both cases, we will spend the first several weeks with our annual stroke clinic. All of the basic swimming skills will be re-visited during this clinic. Video taping, both above and below the surface are included.

It's a great way for newer, less experienced swimmers to catch up with our methods and terminology. It's also extremely important for returning swimmers to work on the little things that weren't quite where we wanted them over the winter season, but didn't have time to change.

This is NOT the time to look at it and think that you already know this stuff so it's not important. This is very important. It lays the groundwork and sets the tone for the whole spring/summer season.