



The Blazer KANSAS CITY BLAZERS SWIM TEAM

COMMITMENT TO EXCELLENCE



Eternal Loyalty

Passion Education

Discipline Dedication

Commitment Leadership

Excellence

March 2010 Edition

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BLAZERS OF THE PAST AND FUTURE

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A Speedo Sponsored Team



From left back row: Carly Farrell with Shaune Brown's daughter Binta, 12 months; Shaune Brown with daughter Ndella, 2 years; Becky Kamberg Rohrback with daughter Rachel, 2 months. From left front row: Ashley Little Maxwell with daughter Mia, 13 months; Brittney Brown Coffey with daughter Darby, 9 months; Catherine Fox with son Judah, 1 month.

Becky:

Graduated from high school in 1995, swam in college at Indiana University. Started swimming with Blazers after my freshman year of high school. Blazer Accomplishments include being named Blazer of the Year after coming back to swim with Pete the summer before my senior year of college and achieving many personal best times as a 22 year old. It can be done! :) College accomplishments are hard to remember. I guess I am proudest that I have not yet been bumped off the Indiana Top Ten All-Time Best Times list in 100yd and 200yd Breaststroke, though I am sure that day will come. Blazer memories include voluntarily climbing out of the pool and doing jumping jacks to keep warm during early summer practices in 65 degree water at the Lenexa outdoor pool ... Pete spraying us with a garden hose to cool us off (and threatening to take it away if we didn't swim faster) when the heater at the indoor pool at Shawnee Mission Northwest got set to 88 degrees and it was a 103 degrees outside with 95% humidity ... Pete making us swim anyway after someone threw up in the pool during a difficult main set, yelling "It's settling to the bottom!"

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Get back in the pool! Your competitors are practicing!" ... and finishing my first 100x100s, keeping a brave face on until I got to my car and then crying like a baby, barely able to work the clutch and stickshift to drive myself home because my muscles hurt so much! I am very thankful for the lessons in goal setting, commitment, and dedication to a team, and for the friendships and bonds that formed from such a physically and mentally grueling training schedule. But part of me hopes that when little Rachel grows up she prefers some sport like golf!

Carly: I started with Blazers when I was 8 - so that I could be a more competitive country club swimmer - ha! I graduated in 1997. I think I'm the only Blazer (ever) who came back every summer during college to train with Peter D. While swimming for KCB - I made the best lifetime friends a person could ever have and created a strong foundation for my love of triathlons today! I swam in college at Louisiana State University. No cute, cuddly baby yet. My "baby" is my law firm that launched in January 2010!!

Ashley: Graduated Blazers in 1996, went to KU and did not swim in college. I am pregnant with baby #2 due June 2nd, currently living in Salt Lake City and enjoying staying home with Mia and also working part time as a Pediatric Speech Language Pathologist.

Catherine: Graduated from high school in 1996 and swam in college at Stanford University. Accomplishments include winning two gold medals in the 1996 Olympics in Atlanta, setting an American Record in the 100yd Backstroke, several NCAA Championship Titles. Catherine and family are currently living in San Francisco, CA.

Shauney: Graduated from high school in 1997 and is currently living with her family in the Kansas City area, working as a massage therapist at Naturally Salon & Day Spa and going to school full time for psychology at UMKC. Blazer memories include the constant smell of chlorine, the tiredness, the long road trips in the van, and always trying to get out of swimming the mile or 800 free -- without success.

Brittney: I started swimming with Blazers in 1984 when I was seven years old. Graduated from Shawnee Mission East in 1995. KCB Accomplishments: Humm... The highest level I got to was Regions & Zones finalist. Team Captain junior & senior year. It feels like I had so many more accomplishments. However, it's probably the memories that really stick with me.

* College Attended: New Mexico State University

* College Accomplishments: Big West Conference finalist, Team Captain (junior & senior years), 1999 Scholar Athlete of the Year, Chairperson of Student Athletic Advisory Council, 5th year assistant coach

* Favorite KCB Memories:

- The goal sheets filled out every season
- Swim-a-thon
- Senior group skits at the MAL meet
- Region VIII Meets in Carbondale, IL & Fayetteville, AR
- Pete's list of wonderful "made-up" words
- COLD, COLD, winter mornings and getting into the pool at 5am
- Daily alarm at 4am
- Being dog tired in 1st period English. Falling asleep in 2nd period History...only 6 more hours.
- Swim, Eat, Sleep...repeat
- Wed & Sun mornings to sleep in
- Morning practices outside in 65 degree water...holy crap, that's cold!
- Afternoon practices at West and dryland on the lawn
- Morning practices in the lightning at the Lenexa pool
- Running in lightning around the Lenexa pool when it was too stormy to swim
- Goal sets: 100x100's, 10x500's, 20x200's, 10x400 IMs.
- Breaststroke specialty group
- IM Specialty group

- HEALTH PLUS at 5a and running around that awful track
- Getting yelled at by Pete
- Pete in tank tops, short shorts, and FILA flip flops (his summer wardrobe staple)
- The 15 passenger vans. Privilege & thrill of riding with Pete while he was reading the newspaper
- Our HUGE 1995 class
- Lane 6 Ladies!
- Brian Howard. Being co-captain with Brian. Brian's dedication & positive attitude.
- Brian Howard's song..."Dos mas, Wes ate some applesauce...Dos Mas"
- Hanging at SM Park in the summer
- Carly's pool parties, and in general, hanging at Carly's house
- Cam Lynch and his guitar
- Laughing, laughing, laughing
- Visualization before practice and falling asleep
- Learning about commitment, dedication, hard work, work ethic at a young age...which has still stuck with me today.

Thanks, Pete!!!,

MOST INSPIRATIONAL SWIMMERS

MOST INSPIRATIONAL SWIMMER OF THE MONTH

KCB EAST – BLUE

FEBRUARY 2010 – ISABEL TITTLE



Isabel Tittle
Blue Group

Isabel earned swimmer of the month for February for pure hard work. She has had great attendance all year, and carried that through February. And, though she has been a hard worker all year, she grew progressively more focused and precise in her workouts in February. Isabel did really well at focusing on dryland and on sets in practice this month, and her strokes improved quite a bit due to her renewed determination to work on technique and skills. When she started the year, she was "a breaststroker", but now, with how much she has worked on her technique, it is difficult to tell just what her best, or even worst, stroke is. She was rewarded for all of her hard work with 100% best times at Division 2's. Beyond that, she has been a great asset to the team in her willingness to befriend new swimmers and support her teammates, and it is great that her influence has encouraged better camaraderie on the team. Congratulations Isabel, thanks for the inspiration.

Coach Ann
Coach Brandi
Coach Skyler
Coach Joy
Coach Mike

MOST INSPIRATIONAL SWIMMER OF THE MONTH
KCB EAST – GOLD
FEBRUARY 2010 – SYDNEY BUTLER



Sydney Butler
Age 12
Missouri Gold

Have you wondered what it really takes to be awarded the Most Inspirational Swimmer of the month? Many people think that it means you have to be the fastest swimmer in the group; wrong. Many think it goes to the coaches favorite; wrong. Many think that you need to be the hardest working, wrong.

The key, and the thing that makes the choice so hard for the coaches, is that it goes to the swimmer that is a better version of them. In the month of February, Sydney Butler, became a much better version of Sydney Butler. While she has always had good attendance, she was not always striving to be better. She was playing wall tag too many days.

But something hit in February. Sydney began to be better. She is not stronger and certainly not bigger! She is not meaner or more aggressive. She is just better, and she is a better Sydney, by far, than the other members of the group are better versions of them. Sydney chose to improve her kicking more than others; she chose to improve her speed on intervals more than others; she chose to allow herself to be a little more uncomfortable in practice. She chose to make choices.

She was spoken to in practice about her butterfly in October, and did nothing to make changes. The same talk was given in January and Sydney finally chose to take steps to make herself better. Her meets in February showed her improvement. As Sydney continues to increase her personal commitment to excellence, she will continue to be considered for this award, even though she may never be the fastest in the group. She has the power to choose to be a better version of Sydney Butler every practice.

Sydney, thanks for the inspiration,

Coach Mike Lewellyn
Coach Ann Gibler
Coach Brandi Ertle
Coach Skyler Lennan
Coach Joy Beseth

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – ADVANCED BLUE
FEBRUARY 2010 – CARTER KIRKLAND



Carter Kirkland
10 years old
Advanced Blue Group

Carter has been a pleasure to work with all year since he first stepped on the deck with the Blazers. He is very respectful of his coaches and peers, and he listens intently to all instructions. He is diligent in applying the

technique information to his own swimming. Recently he had the opportunity to work with Coach Henry from the SMN/RP site, who was helping Carter work on his start. Carter did not know Henry very well, but he did everything Henry asked and made significant improvements on his start. Henry was impressed, and I was pleased that Carter would so readily accept the help of another Blazer coach without hesitation. Carter then used that information to perform EXCELLENT starts at the next meet. He was able to learn at practice and then apply the information to his own swimming.

Carter set high goals for himself this year, including the goal of qualifying for the upcoming Division I meet. He made consistent progress at each meet. When he narrowly missed a cut, he didn't get discouraged—he simply worked harder and tried again. Even when he was disqualified in an event, he quickly refocused his energies and time trialed the event—AND MADE THE CUT!! He is one of the few 9-10 boys on the Blazers who has qualified for the Division I meet, so he will be playing an important role for the team at this meet.

Besides being a talented swimmer who works hard, Carter is simply a blast to have at practices. He is funny, kind to all, and is not afraid to show his personality. He is well-liked by his teammates. He is a bright spot on the team, and he has much to look forward to.

Congratulations!
Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – GOLD
FEBRUARY 2010 – KATYA VAKSHTEYN



Katya Vakshteyn
13 years old
Gold Group

Katya has been a consistently outstanding performer in recent months, including going MANY best times at several recent meets: she swam 7/7 best times at the Polar Bear and Polar Pop meets; she swam 5/7 best times at the Plano meet; she swam 5/6 best times at the MAL meet; and she swam 6/6 best times at the Division II meet. These results are more impressive when you consider that she is already a fast swimmer. Accomplishing these results is no accident—she has been working INCREDIBLY hard and demanding more from herself for months now. The result? FAST SWIMMING!

Katya is highly competitive, which she then uses to her advantage. When she is in practice, she pushes herself to go faster, including leading the lane when possible. This then gives her the confidence and experience to go “all out” at meets. When she wins races, she is thrilled with her best times. On the flip side, when she doesn't win a race, she uses that experience to propel herself to do better the next time and be more determined to succeed. I rarely have to remind her to race with intensity! She does it naturally.

Katya sees herself as a winner, and that mindset then leads her to work hard, which then leads her to race hard and BE successful. She is coachable, as she responds promptly when given feedback. She has a bright future in swimming, and she has worked for every inch of success that she has already had.

Congratulations!
Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY WEST – BLUE
FEBRUARY 2010 – CADE BLACKBURN



Cade Blackburn
Advanced Blue Group
13 years old

The coaches don't always agree about everything every day, but for the month of February, three coaches agree that Cade Blackburn turned in an outstanding month of February. Cade has been consistently improving all year. However, in February, Cade was tying all the pieces together to earn a great finish to Phase II. If you look at how he finished the month, it didn't look that impressive. Cade got sick right before Division II and had a rough meet on Saturday. However, he had a great attitude and came back Sunday and picked up two best times. To make it tougher, Cade had just finished a great meet at the MAL Championships where he had picked up 6 out of 7 best times.

Cade has really shown a great attitude all season whether it's in the water at practice, on the deck at practice or at a swim meet. He prepared the way we want swimmers to prepare. While he probably didn't get the meet results that he was hoping for, day-to-day, he's doing what the coaches hope for - and that's what will pay off in the future! Keep it up, Cade.

Coach Derek, Rodney and Pat

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



Anna Rasette
Senior Group
15 years old

The swimmers who have the big accomplishments in any given month are the ones who usually are noticed for the most inspirational swimmer of the month. This month, the accomplishment that helped earn Anna Rasette this award was no small feat, but went largely unnoticed.

Anna has been one of the hardest workers of the year to date. She has increased her T-30 length total by six lengths, so far, this year and moved her baseline intervals faster and faster. Her kicking has improved and her stroke technique has gotten stronger. This is true for many in the senior group. However, Anna was in the Advanced Blue group this time last year. She has worked hard just to keep the pace with the swimmers that were in the Gold group or Senior group last year. And in February, she did something that was unthinkable a year ago – she swam the 500 Free, 200 Fly and 400 I.M. all in the same meet to give her the first complete IMX score of her life.

Anna has shown a lot of toughness this whole year, but really started to look strong and confident in February and started to get some very tangible results for her hard work. It's been nice to see, and we hope she keeps it up during the high school season!

Coach Derek, Christie and Pat

MOST INSPIRATIONAL SWIMMER OF THE MONTH
CALIFORNIA TRAIL – NOVICE
FEBRUARY 2010 – EMMA CRUCIANI



Emma Cruciani
Novice Squad
9 years old

Emma Cruciani is a joyful addition to the Novice group at California Trail. From season start to season finish, Emma never stops smiling, listening, and putting forth her best efforts in all that she does.

In the Novice group, Emma sets the standard for practice attendance (nearly perfect!), daily coachability (great eye contact and attentiveness!) and continual progress and improvement (almost conquered those flip turns!). Emma never hesitates to try a new skill, and spent a great deal of time in February working on a better start and more efficient entry into the water. Even when the going gets tough, like a challenge kick set, Emma exhibits true Blazer determination, and pushes her teammates to do their best too!

Emma's hard work certainly paid off this season, as she was the only Novice swimmer to qualify for the Missouri Valley Division II Championship Meet!

Emma's work ethic, daily focus and ongoing drive for excellence have led to her selection as February Swimmer of the Month. Emma is an inspiration for the entire California Trail site.

Keep up the great job!
Coach Megan

MOST INSPIRATIONAL SWIMMER OF THE MONTH
CALIFORNIA TRAIL – ADVANCED BLUE/GOLD
FEBRUARY 2010 – GILLIAN SCHWATRZ



Gillian Schwartz
Gold Squad
12 years old

The 2009-2010 short course season comprised Gillian Schwartz's first year as a Gold swimmer. Beginning in September, Gillian made a strong commitment to practice attendance, increasing her water time and weekly practice totals on a monthly basis. By February, Gillian exceeded the Gold 80% attendance expectation, showing up each day to training, ready and willing to learn.

Gillian understands, however, that a true commitment requires more than just daily attendance – in an inspiring display of sustainable excellence, Gillian is present each and every training session. In recalling something I discussed at the beginning of the season, Gillian always brings ICE – Intensity, Concentration and Effort!

Gillian's dedication this season shows in her racing performances – she has consistently dropped time in every stroke/event, and always puts on her game face when it's time to step up and battle the competition. Gillian culminated a season of progress at the Missouri Valley Division II Championships, where she competed in eight events, and earned eight best times!

Gillian is also a true team leader, as she always listens carefully, never hesitates to guide her lane mates when they are confused, is quick to help set up before practice and assist with ensuring the pool deck is cleaned up after practice. She also volunteers to help with Novice and Blue practice when an experienced example is needed to demonstrate a skill, and finds anxious rookie Blazers at meets and helps guide them along.

Gillian's dedication to high personal goals and her willingness to lead by positive example, combined with her ever-ready support of her teammates and commitment to leaving each practice better than when she arrived, have led to her selection as the February Swimmer of the Month. Gillian is an inspiration for the entire California Trail site.

Keep up the great job!
Coach Megan

MOST INSPIRATIONAL SWIMMER OF THE MONTH
ELITE
FEBRUARY 2010 – NICK FOSTER



Nick Foster
Elite
16 years old
Rockhurst High School

All three Elite coaches identified Nick as being focused this month. In November, he had trouble transitioning from his high school season. Once this issue was brought to his attention, he has been spectacular in his efforts and coachability. During February, Nick's training and racing really demonstrated his preparation and focus. At both the Plano and the Missouri Grand Prix meets, Nick swam great. Congratulations on being special the past few months.

Peter D. Malone
Scott Bliss
Maggie Kroemer

VOLUNTEER OF THE MONTH FEBRUARY 2010



The Kansas City Blazers Volunteer of the Month for February 2010 is Kevin Neeley.

Kevin could be recognized for this award because of the 30+ hours he volunteered throughout the weekend by running the scoring system computer for all 5 sessions of our 2 MAL meets (and his daughter only swam in 2 of them). He could be recognized for the hours and hours he spent ahead of time in dealing with the 13 teams attending the meets to get their entries processed. His impressive ability to remain calm under pressure, his level-headed approach to managing multiple tasks when chaos surrounds him, and his expert skill in communicating with multiple people and personalities could also be reasons for recognizing him with this honor.

It would be easy to just say congratulations to him and move on. But none of these is the reason Kevin is being recognized this month.

Kevin is our Volunteer of the Month in February because he understands the difference between commitment and obligation. He understands that his obligation goes far beyond the 35 hours of volunteering that he is committed to completing. He understands that his obligation is to complete the task he volunteered for to the end, not just until his daughter is finished swimming for the session. He understands that his obligation includes helping out when a call for volunteers goes out, even though he already has his commitment of 35 hours completed for the year. He understands that his obligation as a Blazer parent is not to simply meet his committed volunteer hours and rely on others to do the rest, but to truly contribute to an environment that allows all of our children to learn and love the sport of swimming. These are obligations that we all share, not just an obligation that belongs to Kevin Neeley.


While this recognition is for Kevin, I would be remiss in my responsibilities as meet director if I didn't quickly say thank you to Annette Rhode, Heather Bravence, Karen McCollum, and Gillian Houghton as well. Thank you for going so far beyond your commitments . . . thank you so much for your contributions to our Mid America League 8U Championship and Mid America League East Championship meets (and all our other meets, as well). I know Kevin shares this sentiment because he was our Director of Meet Operations for the west side prior to handing off to me so he knows what Annette, Heather, Karen, and Gill mean to our organization.

Let me say one more time . . . thank you Kevin. Thank you for fulfilling your commitment. Thank you for continuing to fulfill your obligations. Thank you for not being someone that does the bare minimum and expecting others to do the rest. Thank you for what you do for our team, our meets, and our kids. Thank you for what you do that provides an environment which allows my children to grow as swimmers. Without people like you, none of this would be possible.

This is why I am proud to say thank you and congratulations Kevin Neeley. You are our Volunteer of the Month for February 2010.

Troy Laffin
Director of Meet Operations
Kansas City Blazers – Santa Fe Trail Blazers Parents Association

MAL MEET



The MAL meets provided our swimmers with the first championship meet opportunity for this time of year. It was also the last chance to make new Division II qualifying times, so swimmers came to the pool ready for racing action. Also at stake was the pizza reward, where Blazers could earn free pizza for achieving a certain number of best times (3 out of 4 best times for the 8 & unders, and 5/6 or 5/7 best times for all other swimmers.) On Friday night, the 8 & unders were in action, and on Saturday and Sunday, the rest of the age groups hit the water. The results were impressive! Our swimmers racked up many new Division II and Division I times, swimmers earned high point honors, and MANY swimmers earned their free pizza!

Congratulations to the following swimmers who earned high point honors at the meet:

Lexi Bergeron, Ryan Dake, Haley Hynes, Kent McDonald, and Aubrey Torkelson


The following swimmers won at least 1 individual event:

Drew Adams, Sydney Angell, Lexi Bergeron, Ryan Dake, Haley Hynes, Michael Hynes, Tiffany Liu, Josh Littell, Maria Macaluso, Kent McDonald, Mackenzie Neely, Allie O'Hearne, Hannah Palmeter, Jack Plueneke, Kate Snyder, Matt Spangler, and Aubrey Torkelson.

Congratulations to the following swimmers who achieved 100% best times at the meet:

Cade Blackburn, Jack Brimacombe, Emma Broaddus, David Burnett, Leigh Burnett, Max Cheranov, Garrett Cohoon, Kathleen Deedy, Ted Deselich, Gwynne Easley, Madeline Easley, Anna Farmer, Erin Fast, Garrett Flottman, Ally Foust, Alexandra Freeman, Kayden Gabel, Jonathan Hearl, Elyse Johnson, Kyle Kidder, Sophie Kieffer, Eric Kim, Maria Kindred, Sadie Klein, Rory Kuhn, Selina Liu, Elexyss Lode, Mykell Ma, Riley Manning, Shrushti Mehta, JT Miller, Ally O'Hearne, Hannah Phillips, Julia Ringel, Jaclyn Roemer, Madison Ruffalo, Khiley Shirey, Parker Smith, Taran Smith, Andrew Stublen, William Stublen, Katie Traw, Sarah Watson, and Olivia Wilkerson.

BLAZER SWIMMERS FLEX MUSCLES AND SHOW TRUE STRENGTH DIVISION 2 FEBRUARY 26-28, 2010



This February 26-28 our mighty Blazers dominated the Division II Championships by flexing their swimming muscles and exhibiting their talents in a truly impressive style. While the meet was quite long it did not diminish our swimmers abilities. In fact, the Blazers seem to just continue to get better and better the longer the meet progressed. By Sunday night, though exhausted, many of our swimmers had some of their best races with many of the swimmers establishing lifetime best swims. Perhaps one of the most impressive things was the spirit the swimmers displayed not only for their own comrades, but for the whole team in general. All of the meets sessions began with numerous

loud and energetic cheers and continued with our swimmers receiving great support with their individual races. This enthusiastic support manifested itself with many of the swimmers winning their races with awesome efforts in the last few yards.

There were so many great races and so many wonderful efforts it would be unfair to just highlight a few of them. Let it suffice to say the Blazers established over 128 new Division I cuts with over 55 of their efforts ending in first place finishes out of the 98 events offered.

Listed below in alphabetical order are all the Blazer swimmers who receive new DI times and the events they achieved them in.

Maggie Allen (1000 Free, 400 IM), Tay Barany (200 IM, 500 Free, 100 Breast), Max Bennett (200 Back), Sam Boyd (100 Back, 200 Free), Hunter Bravence (100 Fly), Jack Brimacombe (100 IM, 50 Back), Rachel Brock (100 Free, 50 Breast, 100 IM), Karah Brown (100 Free, 50 Free, 200 Free), Sydney Butler (50 Free, 100 Back, 200 Free), Jamie Cohen (200 IM, 100 Fly, 50 Back, 100 Back, 50 Fly), Sidney Drew (100 Breast, 200 Free), Tanner Emerson (100 Fly, 100 Back), Isabelle Finzen (50 Free, 100 Back), Jenna Flottman (200 Back), Sarah Freshnock (500 Free, 100 Back), Augusta Garies (400 IM), Georgia Gettys (500 Free), Max Goeke (100 Free, 100 IM), Andrew Goode (100 Breast, 50 Breast), Delaney Green (50 Fly), Jeremy Grenell (400 IM, 500 Free), Lexi Harmon (50 Free), Isabel Holloway (50 Fly), JP Hynes (200 IM, 100 Free, 50 Breast, 100 IM, 50 Back, 200 Free, 100 Fly), Abigail Johnstone (100 Free, 200 Free), Carter Kirkland (100 IM), Kyle Kopecky (200 Breast), Gabriella Lorino (50 Breast), Lewis Lundy (100 Breast, 50 Free, 50 Breast), Joe Lytle (200 IM, 100 Breast, 50 Free), Maria Macaluso (100 Back), David Martinez (200 IM, 50 Free, 200 Free, 100 Free), Claire McClelland (50 Breast, 50 Fly), Paige McClelland (100 Back, 100 Breast), Alli McCollum (1650 Free), Zach McConnell (100 Free), Kyle McDonald (1000 Free, 500 Free, 100 Fly, 100 Free, 200 Free, 1650 Free), Hannah McPhail (50 Breast), Joely Merriman (50 Fly, 100 Free, 50 Free, 50 Back), Jordan Milhon (200 Back, 1650 Free), Kylie Miller (200 IM, 50 Fly, 100 IM, 50 Free), Ashley Murrell (100 Breast), Himadri Narasimhamurthy (100 Fly), Srivats Narayanan (100 Back), Jeffrey O'Larte (100 Fly, 400 IM), Carolyn Osbern (100 Breast), Sophie Paulk (200 IM, 100 Fly, 100 Free, 100 Breast), Fee Pauwels (100 Fly), Maddie Prettyman (100 Free), Piper Schuerman (50 Fly, 100 Fly), Michael Semidubersky (100 Back), Elly Sharemet (50 Back), Ryan Smith (100 IM, 200 Free), Matt Spangler (400 IM, 50 Free), Hannah Spoolstra (50 Free), Kristine Sullivan (200 Back), Ryan Sweat (500 Free, 200 Breast), Andrew Swetnam (100 Back, 200 Fly), Katie Vahle (100 Back), Katya Vakshteyn (100 Free, 100 Breast, 50 Free), Lizzy Young (100 Back), Jack Zink (100 Free, 200 Free).

Next also listed in alphabetical order are all of our event winners accompanied by the events they won.

Tay Barany (100 Breast), Max Bennett (200 Back/200 Breast/50 Free), Rachel Brock (100 IM), Karah Brown (50 Free/200 Free), Jamie Cohen (200 IM/50 Back/50 Fly), Nicole Danisi (200 IM), Tanner Emerson (100 Fly), Isabelle Finzen (100 Back), Jenna Flottman (200 Back), Sarah Freshnock (500 Free/100 Back), Augusta Garies (400 IM), Georgia Gettys (200 Fly), Andrew Goode (50 Breast,) Beth Houghton (200 IM/50 Free/200 Fly), JP Hynes (200 IM/100 IM), Abigail Johnstone (100 Free), Kyle Kopecky (200 Breast), Lewis Lundy (100 Breast), Joe Lytle (200 IM/100 Breast), David Martinez (200 IM/200 Back/50 Free/200 Fly), Alli McCollum (1650 Free), Zach McConnell (500 Free), Kyle McDonald (1000 Free/500 Free/100 Fly/100 Free/1650 Free), Joely Merriman (50 Back), Kylie Miller (50 Fly), Srivats Narayanan (100 Back/100 Fly), Jeffrey O'Larte (400 IM), Sophie Paulk (100 Fly), Michael Semidubersky (100 Back), Ryan Smith (200 Free), Matt Spangler (400 IM), Kristine Sullivan (200 Breast), Ryan Sweat (500 Free), Andrew Swetnam (100 Back/200 Fly), Katya Vakshteyn (100 Free/100 Breast/200 Back), Lizzy Young (100 Back)

By the time you read this account of the meet the Blazers will have already gone and competed in the DI Championship meet. If I had a crystal ball my guess based on what the Blazers achieved at the DII meet the DI meet will be one of our best ever. So again kudos goes out to the Blazer swim team

on a super team effort with resoundingly good results. Go Blazers and best of luck for the upcoming long course season.

CENTRAL ZONE SECTIONAL CHAMPIONSHIPS
MARCH, 2010



March 2010 Central Zone Sectional Championships
Oklahoma City, OK

Congratulations to the 41 swimmers who attended the meet and provided the Blazer program with a major success story. There were 32 from the Elite group, 5 from the Senior group, and 4 from the East program.

The facts are simple. We won 5 out of 6 relays, with all six of our relays qualifying for Junior Nationals. Both the men and women won the meet. The women scored 731.5 points, while the men scored 706. This was the first time that the women outscored the men at Sectionals since 2002. As you can tell, we won the combined team championship.

We had a number of swimmers win individual sectional championships. Shannon Vreeland won six individual races (100 free, 200 free, 400 free, 800 free, 200im, and 400im) and the women's high point. Seth Musser won the 200 back, and Ben Bravence won the 400 free and 1500 free.

The meet also provides plaques for most gold medals by a team and most total medals by a team. The Blazers won both plaques. The coaching staff decided to award the gold medal plaque to Shannon Vreeland for winning eight gold medals. The total medals plaque was awarded by the coaches to Kat Sickle. Kat had a spectacular meet with all top 8 performances, and was critical to the women's relay success.

The men's and women's team traditionally award their team trophy to a teammate who had an outstanding performance. The men's team selected Nick Foster, who achieved 100% best times, and had three top eight finishes. The women's team selected Caroline Woody, who also had 100% best times and three top eight finishes.

It really was an honor and pleasure to watch them race and have fun as a team. They were focused and relentless to the mission at hand.

Thank you Liz Kent (2nd head chaperone duty in 30 days), along with Greg and Leann Hearl, and Laurie Martin. What a great logistics group to have to assist the team at this major championship!

Once again, congratulations on the outstanding meet!

KCB Alumni Where Are You Now?

KCB Alumni, if you are interested in receiving the monthly newsletter and being added to the Alumni list please go to our [website](#) and register for more information.

Swim Quik

is the official team
outfitter of the KC Blazers



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The KCB Baseball Jersey is now available at Swim Quik and can be viewed on the Swim Quik website.

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- Swim Caps
- Select Fastskins
- Backpacks

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SPECIAL THANKS!

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