

2008-2009
NSC MEET RESULTS

On November 22nd we had our third CCWSL dual meet of the season against the very tough Windsor Water Rat Express. We had some great swims and overall our strokes, starts and turns are looking much better. The Windsor High School pool is not known as a “fast” pool (this means how the water moves in the pool and how much resistance is created by the gutters, walls, pool floor and filtration system). But we swam through that and did our best. With each meet we swim it is going to be more and more difficult to achieve our team goal of 50% best time swims. We came up a little short this week but your coaches are very happy with all the improvement we’ve shown as a team over the past three meets. We hope you’re as proud of yourselves as we are.

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

8&U Girls	1 for 9	11%	8&U Boys	7 for 14	50%
9&10 Girls	9 for 23	39%	9&10 Boys	8 for 22	36%
11&12 Girls	11 for 25	44%	11&12 Boys	8 for 17	47%
13&O Girls	14 for 29	48%	13&O Boys	13 for 37	35%
Total Girls	35 for 86	41%	Total Boys	36 for 90	40%
Team Total		71 for 176	40%		

Swimmers with 2 for 2 best time swims: Robert Nagy / Maksym Ugrak / Dani Rocheleau / Lindsey Mangiafico / Olivia LaCasse / Tommy Wejda / Dana Gionfriddo / Suxian Kuan / Mackenzie Recck / Cameron Casarotto / Olivia Gonsalves / Sara Mazur / Gabriella Rodriguez / Wojciech Plachta / Darren Morotto / Steve Falkner / Adam Pietrycha

Swimmers with :05 or more time drops: Gabriella Rodriguez :22 50fr & :38 100fr
Mitch Kelleher :05 100fr / Sara Mazur :09 100bk / Adam Pietrycha :06 100bk

“A” Championships Qualifiers: Marie Allo 100IM & 50fly / Amanda Martino 100bk
Monica Neu 100fr

Swimmers of the Meet:

DANI ROCHELEAU
GABRIELLA RODRIGUEZ
TOMMY WEJDA
ADAM PIETRYCHA

UP NEXT: NSC at ENFIELD Saturday 12/13/08

****TIME CHANGE** 8am Warm-up / 8:30am Start**

Look for a meet info sheet in your family folder one week before the meet.