

# York YMCA Swimming – 2007/2008, A Year in Review

Wow, does time ever fly by! It's been almost two years since Head Coach Michael Brooks took the reins of the York YMCA Swimming Team in October of 2006. Our first year was exciting but clearly was just a warm-up for great things to come. Coach Michael's second year is chock full of bigger and better accomplishments. We still have, and will always have, much more to achieve, but following is a listing of highlights from the 2007/2008 fall/winter and the 2008 summer seasons:

- **2007 Trident TYR Cup Holiday Classic** – best York YMCA performance ever at this meet! Our team finished in the top ten and individually we had quite a few swimmers vying for high point awards including Noah Stewart who garnered first place in the 9-10 Boys' category.
- **2008 SPY Winterfest YMCA Championship** – as a result of many outstanding individual and relay performances, our girls team was 1<sup>st</sup> overall, our boys team was 5<sup>th</sup> and combined we placed 2<sup>nd</sup> overall out of more than 50 participating teams. This was the one year after finishing 7<sup>th</sup> for our first ever break into the top 10.
- **2008 YMCA District Championships** – numerous event champions:
  - Noah Stewart – 100 IM & 50 Back (both meet records);
  - Taylor Hoover, Kacey Oberlander, Maddy Thomas, Emily Ilgenfritz – 200 Free Relay;
  - Dylan North, Chase Flickinger, Coleman Stewart, Noah Stewart – 200 Free Relay;AND our 9-10 Boys' were Team Champions.
- **2008 MA Winter Junior Olympic's** – we placed the highest as a team in this meet in recent York YMCA history despite having fewer swimmers swimming fewer events due to the conflict with the YMCA State Championship.
- **2007 YMCA State Championships** – numerous event champions AND our 9-10 Boys' were Team Champions. Additionally, Noah Stewart set a **NATIONAL YMCA** age group record in the 9-10 100 IM & a **STATE YMCA** age group record in the 50 back!
- **YMCA Short Course Nationals** – we had 14 kids qualify for Y SC Nationals in Ft. Lauderdale and we had the best finish in York YMCA history placing 22<sup>nd</sup> out of 129 teams. Chris Kramer provided most of the fireworks as he finaled in three events. His top finish was 3<sup>rd</sup> in the 400 IM. Sarah Dotzel and Carly Munchel also provided our team with points. One of the best aspects of this meet

was that our team was very young and we should look for significant improvement over the next few years.

- **USA Olympic Trials** – Julia represented the York YMCA very admirably in the 200 Back at Trials. Although she did not produce a best time, considering it was her first time at this pressure packed meet, she performed very well!
- **League Championship Series** – we had numerous Divisional, All-Star and Mid-Cap champions including Max Becket, Colin Trettel, Jake Bixler, Courtney Harnish and Jesse Tate. Also, 77% of our 36 swimmers at Divisionals moved on to All-Stars and 100% of our All-Star swimmers qualified for Mid-Caps!
- **2008 MA Summer Junior Olympics** – our combined team finished 3<sup>rd</sup> overall with both our girls placing 3<sup>rd</sup> and our boys 3<sup>rd</sup>. Also, our 9-10 girls won their division championship! This was our best finish at a JO Meet in York YMCA history!
- **2008 Far Western Championships** – as a team (with 20 kids) we finished 10<sup>th</sup> out of 132 teams! We had many outstanding individual and relay performances. Highlights below:
  - Our 13-14 Girls 800 Free Relay (Hali Flickinger, Taylor Brew, Sada Stewart, and Carrie Bixler) placed first with an 8:44.85; this is currently the ***2<sup>nd</sup> fastest time in the country*** for that age group! These same four girls also placed first in the 400 Medley Relay, 3<sup>rd</sup> in the 200 Free and 200 Medley Relays and 4<sup>th</sup> in the 400 Free Relay.
  - Our 15-18 Girls 400 Medley Relay (Kelly Dvoryak, Danielle Schaefer, Sarah Dotzel, and Shannon Mulcahy) also swam very well and all four swimmers achieved best times.
  - Caleb Tuten achieved a Grand Prix and Santa Clara cut in the 400 IM, and dropped two seconds in his 100 Breast. He also had personal bests and made finals in the 200 IM, 200 Fly, 400 Free and 200 Breast.
  - Sada Stewart had **SIX** first place finishes (100 & 200 Fly, 200 & 400 IM, 200 Free & 400 Free), one second place finish (100 Free) and one fifth place finish (200 Breast). She earned a Junior National (and winter Senior National) cut in the 400 IM and winter Senior National cuts in the 200 IM and the 200 Free. She also achieved Grand Prix and Santa Clara cuts in the 100 & 200 Fly and 100 & 400 Free.
  - Sarah Dotzel earned a Junior National (and winter Senior National) cut in the 200 Fly and a Grand Prix cut in the 200 Back.
  - Hali Flickinger placed first in the 1500, while dropping 15 seconds, and achieved a Grand Prix and Santa Clara cut in the 200 Back. She also had a very nice 100 Back.

- Alex Mathews placed fourth in both the 800 Free and 200 Back with nice time drops in both events. He also dropped 7 seconds in the 400 Free to final and placed seventh.
- Kelly Dvoryak dropped 15 seconds in her 1500. This was especially impressive because she had just swum a best time four days earlier at JOs! She swam a very nice 200 Back and had a nice time drop. Kelly also led off the 15-16 400 Medley with a lifetime best in the 100 Back.
- Morgan Pfaff looked very good in her 100 Free and was just off her best time. She also achieved a lifetime best in the 100 Back.
- Julianna Fritzingler got a best time in the 100 Breast by three seconds, and also got a best time in the 200 Breast.
- Danielle Schaefer swam a solid 100 Breast and also swam a season best time in the 100 Breast on the 400 Medley Relay.
- Taylor Brew swam a personal best time in the 200 Free making finals and really stepped up on the 400 Medley Relay, swimming a best time in the 100 Breast leg by 2 seconds. She also performed very well on all the other 13-14 relays.
- Carrie Bixler swam best times in the 400 IM, 100 Fly, 400 Free, 200 Fly and 200 Back by several seconds making finals in both 400's and the 200 Fly. She also really stepped up on the relays, swimming a 1:01.7 100 Free on the end of the 400 Medley, a 28.4 on the end of the 200 Medley and a 2:12 on the 800 Free relay.
- Alyssa Bixler earned her first long course AAAA time in the 400 IM dropping over 11 seconds and placing 6th. She also dropped six seconds in her 200 Free and 7 seconds in the 200 Back (4 in prelims and another 3 in finals earning her second AAAA time) finishing 5<sup>th</sup>.
- Emily Ilgenfritz finished sixth in the 100 Fly, breaking a team record.
- Sreshtha Singh dropped five seconds in his 200 Breast.
- Coleman Stewart swam a very nice 400 Free, breaking a team record, lowering his best time by 6 seconds and finishing 6<sup>th</sup>. He also finished 8<sup>th</sup> in the 200 IM with a best time in prelims.
- Noah Stewart dropped almost 40 seconds in his 1500 finishing sixth and he finished seventh in the 800 free and 50 Fly.
- Shannon Mucahy had an absolutely great all around meet. She had lifetime bests in the 400 IM (4 second drop), 100 Fly, 200 Fly, 200 IM (5 second drop), 800 Free (10 second drop; 5<sup>th</sup> place) and 400 Free (5 second drop).

- Tessa Stewart had a great 200 Breast where she dropped 6 seconds.
- Brian Strathmeyer also had a very good meet saving his best performance for last as he dropped 3 seconds in the 100 Back in prelims to swim again in finals where he dropped another half second finishing 7<sup>th</sup>.
- Taylor Hoover swam her heart out in every event posting personal best times in most and was the best cheerleader a team could hope for!
- **2008 USA Junior National Championships** –Julia Kucherich, Sarah Dotzel and Chris Kramer performed extremely well and ALL finaled at this high caliber event. Julia was our top finisher with a **3<sup>rd</sup>** place and a USA Swimming National Top Ten time in the 400 IM. Chris finished 19<sup>th</sup> (with the 12<sup>th</sup> best time overall) in the 400 IM, also with a Top Ten time and Sarah posted a best time finishing 24<sup>th</sup> in the 100 Fly!
- **Additionally -**
  - We added two new coaches to the staff. In addition to Michael Brooks, Andy Stewart, Nate Gentzler, Clyde Vedder and Tim Groth, Sandy Zamalis and Micah Metzel are now on board.
  - As a team, we re-wrote our record books by setting an unprecedented **153 short course team records** and **189 long course team records** during the 2007-2008 seasons.
  - Julia Kucherich achieved her second Olympic Trial “Q” time in the 400 meter IM. This time was also a Junior National Team cut which means Julia will compete for the USA Junior National Team and get her first international competitive experience!
  - Sarah Dotzel made her first USA Junior National final.
  - Sada Stewart achieved her first USA Junior National cut in the 400IM & USA Senior National (Short Course) “Q” times in the 400 IM, 200 IM & 200 Free.
  - First time Santa Clara cuts were earned by: Caleb Tuten, Sada Stewart & Hali Flickinger.
  - We had 4 swimmers achieve the new Single Age USA Top Ten NRT standards:
    - USA Top 10 National Reportable Times for SCY:
      - Chris Kramer (16) – 400 IM
    - USA Top 10 National Reportable Times for LCM:
      - Chris Kramer (17) – 400 IM
      - Noah Stewart (11) – 1500 Free
      - Julia Kucherich (16) – 400 IM
      - Sada Stewart (14) – 200 Free
  - We had 2 Relays achieve USA Top Ten NRT standards:
    - 13-14 Girls 800 Free Relay

- Sada Stewart
    - Taylor Brew
    - Caroline Bixler
    - Hali Flickinger
  - 13-14 Girls 400 Medley Relay
    - Sada Stewart
    - Taylor Brew
    - Caroline Bixler
    - Hali Flickinger
- When judged against the previous USA Swimming Age Group Top 16 standards we had 6 swimmers and 4 relays, a total of 28 events, qualify for consideration:
  - Noah Stewart (9-10) SCY's
    - 100 Free
    - 50 Back
    - 100 Back
    - 50 Breast
    - 50 Fly
    - 100 Fly
    - 100 IM
    - 200 IM
  - Hali Flickinger (13-14) LCM's
    - 200 Back
    - 200 Fly
  - Sada Stewart (13-14) LCM's
    - 100 Free
    - 200 Free
    - 400 Free
    - 100 Fly
    - 200 Fly
    - 200 IM
    - 400 IM
  - Sarah Dotzel (15-16) LCM's
    - 100 Fly
    - 200 Fly
  - Julia Kucherich (15-16) LCM's
    - 200 Back
    - 200 IM
    - 400 IM
  - Chris Kramer (17-18) LCM's
    - 400 IM
  - Chris Kramer (15-16) SCY's
    - 400IM
  - 9-10 Boys' 200 Free Relay SCY's
    - Dylan North
    - Chase Flickinger

- Coleman Stewart
- Noah Stewart
- 9-10 Boys' 200 Medley Relay SCY's
  - Coleman Stewart
  - Noah Stewart
  - Dylan North
  - Chase Flickinger
- 13-14 Girls' 800 Free Relay
  - Sada Stewart
  - Taylor Brew
  - Caroline Bixler
  - Hali Flickinger
- 13-14 Girls 400 Medley Relay
  - Sada Stewart
  - Taylor Brew
  - Caroline Bixler
  - Hali Flickinger

Congratulations to EVERYONE for a tremendously successful year!! It was our last full year of training at the Downtown YMCA. In October we move into the brand new **Graham Aquatic Center** with 16 lanes of training space! As practice gets back into high gear, let's all aim for stars and achieve even more in 2008-2009!



**TYR**

Always in front.