

# TIGERSHARK TRIBUNE

**MONDAY February 23, 2015**

**SHORT COURSE: 7**

**YMCA 521-7112    Swim Team Office 362-2083    Tigershark Hotline 362-2091**

## **OHIO REGIONALS- Meet Results**

Our age-groupers had some tough competition this past weekend and they certainly rose to the occasion! The Tigersharks competed in the Ohio Regional Meet, Thursday - Sunday, even braving the wintry conditions on Saturday for the opportunity to swim. We had many best times and several new AA and Zone Cuts. The coaches were very pleased with the performances of all of our Tigersharks this weekend and they especially want to thank the parents for their continued support. Way to go, Tigersharks! This was a great way to enter into the championship season! Team standings:

1.	Cincinnati Marlins	5,448
2.	Cincinnati Aquatic Club	2,392.50
3.	<b>Powel Crosley Jr. YMCA</b>	<b>1,252.50</b>
4.	Oak Hills Youth Athletics	1,170
5.	Blue Ash YMCA Swim Team	926
6.	M.E. Lyons/Anderson Barracudas	878
7.	Mariemont Aquatic Club	689
8.	Kingfish Aquatic Club	648
9.	Hydra Swimming	602

## **INDIVIDUAL AGE GROUP HIGH POINT STANDINGS -**

<u>Girls</u>			<u>Age Group</u>			<u>Boys</u>
<u>Place</u>	<u>Name</u>	<u>Points</u>		<u>Place</u>	<u>Name</u>	<u>Points</u>
<b>10&amp;Under</b>						
5.	Lauren Clippard	89		4.	Rowan Donovan	74
9.	Caitlin Peckinpaugh	57		5.	Max Reed	69
30.	Kylene Chu	17		7.	Mason Bencurik	58
34.	Davia Schweitzer	14		31.	Evan Mennone	21
34.	Hailey Wills	14		33.	Jeremiah Valentine	20
41.	Lahna McCann	11				
<b>11-12</b>						
24.	Kylie Jones	25		8.	Adam Lamping	81
30.	Lainey Ryan	19		19.	Adam Sherman	34
39.	Mia Hagenauer	11		28.	Luke Paxton	21
43.	Victoria Chesson	9		38.	Joshua Valentine	11
48.	Cheyenne Goldick	5		38.	Griffin Kelley	11
50.	Dori Miller	4				
<b>13-14</b>						
16.	Dominique Valentine	41		7.	Isaiah Valentine	70
47.	Sabrina Chu	7.50		33.	Emerson Amongero	16
50.	Abi Barrett	5		46.	Liam Whyte	6
51.	Megan Wills	4		53.	Jamie Donovan	2

## **HIGH SCHOOL RESULTS- DISTRICTS**

Our high school aged Tigersharks had a very successful weekend representing their respective high schools at the District Championships! We had numerous best times, new Y National qualifiers, and seventeen Tigershark swimmers qualified for the Ohio High School State Swim Meet that will take place this week in Canton, Ohio. We congratulate all of our Tigersharks on an outstanding weekend of swimming and we wish those competing at State Championships the best of luck this weekend! The following Tigersharks will represent their high schools at State:

<b>Division I-Girls</b>	<b>Division II-Girls</b>	<b>Division I-Boys</b>	<b>Division II-Boys</b>
Amanda Deller	Grayce Akers	Blake Brockman	Stephen Barrett
Kerry Tepe	Anne Criddle	Grant Carr	Carson Burt
Hailee Trotter	Payton Keiner	Will McCullough	Max Chou
	Sara Washienko	James Wray	Ian Nyberg
			Christopher Rutter
			Connor Williams

**COUNTDOWN TO CHAMPIONSHIPS** - The coaching staff is extremely excited about the upcoming Championship Meets. It is very important that practice attendance is a priority during this time of the season. The next phase of training will work on fine tuning skills, techniques and race plans. Each practice session is valuable to Championship Preparation. Listed below is the Countdown to Championships!

<b>HS State</b>	<b>This Week</b>
<b>"A" Championships</b>	<b>2 Weeks</b>
<b>"AA" Championships</b>	<b>3 Weeks</b>
<b>Zone Championships</b>	<b>4 Weeks</b>
<b>YMCA SC Nationals</b>	<b>5 Weeks</b>

**SHARK WEEK- March 1-8, 2015**

Daily events will celebrate the spirit of the Tigersharks and will psych up the swimmers leading into an exciting meet weekend. Catch the spirit of Shark Week!

**Sunday, March 1 - Team Bubble Celebration & Championship Dinner**

Please plan on attending! This night will consist of three events in one – Team Picture, Championship Dinner and Bubble Celebration. The cost is \$7.50/person. Please also sign up to bring either a dessert or a case of water.

4:00 pm-Individual pictures will begin

5:15 pm-Team picture will be staged

5:30 pm-Team picture will be taken (Wear Red Spirit Shirt)

5:40 pm-Dinner will begin

6:15 pm-Bubble Grand Opening Ceremony

6:30 pm-Championship Keynote Speaker: UC Coach Mandy Commons-DiSalle

**Monday, March 2 - ALL Team Practice at PCY - Relays, Starts & Finishes**

Seniors (13&Over)- 3:30-5:30 pm

11&12- 5:15-7:00 pm

9-10- 5:30-6:30 pm

8&Under- 5:30-6:15 pm

**\*No practices at GNY or Clippard**

**Tuesday, March 3 - Shark Attack at the Y**

Bring your completed Tigershark coloring sheet (to be sent out to all families electronically this week) to practice on this day and they will be posted around the Y.

**Wednesday, March 4 - Association Bubble Grand Opening, 5:30-7:00**

(Wear Red Spirit Shirt)

Snacks will be provided during the ceremony. Practices will run at regular locations, but all Tigersharks are invited to the Grand Opening!

**\*PCY Division practice times have been adjusted, due to the ceremony:**

Seniors- 3:30-4:45 pm

White/Black/Red Groups-4:45-5:30 pm

**Thursday, March 5 - Team Cheers!**

Cheers will be practiced at each practice location, 5:30-5:40 pm.

**Friday, March 6 - Meet Warm-up at PCY or Clippard, but no practices at GNY.**

GNY swimmers are welcome to attend PCY or Clippard practices.

**Saturday, March 7 - "A" Champs Finals at the PCY "Shark Tank"!**

**Sunday, March 8 - "A" Champs Finals at the PCY "Shark Tank"! (Wear Red Spirit Shirt)**

**TEAM CHAMPIONSHIP HOTELS - Make your reservations as soon as possible.**

**YMCA "AA" Championships -**

<b>Hotel</b>	<b>Address</b>	<b>Phone</b>	<b>Rate</b>	<b>Block Cutoff</b>
Best Western	6 East Sycamore St.	513-523-0000	\$115	February 6

**Great Lakes Zones Championships -**

Hampton Inn	3988 Baldwin Rd.	(248) 874-4902	\$109	February 19
Holiday Inn Express	3990 Baldwin Rd.	(248) 322-7000	\$109	February 19

**MASTERS PROGRAM-** Practices keep growing as more people find out how fun and motivating Masters Swimming is, especially here at PCY. Meredith Griffin leads the program and offers creative workouts and stroke instruction. Come try it out. Meet new people and feel great after this total body workout. We have several different ability levels and you choose your level of challenge. Competition is optional but available, including the YMCA National Masters Meet in May in Sarasota, Florida!

Contact Coach Meredith at [mgriffin@cincinnatiymca.org](mailto:mgriffin@cincinnatiymca.org) with questions. Practice times:

**Mondays, Wednesdays, Fridays 5:30-6:30 pm\***

**Tuesdays and Thursdays 6:00-7:00 am**

\*This is ideal for parents with swimmers who practice during this time\*

### YMCA ANNUAL SUPPORT CAMPAIGN

Each year the YMCA raises money so that kids and families who would not otherwise be able to afford a Y membership or program participation (like the Tigersharks Swim Team) may receive financial assistance. We turn no one away for the inability to pay, but each year, the YMCA gives more financial than we raise. You will hear more about the campaign in March and April but the time to start planning is now. We understand that Tigershark parents are tremendous volunteers and we greatly appreciate your generosity!

If you are interested or would be willing to help our YMCA on a larger scale by being a campaign volunteer, please contact Coach Meredith Griffin at [mgriffin@cincinnatiymca.org](mailto:mgriffin@cincinnatiymca.org) or (513) 521-7112 ext. 2411. Campaign volunteers share the good stories from our YMCA to increase awareness in our community and raise scholarship funds.

Thank you in advance for helping us help others!

### LIFEGUARD TRAINING

Upcoming Lifeguard Training courses are given below. Contact Julie Halusek, Aquatics Director, with questions – [jhalusek@cincinnatiymca.org](mailto:jhalusek@cincinnatiymca.org) or (513) 521-7112 ext. 2417.

DATES	TIMES
March 18- March 30, 2015	Wednesday 3/18 6:00pm - 8:00pm
	Saturday 3/21 9am - 4:30pm
	Sunday 3/22 11:30am - 6pm
	Saturday 3/28 9:00am - 4:30pm
	Sunday 3/29 11:30am - 6pm
	Monday 3/30 5:00pm - 10:00pm
April 29- May 18, 2015	Wednesday 4/29 6:00pm - 8:00pm
	Saturday 5/2 9am - 4:30pm
	Sunday 5/3 11:30am - 6pm
	Saturday 5/16 9:00am - 4:30pm
	Sunday 5/17 11:30am - 6pm
	Monday 5/18 5:00pm - 10:00pm

**TIGERSHARK SWIMMING: A Passion for Excellence in Swimming!**