



<http://tntswimming.org>
Newsletter for Monday, Jan. 30, 2012



No birthdays this week.

Practice Plans

Frankfort: This week – A full week of practicing. Practices will be held on Monday through Friday evenings starting at 7:30 P.M. and at 3:00 P.M. on Saturday afternoon.

Next week – No practice on Saturday, Feb. 11 because of our swim meet in Georgetown, IN that day. Practices will be on Monday through Friday evenings starting at 7:30 P.M.

Versailles: This week – All practices will be held. Practices are Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M. and on Saturday at 12:15 P.M.

Next week – No practice on Friday, Feb. 10 or Saturday, Feb. 11 due to the High School Region 3 Championship meet at Falling Springs. Practices will be Monday, Tuesday, and Thursday afternoons starting at 3:45 P.M.

Excel Aquatics' Mardi Gras Invitational / Jan. 28 - 29, 2012 / Brentwood, TN

Our swimmers enjoyed swimming lots of outstanding swims at this meet!

The 10 & under girls we had at this meet were:

Genna Ringler who won 50 free, 50 back, and 100 back events. Her 100 back swim had an impressive 3.6 second drop allowing her to achieve her first National AAA time. She achieved best times in all 10 swims she swam at this meet including a 24.5 second improvement in the 500 free where she earned third place.

Maddie Gatewood swam to third place in the 100 back earning her first National AA time with this swim and achieved fifth place in the 200 individual medley. She had all best times led by chopping 11.7 seconds off her 200 free time and 6.8 seconds in the 200 individual medley.

Aly Davis chopped 19.6 seconds off her 100 individual medley and 11.2 seconds off her 100 breast time. Aly also completed her first 200 individual medley with very strong swim.

Caroline Crain achieved National B times in the 50 breast and 100 individual medley at this meet.

Katherine Crain swam to a best time in the 100 free.

Our 10 & under boys at this meet were:

Nicholas Crowe who earned his State Championship qualifying times in the 50 and 100 backstroke events. Nicholas chopped 4.5 seconds off his best 100 individual medley time to achieve a seventh place finish in this event and swam to ninth place in the 100 back.

Jack Caldwell swam to sixth place in the 25 fly where he improved his time by 5.1 seconds and took eighth place in the 25 free with a 2.6 second improvement in his time.

Our 11-12 girls at this meet were:

Emma Silvernail who achieved best times in 9 of her 10 swims at this meet and achieved eighth place in the 200 back.

Macie White achieved four best times at this meet and swam to tenth place in the 200 back.

Our 11-12 boys at this meet were:

John Caldwell who achieved tenth place finishes in the 100 fly and 100 back. His 100 back was a 1.5 second improvement in his time.

Carter Crowe achieved best times in 6 events and finished in sixth place in his first ever 200 breast swim.

In 13-14 girls:

Katherine Caldwell achieved 6 best times at this meet and swam to a sixth place finish in the 50 breast and eighth place finishes in the 50 fly and 50 back. Her 100 free, 100 back, 200 back, and 200 individual medley swims were all State Championship qualifying times.

Alex Silvernail achieved best times in all 10 of her 10 swims at this meet led by an impressive 12.3 second improvement in her 200 free time. She achieved a tenth place finish in the 200 breast at this meet.

And our 13-14 boy at this meet was Jacob Silvernail who had five best times led by a 7.5 second improvement in his 200 free. Jacob achieved a fourth place in the 50 back and a fifth place in the 50 fly. He earned his State Championship qualifying time in the 100 fly at this meet.

Congratulations to our swimmers on their fun performances and thank you to the parents for getting them there!

Riverside Aquatic Club Winter Inv. / Feb. 10 – 12, 2012 / Georgetown, IN

This meet is hosted by the Riverside Aquatic Club at the recently renovated 8 – lane Highland Hills Middle School pool at 3492 Edwardsville – Galena Road in Georgetown, IN 47122. Swimmers can be entered into as many as five (5) individual events per day and the costs are \$4.00 per individual event and the \$1.50 per swimmer Indiana Swimming surcharge plus a \$5.00 per swimmer team entry fee.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Friday evening (Open 1650 free, 400 IM, and 500 free; 11-12 200 IM and 500 yard free)	5:00 P.M.	6:00 P.M.
	Saturday morning (100 breast, 50 back, 50 free, 100 fly, and 200 free for 11-12 age-group; 100 breast, 200 back, 50 free, 100 fly, and 200 free for open)	7:00 A.M.	8:00 A.M.
	Saturday afternoon (8 & under 25 free, 50 breast, 25 back, 50 fly, and 100 IM; 10 & under 100 free, 50 breast, 100 back, 50 fly, and 200 IM)	Not before Noon	Not before 1:15 P.M.
	Sunday morning (100 free, 50 breast, 100 back, and 50 fly for 11-12 age-group; 200 IM, 100 free, 200 breast, 100 back, and 200 fly for open)	7:00 A.M.	8:00 A.M.
	Sunday afternoon (8 & under 25 breast, 50 free, 25 fly, 50 back, and 100 free; 10 & under 100 breast, 50 free, 100 fly, and 50 back)	Not before Noon	Not before 1:15 P.M.

This meet is close enough to be commuting. However, a couple of motels on the New Albany side of the Ohio River:

Holiday Inn Express 411 W. Spring St. in New Albany, IN (812) 945-2771	Hampton Inn 506 W. Spring St. in New Albany, IN (812) 944-4600
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Our entries have been sent and we have been accepted to participate in this meet.

The Shelby Sharks Winter Wipe-out / Feb. 24 - 26, 2012 / Shelbyville, KY

The last of our short-course regular season swim meets will be held at the 8-lane Clear Creek Family Activities Center pool in Shelbyville (717 Burks Branch Road; 40065). This meet will be the 2 and ½ day format with timed-final competition with 6 & under, 7-8, 9-10, 11-12, 13-14, and 15 & over age groups. Swimmers may be entered into as many as 5 individual events per day with the possibility of limiting competition in the 400 yd. individual medley events and the 500 freestyle events. Costs are \$5.00 per individual event plus a \$5.00 per swimmer surcharge (Kentucky Swimming fee is \$2.50 and the Shelby Sharks are assessing an additional \$2.50 per swimmer) plus a \$5.00 per swimmer team entry fee. No spectator admission fee or heat sheet price was mentioned in their meet announcement, but they have charge for both in previous meets.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Friday evening (400 IM and 500 free for 13 & over; 200 IM and 500 free for 11-12; and 200 IM and 200 free for 9-10)	4:15 P.M.	5:45 P.M.
	Saturday morning (200 free, 100 breast, 200 back, 50 free, and 100 fly for 13 & over; 200 free, 50 breast, 100 back, 50 free, and 50 fly for 11-12 age-group)	7:00A.M.	8:30 A.M.

