



The Blazer KANSAS CITY BLAZERS SWIM TEAM

COMMITMENT TO EXCELLENCE



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Excellence

April 2010 Edition

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VOLUNTEERS OF THE MONTH

I am pleased to have the privilege to nominate this month's volunteer of the month- the problem is... I do not only have one individual but... SEVEN! I wish to recognize the Pool Moms for each pool site! Congratulate the following: Kristen Schwartz-California Trails, Phyllis Johnsen and Laura Brock- Blue Valley West age groupers, Gill Houghton- Blue Valley West Seniors, Molly McClelland- Shawnee Mission North and Judith Deedy and Katie Shonkwiler – Roeland Park. These individuals stepped up and said, "Let us Help!" They help with information communication, parties, team pictures, treat nights, fundraisers, welcoming new families and anything else your coach may need at each pool site. They are always smiling and ready to assist your site coach and swimmers in any possible way! Take a minute, find these individuals at your next practice and tell them THANK YOU!!!

Respectfully submitted,
Stacey Wooden- Director Special Operations

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A Speedo Sponsored Team



MOST INSPIRATIONAL SWIMMERS

MOST INSPIRATIONAL SWIMMER OF THE MONTH

KCB EAST – BLUE

MARCH 2010 – JP HYNES



JP has been on my short list for swimmer of the month for much of the season. It has been a big season for him. He came back a little later in the year and immediately started transitioning to the Advanced Blue group. It was a big adjustment for a swimmer who is now the youngest swimmer in Advanced Blue and one of the few boys. But, he has accepted most every new challenge and viewed them as opportunities to make himself better.

JP started March having just competed in his best meet of the year so far. He went into Division 2's with three Division I cuts, and came out with a Division I cut in every single event! But, instead of dwelling on that meet as an awesome season ending championship, JP immediately looked ahead to the Division I meet. He put his all into the next two weeks of practice, seeking out input from his coaches and new opportunities to improve his races. And, he really did manage to improve his race skills in a lot of areas, most significantly his open turns. At Division I's, not surprisingly, he had another phenomenal meet.

In his very first event, the 200 IM, he didn't just get a best time in the 200 IM, but also in the 50 fly. That trend of time drops, great technique, and aggressively going after his races continued throughout the meet. However, there was one swim that really clinched his Swimmer of the Month title, the 200 freestyle. He obviously was not looking forward to it, at all. From the moment he found out he was entered in it, all the way up to the starter calling up his heat, JP's attitude was "less than positive" toward the swim. But, the moment he hit the water, there was no question he was still going to give it his best effort. He swam aggressively through the entire event; maintaining his kick through the whole race and executing race quality flip turns, streamlines and breakouts just like he'd been practicing. So of course, it was another best time. But, more importantly, it demonstrated that at his core, JP is a swimmer who will rise to challenges and push himself to go above and beyond them; even if it sometimes does take right up to the last minute to show it.

We are so proud of you JP, and so excited to see what this summer is going to hold for you. Congratulations!

Coach Ann
Coach Brandi
Coach Skyler
Coach Joy
Coach Mike

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – ADVANCED BLUE
MARCH 2010 – LIZZY YOUNG



Lizzy Young
10 years old
Blue Group

Lizzy joined our team this year, and immediately made a positive impact on the team. She is a natural athlete with loads of talent, but more importantly, she has a phenomenal capacity to listen and perform with excellence. She has the ability to listen to group instructions and apply them to her own swimming and make the changes permanent. She does not wait for coaches to give her individual instructions—she grabs on to all information and makes it her own.

Lizzy began participating in Blue/Gold meets and then tested the waters (literally!) at full weekend meets. She achieved several Division II cuts and swam incredibly well at that meet. The highlight of her short course season came when she qualified for the Division I meet, which is quite a feat for a Blue swimmer!

Not satisfied with resting on her laurels, Lizzy accepted the invitation to move to the Advanced Blue group in March. This move means attending more practices per week and adding 30 minutes to each practice. Lizzy has embraced this challenge and is already establishing herself as a leader in this group. Congratulations, Lizzy! We applaud your success and look forward to more great things from you!

Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – GOLD
MARCH 2010 – ALLIE WOODEN



Allie Wooden
13 years old
Gold Group

Allie has had a challenging year, including dealing with injuries and setbacks. Through all of it, Allie continued to “keep the faith,” dedicate herself to working through the challenges, and continue her ascent to excellence in swimming. Her masterpiece this year was her Division I meet.

At the Division I meet, it would have been easy for Allie to doubt herself and falter. Just a week before the meet, Allie did not feel well and had to rebound quickly. Some swimmers would have caved to the doubts, but instead, Allie believed in herself and decided that she would give her races all she had. The results were phenomenal, with outstanding performances in the 50 free and 100 free in particular. Allie then handled the results with class and grace. While she was pleased with her own results, she did not flaunt her success. She was the picture of a great teammate—wanting the best for herself while still wanting the best for her teammates.

Allie has done an excellent job this year of balancing the demands of her swimming with school and other activities. She is a wonderful example of focusing her attention on the activity at hand, allowing her to have success in the pool while still exploring other opportunities. Congratulations, Allie! You have worked for all your success!

Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY WEST – BLUE
MARCH 2010 – WILLIAM MUNHOLLAND



William Munholland
Advanced Blue Group
14 years old

Looking at our calendar, March is somewhat of a broken month. We've got spring break in the middle of the month that is the divider between Phase II and Phase III. One swimmer who "broke out" after spring break was Will Munholland.

While William's dryland performance was described by one coach as "better than average", he really stood out in the water. As we worked on butterfly and breaststroke, he moved toward the front of the Advanced Blue group. When we switched to freestyle, he really shined.

Even though there were no meets in March for Will to swim in, we are looking forward to seeing him compete in Phase III to show the new abilities he's acquired after a pretty good Phase II and a great month of March.

Coach Derek, Rodney and Pat

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY WEST – SENIOR GROUP
MARCH 2010 – ANNA RASSETTE



Hannah Angell
Senior Group
15 years old

After working hard in Phase I and Phase II, March is the month where we taper down and try to put all those hours of work to use in our March meets. Hannah Angell swam two meets in March and proved that she had put in the work to have a lot of fun at the end of Phase II.

In practices, Hannah was excellent and often one of the lane leaders. At the Region VIII Sectional meet in Oklahoma City, she was also one of the leaders. She not only achieved all best times, she scored points for the team in three of her four events.

The next weekend, Hannah competed at the Division I Championships in Wichita. She was just as impressive at that meet. She scored in every event she swam. She was second place in both backstroke events and picked up her fifth sectional cut in the 200 I.M.

By the end of March – her first month as a 15-year old – Hannah finished with four Senior Zone cuts and ten new best times. Great job, Hannah!

Coach Derek, Christie and Pat

MOST INSPIRATIONAL SWIMMER OF THE MONTH
CALIFORNIA TRAIL – NOVICE
MARCH 2010 – MIRANDA BURGOON



Miranda Burgoon
Novice Group
8 Years Old

Miranda Burgoon is a joyful addition to the Novice group at California Trail. Each day for practice, she skips into the pool, with a water bottle in her hand and a smile lighting up her face.

In the Novice group, Miranda sets the standard for practice attendance - the highest of all Novice swimmers in Phase II! She is very coachable, and always willing to try new skills or challenges. She listens very well to Coach Robyn's directions and does her best to learn quickly and correct her own mistakes. Even when the going gets tough, like a daunting breaststroke set, Miranda exhibits true Blazer determination, and pushes her teammates to do their best too!

Miranda also attends meets with regularity, from Blue/Gold intrasquads to local invites. And, if a coach ever needs to find her at a meet, the one place we know to look is at the end of the lanes, where Miranda can be found cheering on her teammates with true enthusiasm.

Although legal breaststroke kick still evades Miranda, she handles DQs like a pro, understanding the value of a DQ now will keep her on task to perfect her skills.

Miranda's great practice and meet attendance, support of her teammates, and desire to seek excellence with her techniques and tactics have led to her selection as March Swimmer of the Month. Miranda is an inspiration for the entire California Trail site.

Keep up the great job!
Coach Megan

MOST INSPIRATIONAL SWIMMER OF THE MONTH
KCB EAST – BLUE
APRIL 2010 – JACOB WATSON



Jacob Watson
Blue Group
11 Years Old

In the short time since Jacob has moved to the Advanced Blue group, he has demonstrated responsibility, maturity, and dedication as a swimmer. His attendance has been great, but more than he has shown that he holds himself responsible for both the effort he puts into his practices, and also the amount of practice, if any, that he misses for any reason. He is not easily overwhelmed by challenges put to him, and he recognizes the connection between actions taken in practice and performance at meets.

As a result, Jacob had arguably the best performance of his group at the Maxfield/Voorhees long course meet. He achieved 100% best times, by quite a bit, and demonstrated a significant amount of improvement in both his stroke technique, and his ability to maintain good stroke technique over long distances. Needless to say, his coaches are both proud and impressed.

Congratulations Jacob!

Coach Ann
Coach Brandi
Coach Skyler
Coach Joy
Coach Mike

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – NOVICE
APRIL 2010 – SAM PETERSON



Sam Peterson
Novice Group
6 years old

Sam has been on the team all year and has the difficult task of following in his 2 sisters' footsteps, who are also talented swimmers. On the Novice group, Sam has progressed from being one of the more inexperienced swimmers on the group to becoming one of the most proficient members, all in a matter of less than a full year. And he is only 6 years old!

In April, Sam truly came out of his shell, becoming an appropriately enthusiastic contributor to group discussions. Furthermore, his swimming has absolutely taken off! He attends practices 3-4 times per week consistently, and now he is demonstrating excellent skills in the pool, such as a 6 beat kick on freestyle, breathing every 3rd stroke, consistently doing flip turns, etc. (Did I mention that he is only 6?) He is an attentive listener, and he regularly gives his best effort in all that he does.

Sam brings a delightful, positive attitude to practice each day, and he is a wonderful influence on those around him. He is ALWAYS respectful to his teammates and coaches. He has much to look forward to, with YEARS left in the sport.

Congratulations, Sam! Keep up the excellent work!

Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – EXTREME BLUE
APRIL 2010 – JACK ZINK



Jack Zink
Extreme Blue Group
12 years old

Jack has done a fine job all year, as evidenced by accepting the challenge to moving to the Extreme Blue group. He handled the transition well, never complaining about more difficult training and bigger demands. He handled the pressures of competing all through the year, and he used his natural racing ability to highlight his season at the Division II championships in February.

After such a fine Phase I and Phase II this year, it would have been easy for Jack to rest on his laurels. Instead, he has come back to Phase III ready to go even faster. When asked to push himself FAR past his comfort level in practice, he willingly did so. Even though he was frustrated at times, he never complained or asked to be taken off this “assignment.” He has been consistent at practice, and he has demonstrated a keen interest in improving his stroke technique. He capped the beginning of this Phase III with excellent performances at the recent Topeka meet. He shows much promise this season already!

Congratulations, Jack! Keep up the excellent work, and you will reap the rewards!

Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY WEST – ADVANCED BLUE
APRIL 2010 – EMMA WORMINGTON



Emma Wormington
Advanced Blue Group
12 years old

The Advanced Blue group at the Blue Valley West site is a large group. With over thirty swimmers in the group, plus the blue swimmers, it is difficult to stand out. With hardly any racing in April, it is even more difficult to statistically prove who is having a great month. However, we did have one swimmer stand out with her work ethic, attendance and attitude – Emma Wormington.

Emma moved up from the Blue group at the beginning of the month. She had been a two-day-a-week swimmer for nearly two years. Upon moving up to Advanced Blue, she came to more practices in a month than she ever had. At her first practices, she was near the back with the other new move-ups. By the end of April, it looked like she had been in Advanced Blue for a year.

Emma did not have any meet performances in April, but if she keeps swimming like she did in April, the future meets should be awesome!

Coach Derek, Rodney and Pat

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY WEST – SENIOR GROUP
APRIL 2010 – CAROLINE GATES



Caroline Gates
Senior Group
14 years old

In a month that is busy for many people, Caroline Gates has been busy making herself a better swimmer. While the weather was making good on April being the month of showers, and making it miserable to be outside, Caroline was making it a pleasure to be inside watching her swim (and kick and pull).

While her practice attendance was up a little bit from previous months, her practice performance increased tremendously. On a few occasions this month, she started out in the middle or the end of the lane, but by the end of the practice was in front and pulling away. This increased intensity at practice started paying off in April in both test sets, like the T-30, but also at meets.

In the first meet of the long course season – the Voorhees / Maxfield Invitational – Caroline posted 3 best times in just six events. She was also one of the brave few who went on Friday night to swim the 1500. Her result was a best time and her first time under the 20 minute barrier. If she keeps swimming like she did in April, this won't be the last barrier she crosses this summer. Keep it up, Caroline!

Coach Derek, Christie and Pat

MOST INSPIRATIONAL SWIMMER OF THE MONTH
ELITE
APRIL 2010 – GRIFFIN PEAVEY




Griffin Peavey
Blue Valley North HS
17 Years Old

Griffin has done an outstanding job this past month and has become a leader by example in the pool. He has been one of the most consistent workers of the Elite group during practice. He focuses on stroke adjustments that he needs to make and pays attention to detail. He is very coachable and usually comes to practice with a good attitude. Because of his focus and work ethic, Griffin has gotten off to a great start to Phase III. His commitment to excellence will pay off in this summer. Keep up the good work Griffin!

Scott Bliss
Maggie Kroemer

MEET WRITE_UPS

IMX BUILDER MEET




The Blazers' philosophy is that our swimmers will be versatile in order to achieve long term success. Our swimmers participate in all events and avoid specialization, particularly at the age group level. Additionally, USA Swimming promotes a motivational "IMX Program" to facilitate this philosophy. To participate in this program, swimmers must compete in 5-6 events, depending on their age group. Based on these performances, swimmers receive a composite score, which can then be tracked. Swimmers have a way to measure the progress against swimmers from across the country, even when they cannot directly compete in meets against each other.

In order to provide our swimmers the opportunity to complete certain events towards their IMX score, we held the inaugural IMX Builder meet on Saturday, April 10. IT WAS A RESOUNDING SUCCESS! We had a total of 167 races, in which athletes compete in tough events for the first time (or for the first time this season.) The events included the 100 and 200 fly, 100 and 200 back, 100 and 200 breast, 200 and 500 free, and the 400 IM. For instance, we had a whopping 30 athletes compete in the 200 fly, 29 athletes competing in the 400 IM, and 18 swimmers competing in the 500 free, just to name a few races.

Besides tackling challenging events, it was gratifying to see the athletes embrace these challenging events with such positive attitudes and determination. The swimmers were tired but proud of their successes, and the coaches were thrilled with the progress made by the athletes!

Congratulations to the following swimmers who completed the maximum of 3 events at this meet: **Afton Apodaca, Austin Arenholz, Grace Brimacombe, Rachel Brock, Sam Bruck, Caroline Carter, Carolina Cleland, Tyler Cunningham, Carolina Dugan, Kendall Dunn, Maddie Easley, Peyton Gajan, Shawna Gower, Sabrina Hoffman, Aidan Holbrook, Chiranth Honnur, Mitch Kerr, David Khalif, Maria Kindred, Ashley Knese, Rory Kuhn, Austin Lee, Mykell Ma, Claire McClelland, Shrushti Mehta, Himadri Narasimhamurthy, Carolyn Osbern, Raymond Panfil, Claire Ridgway, Mia Schloegel, Carolyn Shonkwiler, Brandon Spitler, William Stublen, Aubrey Torkelson, Katie Vahle, Charlie Weber, Claire Williams, Ben Xue, and Jason Xue.**

2010 SCHLUETER MEET – APRIL 17, 2010



We were very impressed by our swimmers in the Schlueter meet. First and foremost, we would like to extend a big thank you to all of the volunteers who stepped in to help at the meet. From the pool side of things, the swimmers showed that they have really improved both their times and their stroke technique since the last Blue/Gold meet. There were fewer DQ's and our swimmers were more confident in their abilities across the board. It was great to see swimmers taking on the challenge of new events, and even better to see other swimmers at the end of the pool cheering them on. We handed out a lot of Blue stroke ribbons, along with the red and white, which shows that we have

come a long way, but we do still have areas of technique that need improvement.

Swimmers with 100% best times and/or first times:

Sam Bruck, Daniel Burford, Mallory Butler, Caroline Carter, Oskar Cheranov, Cameron Clark, Tyler Cunningham, Tessie Deselich, Alexis Emery, Gretchen Gleason, Swapnil Gupta, Mary Hartweger, Suchir Kavi, Samuel Kidder, Carter Kirkland, Sadie Klein, Breana Koch, Eliza Loftus, Ellie Magsamen, Muriira Mbogori, Malerie Moore, Evelyn Moser, Kira Moylan, Jeffery Nasse, Haley Nunnink, Samuel Pankratz, Grace Perry, Adam Rafik, Dillon Roe, Piper Schuerman, Pauline Shaver, Megan Smith, Parker Smith, Padmini Sreedhara, Hailey Steiert, Lauren Steiner, Allison Stewart, Elizabeth Stublen, Jonathan Thomas, Olivia Tittle, Justin Underwood, Hannah Wastler, and Sarah Watson.

Congratulations!

**CENTRAL ZONE SECTIONAL CHAMPIONSHIPS
MARCH, 2010**



The culminating event of the 2009-2010 short course season, Missouri Valley Division I Championships, occurred March 12-14 in Wichita, Kansas at the Garvey Aquatic Center. In true Blazer fashion, 130 KCB athletes competed in 700 individual events and 57 relays, and brought home 110 medals – 42 gold, 46 silver and 22 bronze. KCB finished the meet with a team score of 5,066.50 points, more than double the score of the next closest team competitor, and earned the Missouri Valley team championship title for the 35th year in row. ???

NEW RECORDS

The Boys 15-18 400 Freestyle Relay, comprised of Ben Bravence, Sihan Liu, Nick Foster, and Seth Musser set a new Missouri Valley record with a time of 3:14.59, besting the previous MVS record of 3:23.66 by over nine seconds!

Sydney Angell set a new Blazer team record in the 11-12 girls 200 breaststroke, with a time of 2:28.31, besting a ten-year old previous Blazer record of 2:29.79, set in 2000 by Abby Hoisington, by nearly 1.5 seconds!

AGE GROUP HIGH POINT CHAMPIONS

Kent McDonald – 11-12 boys
Heath Maginn – 13-14 boys
Shannon Vreeland – 15-18 girls
Seth Musser – 15-18 boys

BLAZER GOLD WINNERS

Individual Event Champions		Relay Champions	
<u>11-12 Girls</u>	<u>11-12 Boys</u>	<u>Girls 15-18 800 Free Relay</u>	<u>Boys 15-18 800 Free Relay</u>
Angell, Sydney	Banwart, Spencer	Sickle, Katarina	Bravence, Ben
<u>13-14 Girls</u>	McDonald, Kent	Dudley, Monica	Liu, Sihan
Davis, Amy	<u>13-14 Boys</u>	Rife, Mackenna	Foster, Nick
Liu, Tiffany	Koeller, Ben	Vreeland, Shannon	Musser, Seth
Musser, Hannah	Maginn, Heath	<u>Girls 15-18 400 Medley Relay</u>	<u>Boys 15-18 400 Medley Relay</u>
Wooden, Allie	<u>15-18 Boys</u>	Sickle, Katarina	Scheffer, Ben
<u>15-18 Girls</u>	Foster, Nick	Hinde, Bryce	Peavey, Griffin
Dudley, Monica	Glenn, Michael	Morris, Natalie	Musser, Jesse
Gates, Caroline	Musser, Seth	Vreeland, Shannon	Bravence, Ben
Morris, Natalie	Peavey, Griffin	<u>Girls 13-14 400 Free Relay</u>	<u>Boys 15-18 400 Free Relay</u>
Vreeland, Shannon		Davis, Amy	Bravence, Ben
		Musser, Hannah	Musser, Seth
		Wooden, Allie	Scheffer, Ben
		Liu, Tiffany	Liu, Sihan

NEW TIME STANDARD ACHIEVEMENTS

New AAAA Times				
Angell, Sydney	Dudley, Monica	Hinde, Bryce	Musser, Hannah	Scheffer, Ben
Bravence, Ben	Foster, Nick	Hynes, Haley	Musser, Jesse	Wooden, Allie
Davis, Amy	Hearl, Chris	Maginn, Heath	Musser, Seth	
New AAA Times				
Angell, Hannah	Donnelly, Mary	Hinde, Bryce	McCollum, Alli	Neeley, Mackenzie
Angell, Sydney	Faulkenberry, Bobby	Holbrook, Zach	McDonald, Kent	Pluenneke, Jack
Banwart, Spencer	Foster, Nick	Koeller, Ben	McDonald, Kyle	Powell, Isaac
Bravence, Ben	Fries, Marston	Liu, Sihan	Morris, Natalie	Ropson, Kaela
Brennan, Sam	Hearl, Chris	Maginn, Heath	Musser, Hannah	Snyder, Audrey

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