

**2008-2009  
NSC MEET RESULTS**

On January 10<sup>th</sup> we had our fifth CCWSL dual meet of the season against the Southington YMCA Stingrays. This was a fun meet!! We had a lot of great swims but we also had some swims that were a little off. It's important to remember that best times are what we use to gauge our success. So every swim is important. Let's work really hard the next few weeks while we prepare for Championships.

Every meet we have a team goal of 50% personal best time swims.

|                      |                 |            |            |           |     |
|----------------------|-----------------|------------|------------|-----------|-----|
| <b>8&amp;U Girls</b> | <b>6 for 12</b> | <b>50%</b> | 8&U Boys   | 1 for 9   | 11% |
| 9&10 Girls           | 69 for 16       | 38%        | 9&10 Boys  | 4 for 16  | 25% |
| 11&12 Girls          | 13 for 29       | 45%        | 11&12 Boys | 10 for 29 | 35% |
| 13&O Girls           | 13 for 28       | 46%        | 13&O Boys  | 9 for 19  | 47% |
| Total Girls          | 38 for 85       | 45%        | Total Boys | 24 for 73 | 33% |
| Team Total           |                 |            | 62 for 158 | 39%       |     |

**Swimmers with 2 for 2 best time swims:** Leah Sanderson / Stephanie Humen / Eli Bitzarakis / Hannah Martin / Mia Christie / Kuba Kazmierczak / Sara Mazur / Carly Cruff / Kristen Lundebjerg / Darren Morotto

**Swimmers with :05 or more time drops:** Marta Mazurek :07 25 fr / Stephanie Humen :07 100IM / Dorian Zawisza :06 100fr / Tiffany Ratajczak :13 100fr / Jessie Colonese :15 100fr / Taylor Recck :09 200IM

**NEW TEAM RECORDS:** HANNAH MARTIN – 50Free – 27.25

**Swimmers of the Meet:**

**LEAH SANDERSON  
STEPHANIE HUMEN  
KRISTEN LUNDEBJERG  
SARA MAZUR**

**UP NEXT: NSC vs Rocky Hill  
Junior Varsity Meet (12&under “B” swimmers only)  
Saturday 1/24/09 at Rocky Hill High School**

Meet announcement on the back of this sheet.