



The Blazer Newsletter

KANSAS CITY BLAZERS SWIM TEAM

COMMITMENT TO EXCELLENCE



Eternal Loyalty

Passion Education

Discipline Dedication

Commitment Leadership

Excellence

November 2009 Edition

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SWIMATHON



KCB-YOU ROCKED!

The 2009 Rock-n-Roll Swim-a-thon was a huge success. Thanks to the countless volunteers that made the event super special this year. The music, coaches, treats, raffle and fun minded swimmers made the event a joy for all. How are we ever going to top it next year??? Thanks also to everybody that came out to Red Robin. KCB ate more than \$2400 worth of burgers! Wow! Keep that enthusiasm going KCB! Keep reading your newsletter for a final report to come. Please make sure you get your contributions in! (Any questions or concerns should be sent to Debbie Glenn at dglenn1@kc.rr.com)

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A Speedo Sponsored Team

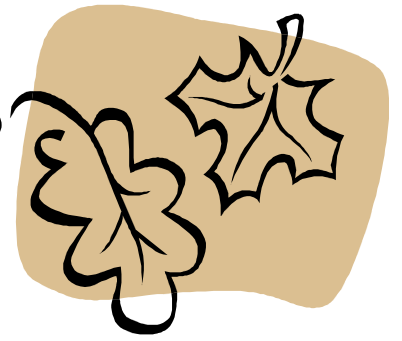


True Blue® for over 115 years



(Blue Valley North Swim-a-Thon – Yes that is Coach Marjorie joining in the fun)

DO YOU NEED LEAF/TRASH BAGS?



Please buy them from KCB and support YOUR swim team.

These are everyone's favorite heavy duty/high quality bags!

ALL bags are \$10 per roll.

White plastic kitchen bags– 15 gallon– 65 bags per roll

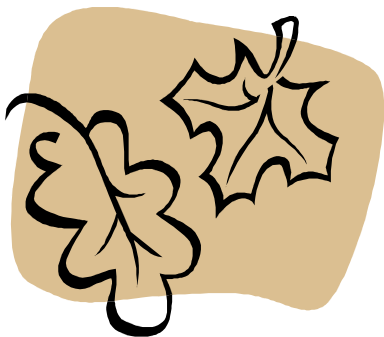
Yellow plastic trash/leaf bags– 39 gallon-25 bags per roll

Blue plastic trash/leaf bags– 55 gallon– 16 bags per roll

NEW

enviro friendly paper yard waste bags-35 gallon– 5 per package \$5.00

EASY to order! Simply email dduncan600@aol.com and place your order. We will get them to your pool and bill your family account. Order anytime before November 30th!!



THANK YOU VOLUNTEERS OF THE MONTH!

Swim-a-Thon Pool Site Leaders

Jane Snyder - SMN | Stacey Wooden - BVN | Nancy Laflin - CT/Olathe
Karen Barnett and Gill Houghton - BVW | Julie Drew and Stacy Butler - KCB East
Kerri Gray – Longview | Lisa Black – LS R-7

Over the last couple of years these volunteers have gone from the title "Swim-a-thon Helpers" to "Swim-a-Thon Leaders." The absolutely countless hours they spend making each pool site unique and each of their kids excited about Swim-a-thon (despite H1N1!) is truly amazing. Everything from coordinating volunteers, food, money and prizes, to helping out on the day of the event...all with a smile on their faces...is what makes these special folks so integral to the success of this important event. We had a number of people helping behind the scenes this year...look for their thank you's as well! Great job, SAT Leaders!

MOST INSPIRATIONAL SWIMMERS

MOST INSPIRATIONAL SWIMMER OF THE YEAR

CALIFORNIA TRAIL – GOLD
2008 - 2009 – Heath Maginn

Heath Maginn
14 Years Old
Gold

California Trail's Most Inspirational Swimmer of the year is Heath Maginn. He has worked hard this year, and proven himself as a leader. With the senior group starting, Heath was one of eight Gold swimmers in the Olathe program. He took the leadership role to heart, pushing his teammates in practice every night. He loved to race, and gave his all every chance he had. Heath would cheer for a teammate as we would do a timed set, giving a positive atmosphere on deck.

He set and reset goals to help him focus in and out of the pool. At practice, he would push himself to the point of exhaustion to get what he wanted out of practice. In the spring, Heath was struggling with his energy level, but would come to practice and try to work. I think that showed his dedication to swimming. I think that shows why Heath was chosen California Trail's Most inspirational Swimmer.

MOST INSPIRATIONAL SWIMMER OF THE MONTH

BLUE VALLEY NORTH – BLUE
Septmeber 2009 – Lucy Li

Lucy Li
10 Years Old
Blue

Lucy recently moved to the Blue group from the Novice group. She did exactly what it takes to be considered to move up: had perfect attendance, listened to the coaches, diligently applied the information that was given to her own swimming, performed the skills with excellence, and treated her teammates and coaches with kindness and respect. She is a leader by example rather than by voice. She let her actions speak for her, and the coaches noticed that she was “swimming out of her group.”

Even since she moved up to the Blue group, she has continued to be a role model for the other swimmers. She has developed a solid foundation of swimming skills because she has focused on doing things CORRECTLY. At this time in the season and in her swimming career, she is setting herself up for future successes by doing what is right rather than what is easy. She has a bright future ahead in swimming, and we thank her for her diligence and commitment to excellence. Congratulations!

Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – GOLD
Septmeber 2009 – Kent McDonald



Kent McDonald
12 Years Old
Gold

Kent comes to practice each day with a smile on his face and a positive attitude that is contagious to those around him. He is an excellent listener and seeks to understand the directions in order to maximize his improvement. He has one of the best attendance records for our pool site, despite breaking a bone in his hand and swimming with a cast! On the day that he could not swim due to his injury, he remained at practice with his teammates and helped the coaches encourage the swimmers to persevere during a challenging set. He also used that time to study the skills of his teammates and ask questions about how he could use that information to improve his own swimming. He is the rare swimmer who would dedicate himself to learning something even when he wasn't in the water.

One of the team goals this year is to foster a better sense of team and to hold ourselves to the highest standards of behavior at practices and meets. In these areas, Kent sets a fine example for his teammates. He is dedicated to excellence for himself and those around him. He encourages his teammates, is respectful to the coaches, and diligently applies the teaching that is offered to his own swimming. He is kind and polite to his teammates, even when helping to quiet the group in anticipation of listening to the coaches. He takes the time at the end of practice to communicate with the coaches about what worked in practice. He is the kind of swimmer that inspires coaches. He is a force of positive energy, and we are lucky to have him! Congratulations, Kent, and keep up the great job!

Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH

KCB EAST – GOLD

October 2009 – Sydney Butler



Sydney Butler
12 Years Old
Missouri Gold

Picking one of the newbies in the Gold Group for the Swimmer of the Month Award is always a pleasure. The winner is usually a swimmer that walks into the new group and shows weekly, sometimes even daily, improvement in what they do compared to what they did before. Sydney Butler started September with good work and established a starting level. In October, she hit that level and then proceeded to exceed it almost daily.

Sydney's improvements start with her attendance which is way above the 80% goal of the Gold Group. It then extends to her deck work, where she has been one of the best at performing the new balance focused exercises. While she still has trouble with the jack knife crawls, she is one of the few that is striving everyday to keep her legs straighter while walking her hands to her feet.

Sydney has shown drops in FIP sets, kicking sets, and in the general swimming speed she maintains in daily work. She is not the fastest in the group but it is great to note that she seems to have taken some earlier "Words of Wisdom" to heart. "When moving to a new group, set a goal to not be the new slowest kid in your new practice group."

Her daily goal seems to be that today she will be better than yesterday. She is not shooting to be the best swimmer in the group today. She is only trying to be a better Sydney Butler than yesterday and the day before yesterday and last week. If Sydney maintains her current level of improvement she will be a top 11-12 this summer and when she ages up to 13, we guarantee that she will not be the new slowest kid in the 13-14 age group.

Thanks for the inspiration

Coach Mike Lewellyn
Coach Ann Gibler
Coach Brandi Ertle

MOST INSPIRATIONAL SWIMMER OF THE MONTH

CALIFORNIA TRAIL – ADVANCED BLUE

October 2009 – Kylie Miller



Kylie Miller
10 Years Old
Advanced Blue

Open to coaching, capable of changing, always thirsty for more – three characteristics that describe the California Trail Most Inspirational Swimmer of the Month, Kylie Miller. This year is Kylie's first year as a Blazer – indeed, this year is her first as a competitive club swimmer. Her progress from

mid-September to now has been steady, each week bringing mastery of a new skill or concept. And, her persistence has served her well, as Kylie consistently improves her times and race strategy every time she steps to the blocks.

But, what really sets Kylie apart is her commitment – all fall, Kylie participated in premier soccer and still managed to attend swim practice daily. Twice a week, she would go to her team’s soccer practice – and then, like clockwork, she would show up at the pool, still wearing her muddy cleats and eager to jump in the pool and get to work. Kylie is also a constant presence at our combined-site Friday night practices, sharing her smile and contagious enthusiasm with all.

Kylie’s ability to manage her time, her willingness to attempt the unfamiliar, and her diligence in working towards new goals have led to her selection as Swimmer of the Month. Kylie 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
October 2009 – Sarah Raymond



Sarah Raymond
12 Years Old
Blue

All of the success that Sarah Raymond has had in the last month has been entirely her own doing. She isn't a new swimmer who was going to drop loads of time just by showing up. She didn't move to a new group, or go through a big growth spurt, or get disproportionate attention from a coach, or have an advantage due to any other outside influences. Sarah improved this much because she wanted it, and she worked for it. Her attendance has been outstanding, and her attitude at practice has been even more so. Sarah is becoming a great swimmer, and she is the only one that gets credit for that.

At the start of the year, we had a talk about the new attitude she wanted to bring to practice. I was hopeful, but I wasn't holding my breath. Nearly every swimmer *wants* to get better by having a better attitude and working harder, but not every swimmer ultimately follows through. Sarah did. In the process, she has shown a great deal of courage and determination. She is pushing herself harder than "just getting it done" on her dryland routine, choosing to tackle tougher intervals, and opting to do longer and faster sets in her primary stroke (butterfly), even when her coach doesn't require it of her, and without resorting to one-arm, or other shoulder-saving "tricks".

So far, all this hard work is paying off. In the last two weeks, she's gotten both her Division 1 and 'A' times in the 100 butterfly, and has dropped considerable time in her other events as well. And, we expect this trend to continue as long as Sarah keeps it up.

Congratulations Sydney! Thanks for the inspiration.
Coaches Mike Lewellyn and Ann Gibler

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – ADVANCED BLUE
October 2009 – Srivats Narayanan



Srivats Narayanan
8 Years Old
Advanced Blue

Srivats has earned this award this month by virtue of his desire to move to the next level and his willingness to put himself through the discomfort of harder workouts. Not only did he ask to try a tougher group, he now regularly leads his lane in the advanced blue group, despite being one of the youngest kids in the group. He also has one the highest attendance percentages for the month, meaning he works harder and more often than many of his teammates.

The result is that Srivats is swimming even faster. He actively listens to the coaches, works well with his teammates, and displays a positive attitude the whole time. He is a role model for swimmers his own age and older, and that is rare for a younger swimmer to be inspiring to older swimmers.

Congratulations, and keep up the fine work!
Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH
BLUE VALLEY NORTH – GOLD
October 2009 – Hannah Musser



Hannah Musser
13 Years Old
Gold Group

As one of the fastest swimmers at our site and on our team in her age group, Hannah Musser is an impressive swimmer to watch. But what sets her apart even more than her fast swimming is her continued quest for excellence. Hannah regularly pushes herself beyond her comfort level in practice, as evidenced by her bright red face after each work set. Hannah does not need prodding by me to work hard, but instead she demands it of herself. It is this quality that will propel her to continued success.

Hannah is highly coachable. When asked to improve a skill, she doesn't tune the coaches out, even though she has already been successful with her current skills. She willingly applies the new information and sticks with it until it become a habit. She also has one of the best attendance records for the team. Her success is no accident. She makes no excuses and does her best each day. She leads by example, and she is also a source of support for her teammates. She is a true pleasure to coach, and she has a bright future in this sport.

Congratulations!
Coach Marjorie

MOST INSPIRATIONAL SWIMMER OF THE MONTH

BLUE VALLEY WEST – BLUE

October 2009 – Maria Kindred



Maria Kindred
9 Years Old
Blue Group

We've had two months of swimming back at the Blue Valley West site, and for the second month, a 9-year old girl from the Blue group has stood out as having a great one. Practice attendance, performance and attitude are all factors in determining this award. Maria excelled in each area.

While Maria was at practice as much as any other Blue group swimmer (and more than most of the Advanced Blue swimmers), her performance at practice was better than her attendance alone. While she sets high standards for herself, and might not see it the same way, every coach who has worked with the Blue group over the past month has noted her great attitude and performance at practice.

Maria is always on time and ready to go for dryland with shoes and socks on and is one of the leaders of the Blue group in and out of the water. She's really been a great addition to the new and improved 2009-2010 Blue Valley West blue group!

Keep it up, Maria!
Coach Derek

MOST INSPIRATIONAL SWIMMER OF THE MONTH

BLUE VALLEY WEST – SENIOR

October 2009 – Erin Miller



Erin Miller
15 Years Old
Senior Group

This month's most inspirational swimmer for the Senior group thinks I'm mean to her. I would say that I have been hard on her and she's risen to the challenge. In a month where many people are thinking about "tricks and treats", Erin Miller has figured out a lot of my tricks and treated us to a fantastic month of practices.

If you look at her only meet in October and take it by itself, the four events she swam at the Swim Quik Future Stars Invitational on October 17th do not really stand out. However, it was the practices in October where Erin did stand out. One example is her October T-30 timed swim where she started out fast and did her first two 500s faster than her current best time in the 500 free. By the end of the swim, she had done four lengths more than in September.

One set that sticks out as particularly outstanding was a set of 100s we did with fins where Erin was not only swimming well compared to her own best times, but she was among the best in the entire group. But it's not just the physical performances she's able to achieve, it's the positive attitude that

she expresses while doing it that is inspirational. Yes, I do give Erin a hard time, but it's all in jest and she always comes back with a positive response or performance.

Keep it up, Erin!
Coach Derek, Christie and Pat

MOST INSPIRATIONAL SWIMMER OF THE MONTH
SHAWNEE MISSION NORTH – ELITE
October 2009 – Kate Snyder



Kate Snyder
15 Years Old
Shawnee Mission West HS

Kate is entering her second year in the Elite group. Kate was tentative and asking many questions inside herself. She has shown growth in every phase last year. She had opened this year with an elevated level of focus, determination, and maturity. This is demonstrated by her always being early for practice and ready to go. Her dryland has had an elevated determination and focus. She joined our weight and conditioning program in early mornings, and has demonstrated an awesome work ethic. She also has taken on the role of leading her lane in the pool. Great job and congratulations!

Peter D. Malone- Elite Head Coach
Scott Bliss- Elite Associate Head Coach
Maggie Kroemer- Assistant Elite Coach

MOST INSPIRATIONAL SWIMMER OF THE MONTH
SHAWNEE MISSION NORTH – BLUE
October 2009 – Sophie Paulk



Sophie Paulk
12 Years Old
Extreme Blue

I am pleased to announce Sophie Paulk as my October Blue group Swimmer of the Month. To become "Swimmer of the Month" has been one of Sophie's goals for over a year. A year ago, Sophie had many challenges to overcome if she was to be considered for this award. In the last year, it has been very gratifying to watch Sophie mature in her approach to swimming. While Sophie participates in many other activities she has managed to become quite committed to working hard and pursuing the sport of swimming. As a result, she has become a leader in her lane and group by her actions and the behavior she exhibits towards her teammates. The byproduct of all these actions is much faster swimming and a more well-rounded swimmer in general. I don't know if transformation would be the correct word to use, but it has been very rewarding to watch Sophie develop into the person and swimmer she has become.

Sophie has all the tools and skills necessary to have a very successful future in the sport of swimming. Now let's enjoy watching her journey to greater success! Sophie has been a true joy to coach this year, and I'm looking forward to working with her to accomplish her goals.

Sincerely,
Coach Henry

MOST INSPIRATIONAL SWIMMER OF THE MONTH
SHAWNEE MISSION NORTH – GOLD
October 2009 – David Martinez



David Martinez
14 Years Old
Gold

It has been a long time coming, but it pleases me greatly to announce David Martinez as the SMN Gold team "Swimmer of the Month" for October. David has always been fun to work with; however, I think it would be fair to say that at times it has been a challenge to keep David focused and directed to the tasks that we ask of him. Over the last year and a half, I have enjoyed watching David mature into the swimmer he has become. In the past, David was one of my greatest challenges just to keep in the water doing the set in the manner desired. However, in the last year David has graciously accepted the challenges of practice and being pushed to be the best he could be. He embraces the work demands of the sets and seems to respond better the harder and more challenging tasks. David's attendance has also been getting better and the more he has come to practice, the more he has been able to accomplish. Each day David comes in with the attitude of trying to become better than the day before. This has certainly been an inspiration to me.

David will be heading off to swim high school in December and there is no doubt in my mind he will be a major contributor to the SME squad this year. I know I can speak for the Gold group and myself by saying we will miss having David around on the pool deck and in the water. He has become such an integral part of the group both as a leader and a team supporter. I believe swimming has offered David a healthy avenue to grow and mature and David has returned the favor by becoming such a positive asset for our whole group. His pleasant and fun-loving demeanor always adds to the positive atmosphere of the pool.

Sincerely,
Coach Henry

MEET RESULTS:

Future Stars 2009



Elite Group Opens 2009-2010 Swim Year at Future Stars.

The swimmers in the Elite group raced five events at Future Stars. Their focus was on 100s of stroke and one 200 race. The Elite group opened the weekend of racing during Friday night practice with a 1650 free for time followed by a 1000 kick for time two minutes later. On Saturday morning, they trained from 6:00-9:00. This was designed to simulate a prelims session. After a three and a half hour break, they swam their finals session- Future Stars.

The main purpose of this weekend was to evaluate their racing skills (starts, turns, stroke, etc.) and fitness level. The two measures of their fitness level included physical readiness and mental readiness. We could see some improvements on their starts, turns, and stroke development. The group's physical readiness and mental toughness were average.

The future is in the hands of daily ownership and preparation.

Blazer Bucks 2009




October 24th marked a historic day in Blazer history where literally millions and millions of Blazer Bucks were spent on a vast array of wonderful, exotic, and totally impractical toys that were bought as awards for awesome swimming. It was a great way for our beginning Blue/Gold swimmers to start the season. Many positive lessons were learned about how USA Swimming meets are run. We now have a database of times our new swimmers can begin to build their swimming careers from.

The Blazers achieved a total of 47 new level II times and even better we also achieved 42 new Division II times. If interested, you can check out what these standards are by going to www.missourivalleyswimming.com.

One of the unfortunate realities we will have to deal with is the number of DQ's that were given out. We had a total of 55 DQ's which indicates a great need for our coaches and swimmers to focus on some of the finer points of competitive swimming stroke technique. DQ's are an area where less is definitely more and we would like to eliminate as many of these mistakes as possible by our next Blue/Gold (Wheels or Worms) meet over Thanksgiving weekend.

As we near the end of our first phase of swimming, coaches and swimmers alike must continue to give great attention to not only the technique with which they train but also the intensity. It is also important to remember attendance is always one of the best ways to improve at the fastest rate. Rave on Blazers. Keep up the good work.

Ann Ketterer Intrasquad Meet 2009



The Ann Ketterer Intrasquad provided our swimmers with the chance to strut their stuff with fast swimming and improved skills. Thanks to our Elite athletes for leading our team in cheers at the beginning of the morning sessions! This is a team tradition that goes back to our team origins in the 1970s. It is wonderful to see those traditions carried on and passed along to our next generation of Blazers. Accordingly, our afternoon session swimmers were led in team cheers by the older swimmers at those sessions as well.

Our athletes had the chance to swim some longer, more challenging races, and the swimmers were definitely up to it! With these longer races, many of our kids can now track their IMX scores on the USA Swimming website, as certain events are required in order to participate. Since our team operates under the goal of having well-rounded swimmers, the IMX challenge is a way to gauge how well our swimmers compare to swimmers around the country.


Also at this meet, our athletes competed against one another for the “Superior Athlete” award in each age group. For each race, the swimmers earned a certain number of points based on the performance time. At the end of the meet, the individual swimmers with the fastest OVERALL times won the award. Congratulations to the following swimmers for winning this award: **Logan Johnson (10 & under girls), Sam Drew (10 & under boys), Hannah Palmeter (11-12 girls), Kent McDonald (11-12 boys), Amy Davis (13-14 girls), Heath Maginn (13-14 boys), Shannon Vreeland (15-18 girls), and Seth Musser (15-18 boys).**

Congratulations are also in order to individual event winners:

- 8 & unders:** Kelly Peterson, Lauren Reddin, AJ Elleman, Hannah Spencer, Delaney Butler, AD Ervin, Paden Shipp, Aidan Tittle, and Srivats Narayanan
- 9-10s:** Aubrey Torkelson, Logan Johnson, and Sam Drew
- 11-12s:** Hannah Palmeter, Hannah Spoolstra, Abigail Johnstone, Emma Wormington, Isabel Holloway, Ryan Sweat, Kent McDonald, and Joshua Littell,
- 13-14s:** Amy Davis, Ben Koeller, Heath Maginn, Isaac Powell, and Eric Kim
- 15-18s:** Shannon Vreeland, Bryce Hinde, Ben Bravence, Nathan Hoisington, Ben Scheffer, Seth Musser, and Jesse Musser

Thanks to all our parent volunteers for making this meet such a success, and congratulations to all our athletes.

Ann Ketterer Intrasquad Meet 2009 Blazers Elite Group



You were an awesome group to work with! You demonstrated leadership, spirit, and enthusiasm to what it is to be a Blazer and Elite team member.

The meet format and location seemed to be a major plus to our success. I want to thank the officials and all of the parent volunteers for providing this opportunity to race, learn, and grow.

We had 46 lifetime best times at this meet. This is a very solid showing for this point of training. Special recognition goes to **Amy Davis (13-14)**, **Seth Musser (15-18)**, and **Shannon Vreeland (15-18)** who were superior athlete winners.

The key to success for this meet will come from what you have learned and the steps you make to realize your Phase I goals in December. Congratulations and thank you for a great weekend.

Elite Staff
Peter D Malone
Scott Bliss
Maggie Kroemer

Splash Down 2009



On November 14 -15, three sites (SMN, BVN and Westside) represented the Blazers swim team at the “Splash Down” swim meet hosted by Swim Academy. The meet was held at the impressive new Gladstone aquatic facility and the grand caliber of the Blazers swims were indicative of this high quality facility. The meet was highlighted by our swimmers achieving countless new level II times and even more impressively the creation of over 35 new level I cut times and 31 individual event winners. While the Blazers were only represented by three of five locations we still dominated the scoring in many of the events.

New qualifying times for level I were established (in alphabetical order) by **Jacob Berger 100 Free, 50 Free, 100 Breast; Hallie Breidenthal 400 IM; Ethan Bresette 100 Free; Liam Bresette 50 Fly; Sydney Butler 50 Free; Sam Drew 100 Breast; Sidney Drew 50 Free; Yousef Eldakak 50 back, 50 free, 100 IM; Sarah Freshnock 50 free; Lexi Harmon 100 back; Kyle Kopecky 50 free, 100 back; Elexyss Lode 50 fr,100 back, 100 IM; David Martinez 100 fly; Madeleine McCully 50 free; Kent McDonald 50 breast; Ryan McMonigal 100 Fly; PJ Musser 100 free; Kailey Paris 50 breast; Sophie Paulk 50 free, 100 IM; Sarah Raymond 100 fly; Audrey Synder 200 breast, Hannah Spoolstra 50 fly, 50 breast; Kristine Sullivan 100 back; Aubrey Torkelson 100 breast; Claire Williams 100 free, Allie Wooden 200 Breast; Michael Zhou 50 free.**

Individual winners were as followed: **Jacob Berger (15) 1000 free; Liam Bresette (10) 100 free; Rilye Fries(12) 100 free, 50 fly, 100 breast, 50 free, 100 fly, 100 back; Zack Holbrook (13) 50 free; Tiffany Liu (13) 200 back,100 free, 100 fly, 1000 free, 50free, 100 back; Kent McDonald (12) 50 breast, Taylor Mills (8) 50 free; Hannah Musser (13) 400 IM; Hannah Palmeter (12) 50 back, 100 IM; Jack Pluenneke (13) 100 free, 1000 free; Isaac Powell (13) 100 fly, 400 IM; Audrey Snyder (13) 200 fly; Caleb Thill(15) 400 IM; Aubrey (the beast) Torkelson (10) 100 Free, 50 fly, 50 back, 100 breast, 50 free, 100 fly, 100 back, 100 IM; Allie Wooden (13)100 breast.**

If the team can remain healthy, the Blazers are heading into the pre-Christmas championship season poised to clearly dominate the upcoming meets in the LSC and knock down some serious time drops in the upcoming weeks ahead. Good luck and swim fast!

**AQUAHAWK ABC INVITE --- LAWRENCE, KS
NOVEMBER 14-15, 2009
MEET RECAP**

The Aquahawk ABC Invite, held in Lawrence, on November 14-15, provided our athletes from California Trail and Blue Valley West with the opportunity to test their abilities against some outside competition.

Our combined force of one hundred and sixteen Blazers certainly showed their mettle. Athletes stepped up for competition in four or five events per session and culminated the day's work with medley and free relays, staying Blazer strong until the end.

The following athletes achieved best times in 100% of their events:

Austin Arenholz (12)	Sarah Gorn (14)	Alix Lumbirt (14)
Abby Brock (13)	Swapnil Gupta (13)	Kami Pankratz (11)
Kylee Emerson (14)	Morgan Hannah (13)	Jack Weber (12)
Vaughn Ericson (14)	Michael Haynes (15)	Sam Weber (13)
Caroline Gates (14)	Clarissa He (13)	

The following athletes achieved a new USA Swimming Motivational Time Standard, at the A level or above:

Heath Maginn (14)	Amy Sevcik (14)
AAAA – 200 back, 2:00.85	A – 200 fly, 2:26.95
AAA – 400 IM, 4:34.60	Ryan Waldron (16)
Caroline Gates (14)	A – 50 free, 24.75
AA – 100 free, 59.02	Ben Koeller (14)
AA – 100 breast, 1:14.29	AA – 50 free, 24.90
AA – 200 free, 2:07.14	AA – 100 back, 1:01.24
Logan Johnsen (10)	Clarissa He (13)
AA – 100 fly, 1:19.78	A – 100 back, 1:07.46
A – 100 back, 1:18.77	

Congratulations are also in order for our individual event winners:

Logan Johnsen (10)	Heath Maginn (14)
50 back, 100 IM	100 back, 200 back
Laura Klover (15)	Ryan Smith (17)
200 breaststroke	200 fly
Ben Xue (12)	
50 breaststroke	

Finally, the following Blazer relay teams placed first:

11-12 Girls 200 Free Relay
Taylor Barany (12), Karah Brown (12), Kami Pankratz (11), Gillian Schwartz (12)

13 & Over Boys 200 Free Relay

Michael Haynes (15), Ryan Smith (17), Ryan Waldron (16), Kyle McDonald (16)

Thank you to all the parents who came and cheered for our swimmers, and thank you to all the athletes who raced so hard for themselves and their teammates. It was a great weekend, and congratulations to everyone who contributed to Blazer success!

KCB THE NEXT GENERATION

The Kansas City Blazers have a proud history and a national reputation as one of the finest swim teams in the country. Our swimmers have been on Olympic teams, National teams, National Junior teams, won sectionals (including the last two), set national records and won the last 30+ Division I Championships in the Missouri Valley LSC.

With results like these, it would be easy and comfortable to stay on the same course and re-visit familiar territory. However, in the fall of 2009, we made the decision to re-vamp our website and billing system, create a new practice group within the program, add a new full-time position to our program and add new coaches to our staff so that we can venture into an even more exciting and undiscovered territory of the swimming universe.

As we venture through this quadrennium, we have our sights set on where we want to be in 2012. We have developed goals that are challenging, exciting and commensurate with a team of our size and reputation. The goals are ones that everyone can work toward and that are in line with our current team values (as listed in the team handbook):

- EXCELLENCE – Reach maximum potential as athletes and financially as an organization
- Strong work/goal relationships that are balanced and realistic
- Educationally sound and ethical program
- Stand up to the element of time

As the coaching staff of the Kansas City Blazers Swim Team, we will set the direction for the team over the next four years. We will formulate the goals and advertise them to our membership so that each person knows how their part of the whole can help the team achieve these goals. Goals have been set in several categories so that EACH member of our program can help determine the success of at least one of our goals.

Goals have been set in several categories. Each member of our organization will have an important part in helping us reach goals – Coaches, Swimmers, Parents, EVERYBODY. While performance is most easily measured and most noticed by outsiders, we will also set goals in other categories that will help maintain our position as a world-class organization.

Regardless of how long you have been on the team or what your perceived ability level is, you can help us reach our team goals between now and 2012. Keep your eye on the future. YOU are part of the Kansas City Blazers...THE NEXT GENERATION!

KCB THE NEXT GENERATION NOVEMBER UPDATE

As mentioned above, we have set goals in several areas to help improve our team during our current quadrennium – the years 2009-2012 that intercede between Olympic games. We put our emphasis not only on performance, but on all aspects that have helped us maintain excellence in swimming for decades. The broad categories are: Performance, Community, Professional and Financial. Below is a brief description of each area that will help explain how each element is important to each member of the team and how it affects our overall success as an organization:

Performance goals – those that are directly measured by outcomes at swim meets. These are the goals that are most obvious to people outside our organization. Goals can be team oriented – such as trying to win every Sectional championship, or individual oriented – getting a certain number of swimmers to have an IMX score.

Community goals – these are goals that are not measured by athletic performance in the pool, but definitely have an impact on excellence in and out of the pool. We have set goals to improve academic excellence of our team members and have maintained over 85% of our athletes on the honor roll for the past 2 years. Filling our team with and developing high achievers has always been a core value of the KC Blazers.

Professional goals – these are goals that help ensure that our staff is as technically competent as possible. We have set goals to make sure that all coaches are duly certified and receiving continuing education. We also have a staff that is very active in the governance of our sport at the local, regional and national level.

Financial goals – these are goals that ensure that our program will be able to stand the test of time. We are a non-profit organization. As such, our goal is not to make as much money as possible. The financial goals are based around making sure that the swimmers of today can become the champions of the future by providing them with the tools they need to succeed today and the financial stability to have a program in the future. We will not publish specific financial goals, but want every member to understand that the Blazers have been through economic times both good and bad and watch every penny to make sure that this organization can be successful regardless of the economic climate.

Your Blazer Coaching Staff

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.

KCB WELCOMES NEWEST SPONSOR- UNION BROADCASTING

BY SANDY COHEN

As a business owner, triathlete and parent of a son in the swim program, I think it's important to sponsor Kansas City's premier swim program, the Kansas City Blazers. Throughout the years, I have personally received numerous benefits from my own Blazer's swim participation in the late 1970's and 80's, and enthusiastically endorse all the facets of the program; from learning to swim, gaining the discipline of setting realistic goals, staying focused in competition, developing strength of character when suffering a loss, and achieving the confidence and discipline to overcome those setbacks with renewed courage and enthusiasm.

The physical, mental and emotional benefits of swimming are obvious when participating at a time when good health is unfortunately no longer the norm. After a workout with my Master's swim group, I find I am better prepared to deal with the work related challenges and fast pace of today's lifestyle, curve balls included! As Vice President of Sales at my job, I also have encountered an assortment of challenging situations and after a morning swim, I meet those events with the knowledge that I am prepared to succeed.

Union Broadcasting is owned and managed by local businessmen. We own and operate two radio stations, Sports Radio 810 WHB and Hot Talk 1510 KCTE, and Union Indoor Advertising, an indoor billboard company. We also own the 810 ZONE Restaurants on the Country Club Plaza and in Leawood Town Center. As a local business owner, I believe it's important to support other locally owned businesses so that Kansas City can be known as a thriving business community. A well run sports program for children is an important part of that goal.

These are the reasons we support the Kansas City Blazers swim team at our company. I personally believe the program teaches Jamie a healthy lifestyle and the value of hard work and discipline in setting and reaching his own goals. Those principles enhance the added benefits of a healthy body and many good, and equally dedicated friends along the way. I was extremely fortunate as a young man, to experience the joy of reaching my personal best, and can now share the vision of a healthy, well-rounded lifestyle with my son. It doesn't get any better than this.



Support BarNone Training by getting in shape!

BarNone Training is a privately owned and operated fitness company founded in 2008 by Wilson Thomas. Wilson is a ISSA Certified Personal trainer and a former professional athlete. The company is located in Olathe, Kansas and serves the Kansas City metro area. They are dedicated to helping their clients make changes in their physical and mental wellbeing through personal training and boot camp classes. "Commit to be Fit" is the company mantra.

Services

- Personal Training
- Online Training
- Bridal Boot Camp
- Boot Camp
- Corporate Fitness

Wilson's Resume'

Wilson played four years of football, and two years of basketball for the University of Nebraska. He graduated from the University of Nebraska with a degree in Business Administration and an emphasis in management. Following college, he signed with the Kansas City Chiefs and went on to play for the Green Bay Packers. He played one season for NFL Europe and two years of arena football for the Arizona Rattlers.

In 2005, Wilson decided to pursue a career in personal training. He received his ISSA (International Sports Science Association) personal training certificate in August of 2005, and joined Prairie Life Fitness as a personal trainer. Wilson remained at Prairie Life Fitness for three years, and was the lead trainer maintaining the largest number of clients during his three years there.

In March of 2008, Wilson started his own company specializing in personal training and boot camps. Over the past two years Wilson has worked with over 200 clients, and is currently training approximately 75 clients.

Certifications:

- ISSA Personal Training Certification
- Mad Dog Cycling
- AFFA Yoga

Testimonials:

"I have spent the majority of my adult life running as a means to control my weight and to maintain my level of physical fitness. When I met Wilson Thomas in 2007, I signed on with 3 other ladies and we retained him as our personal fitness trainer. He has taught us invaluable nutrition and cardio fitness facts, how to lose weight, and gain muscle mass at the same time! Wilson loves to issues challenges especially over the winter holiday season in order to keep you focused. One of my proudest moments was not only losing weight but gaining muscle mass and I lowered my body composition significantly. The thing I enjoy most about being one of his clients is that I never know what each training session will bring but I always know I will work hard and have fun doing it."

Rosemary Albery- Client
KCB Business Manager

"I hired Wilson as a personal trainer two months prior to my September 2008 wedding. I had lost some weight through dieting, but needed to tone up and keep on losing. Working with Wilson, I lost an additional 13 pounds in the months before my wedding and was in best shape I had been in since high school. Every work out was different with him - keeping workouts from getting too routine and boring. He is an excellent motivator and knows just how much to push and keep it fun. I highly recommend Wilson to any person wanting to get in shape, while being pushed hard and having fun doing it."

Courtney T. Zande (Client)

"Wilson is worth spending your time and money on as a trainer because he will push you to make the most out of your workouts. He has extensive knowledge of the exercise field which allows for fun, creative workouts. He inspires you to commit to the challenge of getting healthy and fit!"

Kristy Meyers (Client)

Contact us to schedule your free fitness assessment! (a \$50 value)

Call: 913.944.8498 or email: barnone84@gmail.com

Learn more about BarNone Training at: www.barnonetraining.com

Swim Quik

is the official team
outfitter of the KC Blazers



Whether it's a fashion swimsuit and accessories or a suit and equipment and training aids for competitive swim, Swim Quik has the largest selection in the area, and we have it year-round.

Swim Quik stocks:

KCB apparel
Aquablades
Practice suits
Solid Suits
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REMEMBER

*Deadline to order warm-ups,
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Sun, Nov. 29th*

SWIM QUIK

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4876 West 135th Street • Leawood, KS

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**The Blazer Swimmers
Wish to Thank
The KC Blazer Boosters!
2008-2009 Blazer Booster Families:**

Brad Adams Family	Faulkenberry Family	Holly and Alex Pahulu
Bakalar Family	Flottman Family	Paulk Family
Barnett Family	Foster Family	Perfect Family
Bayer Family	Steve, Rebecca and Stephan Franke	Rohde Family
BLAZER COACHES	Fries Family	Schwartz Family
Bond Family	Garies Family	Schwermann Family
Bonicelli Family	Hearl Family	Sherard Family
Branton Family	Teri Helm	Schultz Family
Bravence Family	Russ & Cerise Ivey	George Smith Family
DeVolder Brown Construction	Jackson Family	Rich & Jane Snyder Family
Burkhead Family	Kirby Family	Kate and Jack Snyder's Grandfather
Burkhead Family	Laflin Family	Strickland Family
Sandy Cohen Family	Mike and Willie Lewellyn	Swetnam Family
Clausen/Clark Family	Lytle Family	Trombley Family
Crampton Family	Margritier Family	Vreeland Family
Donnelly Family	McMonigle Family	Steve and Cathy Weatherford
Gus and Cres Elsener	Neeley Family	Welchlin Family
Lisa Elsener	Nicklaus/Simpson Family	Wooden Family
Farrahi Family	O'Hearne Family	Woody Family

SPECIAL THANKS!

The Kansas City Blazers swimmers would like to thank the many wonderful businesses for their continued support in assisting the team in their quest for excellence. Please let them know that you appreciate their support!

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Thank you Sponsors!

These generous companies help to make it possible for the Kansas City Blazers to continue to offer a quality swim program in our area. Please support their businesses whenever possible.