



STONE CRABS SWIM TEAM



Established 1991
USA Swimming Coaches Ann & Randy Stone
1085 Crane Crest Way, Orlando, FL, 32825
407-282-4970
StoneCrabs@aol.com www.stonecrabsswimteam.com

August 15th, 2010 NEWSLETTER

There is a lot of information contained within this newsletter so please read through it carefully, so that you did not miss any important dates, results, upcoming activities, meets, etc.

This is the last week of morning practices at the Winter Park High School Pool until next summer. Monday, Tuesday and Thursday at 9:50 AM. Stoneybrook practices this week will continue to be held Monday, Tuesday and Thursday- PreTeam at 5:45, Swim Team at 6:15 PM.

*Swimmers who are attending private or parochial schools that are starting back to classes this week are invited to attend workouts at Stoneybrook, or contact Coach Ann to make additional arrangements for practice in the evening.

**Swimmers who have parents who are going back to work in the morning next week, are also invited to attend Stoneybrook practices, or please contact Coach Ann so additional arrangements may be made.

WATER POLO CLASS

Tuesday & Thursday (August 17th & 19th) at the Stoneybrook from 1:00 PM to 2:00 PM

Cost: \$10.00

Class OPEN to students entering 5th Grade through novice high school players.

MONTHLY FEES

-AUGUST & JULY MONTHLY FEES are PAST DUE- please turn all monthly fee into the swim box as soon as possible.

GROUP & PRIVATE SWIMMING LESSONS

STROKE SCHOOL

We will offer the above listed programs **in the morning** for preschool and home schooled children. If you are interested in having your child(ren) participate in these programs in the morning- please contact Coach Ann at stonecrabs@aol.com. The programs will begin the week of August 23rd.



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PRACTICE SCHEDULE beginning the week of August 23rd.

Winter Park High School Pool:

Monday, Wednesday, Friday 6:00 PM to 8:00 PM

Stoneybrook Pool*:

Tuesday and Thursday 4:30 PM to 7:00 PM- swimmers may arrive anytime within this time frame.

Pre Team- 4:30 to 5:30 PM (come at any time for 30 minutes)

* Swimmers who do not live in Stoneybrook are welcome to practice at this location, but your name must be on the team list that is left at the front gate for admittance to the Stoneybrook community, therefore please E-mail Coach Ann if you are intending to practice at Stoneybrook after 8/23/10. stonecrabs@aol.com

DUAL MEET, TEAM PICNIC & AWARDS CEREMONY

August 28th at Winter Park High School Pool from 3:00 PM to 6:00 PM

Each year as the summer season draws to a close our team hosts our annual "Sharks vs. Barracudas" dual meet, team picnic -all family members are invited to attend, and an awards ceremony- presentation of a trophy or medal to each swimmer for participation in our program during the year of 2010.

Order forms were sent to all families via E-mail on August 14th. Additional order forms will be available in the swim box. Below is the format for the day and the expenses for each activity:

3:00 PM Warm Ups , Meet Start 3:30 PM

Dual Meet- "Sharks vs. Barracudas"- FREE

Immediately at the conclusion of dual meet

Parents vs. Swimmers Relays- Parents are invited to race in relays at the conclusion of the dual meet! FREE

Immediately at the conclusion of the Parents vs. Swimmers Relays

Team Picnic: \$15.00 per FAMILY- Menu: Fried Chicken, Rolls, Salad, Watermelon, Chips, Dessert

(Each family brings their own drinks)



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Families are welcome to pack their own picnic dinner.

Immediately at the conclusion of Team Picnic

Awards Ceremony: Participation Trophy \$8 Participation Medal \$5

Swimmers may attend the awards ceremony even if parents elect not to purchase a participation award. We will also recognize swimmers who set TEAM RECORDS, qualified for SECTIONALS, JO's, SENIOR CHAMPS, etc.

UPCOMING INVITATIONAL SCHEDULE

DAYTONA BEACH SPEED INVITATIONAL: September 10-12 in Port Orange, FL

This is always a GREAT swim meet. There is a preliminary and final format for 8U, 10U, 11&12, and

13&14 age groups. This means that all swimmers who finish in the TOP 8 in the morning preliminary races, come back in the evening to compete in finals. Senior swimmers have all timed finals in the morning. **The meet information letter is in the swim box.** Swimmers may compete in 3 individual races each day, plus relays. All entry fees are to be turned in by August 28th. ALL age groups compete in the morning session each day. Port Orange, FL is a one hour drive from Orlando.

Entry Fees for 8U, 10U, 11 & 12, 13 & 14 Age Groups:

BOTH DAYS:

ONE DAY- please indicate Sat. or Sun.

1 swimmer: \$44*

1 swimmer: \$30*

2 swimmers: \$88*

2 swimmers: \$60*

3 swimmers: \$132*

3 swimmers: \$90*

4 swimmers: \$170*

4 swimmers: \$120*

*If a swimmer would like to compete on Friday night please add \$3 for each swimmer who will be racing that night.



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Entry Fees for SENIOR Age Group swimmers:

BOTH DAYS:	ONE DAY- please indicate Sat. or Sun.
1 swimmer: \$37*	1 swimmer: \$26*
2 swimmers: \$74*	2 swimmers: \$52*
3 swimmers: \$101*	3 swimmers: \$78*
4 swimmers: \$148*	4 swimmers: \$104*

WINTER HAVEN INVITATIONAL: September 17- 19, Winter Haven, FL

This is also a wonderful swim meet! We offer back to back meets in September because our swimmers are coming off the summer season of training, and swimmers may want the opportunity to swim in both or only one of these meets. High school swimmers are also encouraged to compete in these upcoming invitationals! Also, the 6U age group swimmers have the opportunity to race in their own age group at the Winter Haven Invitational. Swimmers may compete in up to 4 individual races each day, plus relays. Senior, 13 & 14, and

11 & 12 age group swimmers compete in the morning session each day; 10U, 8U, and 6U age groups compete in the afternoon sessions each day. The meet information will be in the swim box.

Entry Fees for all age groups:

Both Days:	One Day- please indicate Sat. or Sun.
1 swimmer: \$40*	1 swimmer: \$26*
2 swimmers: \$80*	2 swimmers: \$52*
3 swimmers: \$120*	3 swimmers: \$78*
4 swimmers: \$160*	4 swimmers: \$104*
5 swimmers: \$190*	5 swimmers: \$130*

*If a swimmer would like to compete on Friday night please add \$3 for each swimmer who will be racing that night, for each event that they will be competing in.



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KINGS BAY "BOOMERS" DOWN UNDER INVITATIONAL: October 8-10, Kings Bay, GA

This is a FANTASTIC swim meet that we have attended since 1994! Kings Bay is just 30 minutes north of Jacksonville, FL- so it is a very easy 3 hour drive from Orlando. It is a great experience for our swimmers to compete against teams from another part of the southeast- and this is an excellent opportunity to do so.

6U, 8U, 10U, 11 &12, 13 &14, and Senior age groups compete in this swim meet. Please mark your calendars and plan to attend this upcoming fall invitational. Hotel and meet information will be sent to all families in the near future!

2010 LONG COURSE USA NATIONAL MASTER CHAMPION-

Congratulations to **Bryan Tatterson**, Father of Emma Tatterson (8U Girls), who has trained with our team throughout the summer months for the USA Masters Championships that were held this past week in Puerto Rico. Bryan won the 50M FY 27.80, 100M FY 1:03.40, 50M FR 25.91, and 100M FR 57.70 for his Masters age group. He also had a top 4 finish in the 200M FR 2:16.22 and the 200M FY 2:30.00- many kudos!

2010 STONE CRABS SWIM TEAM T-SHIRT

We are in the process of taking orders for our team T-Shirt. All order forms, accompanied with payment for

T-shirt (s), are to be turned in by August 28th. Order forms are in the swim box. The cost of a team T-shirt is \$10.00.

AREA 2 CHAMPIONSHIP MEET RESULTS- July 31st & August 1st

Two weeks ago 35 Stone Crabs swimmers traveled to Clermont to compete in the Area 2 Championships.

We had many outstanding swims! Congratulations to ALL of our swimmers and below are the highlights from this invitational.



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AGE GROUP HIGH POINT TROPHY

6 & Under Boys- 3rd Place- **Joseph Szul**

10 & Under Girls- 2nd Place- **Andrea Doloisio**

JUNIOR OLYMPIC QUALIFIERS

Andrew Cheslock (12) 11 &12 Boys 100Y FY 1:08.88, 400Y IM 5:32.82, 200Y FR 2:07.44,
100Y BR 1:18.67

Matthew Dewey (11) 11 & 12 Boys 50Y BR 37.22, 100Y BR 1:21.47

Andrea Doloisio (10) 10U Girls 100Y IM 1:22.02

NEW TEAM RECORDS

Andrew Cheslock (12) 11 &12 Boys 400Y IM 5:32.82, 200Y FR 2:07.44,
100Y BR 1:18.67, 200Y BK 2:27.23

Kelsee Marcus (15) Senior Women 400Y IM 5:14.08

SWIMMING AVERAGE (SA) % of personal best swims

1.000 CLUB- All personal best swims

Rowan Gass, Elisabeth Gregory, Madelyn Lopez, Aidan McDonald, Will McDonald, Sagan Simmons, Annabella Tubbs, Sofia Tubbs,

.900 CLUB- 9 out of 10 personal best swims

Andrew Cheslock, Matthew Dewey, Andrea Doloisio, Kayley Estoesta, Britain McDonald, Brian Roche,



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.800 CLUB

Madison Holbrook, Colleen Roche, Zack Smith, Hayley Teagle, Daniel Westgate, Eva Wolpert

2010 AGE GROUP NATIONAL TIME STANDARDS- swimmers who achieved national time standards, for the first time, in the following categories:

"AA"

Andrew Cheslock (12) 100Y BK 1:08.63, 100Y FR 57.83, 200Y FR 2:07.44

Kirsten Estoesta (14) 50Y FR 27.38

"A"

Andrew Cheslock (12) 100Y FY 1:08.88, 100Y BR 1:18.67, 200Y BK 2:27.23

Matthew Dewey (11) 50Y BR 37.22

Andrea Doloisio (10) 50Y FR 31.94, 100Y FR 1:10.81, 100Y BK 1:19.34, 200Y FR 2:33.74, 100Y FY 1:21.81, 100Y IM 1:22.02

Kayley Estoesta (11) 50Y FR 29.45

McKenzie Marcus (10) 200Y IM 2:54.81

Avery Warrington (16) 400Y IM 4:43.64, 100Y BR 1:08.38

"BB"

Andrew Cheslock (12) 200Y FY 2:47.32, 400Y IM 5:32.82

Matthew Dewey (11) 200Y IM 2:47.68, 100Y BR 1:21.47, 100Y IM 1:17.30

Andrea Doloisio (10) 50Y BR 46.65, 200Y IM 2:57.56, 100Y BR 1:38.93

Kayley Estoesta (11) 100Y BK 1:18.01, 200Y IM 2:43.42, 100Y BR 1:23.36, 100Y FY 1:16.09



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Alison Herlitzka (16) 200Y FR 2:10.83

Kelsee Marcus (15) 400Y IM 5:14.08

McKenzie Marcus (10) 200Y FR 2:41.31, 100Y BR 1:40.55

Aidan McDonald (10) 50Y BK 41.76

Lucy Nguyen (11) 100Y BK 1:18.21, 200Y IM 2:43.10, 100Y BR 1:23.66, 100Y FY 1:15.65

Zack Smith (15) 100Y FR 58.47, 200Y FR 2:09.47

Avery Warrington (16) 200Y BR 2:34.18

Katelyn Westgate (11) 50Y BR 38.57, 100Y BR 1:28.38

"B"

Ryan Bogdan (11) 100Y FR 1:10.55

Madison Dewey (13) 200Y FR 2:35.67

Matthew Dewey (11) 100Y FR 1:10.10 100Y BK 1:22.98, 50Y BK 38.03

Kayley Estoesta (11) 50Y BK 37.13

Kirsten Estoesta (14) 200Y BR 3:04.69, 100Y BR 1:25.27

Madison Holbrook (10) 100Y FR 1:24.88, 50Y BR 50.72

Aidan McDonald (10) 100Y BR 1:51.51

Britain McDonald (13) 50Y FR 32.76

Sagan Simmons (9) 50Y BR 51.71

Zack Smith (15) 400Y IM 5:31.17, 200Y BK 2:29.18,

Hayley Teagle (11) 100Y BK 1:26.54, 200Y FR 2:41.31, 50Y FR 32.97

Daniel Westgate (9) 200Y IM 3:25.11, 200Y FR 2:57.95,



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2010 CENTRAL SUNSHINE LEAGUE CHAMPIONSHIPS

AUGUST 14th & 15th

The 16th Annual Central Sunshine League Championships were held this past weekend at the Winter Park High School Pool. Our swimmers had great races, outstanding times, and fantastic sportsmanship! We successfully defended the League title with a record setting 1,897 points! Every member on our team contributed to this championship title- congratulations!

We would also like to extend a warm thank you to ALL of our parents for their incredible support. The meet's success is closely linked to your willingness to "step up" and donate your time, resources, and energy!

JUNIOR OLYMPIC QUALIFIERS

Andrea Doloisio (10) 10 & Under Girls 50Y FY 35.39

McKenzie Marcus (10) 10 & Under Girls 100Y FR 1:10.11, 100Y IM 1:19.28

Lucy Nguyen (11) 11 & 12 Girls 50Y FY 31.13

2010 LEAGUE RECORD BREAKERS

Avery Warrington (16) Senior Men 100Y BK 56.01, 100Y FY 56.15, 200Y IM 2:04.78

Andrew Cheslock (12) 11 & 12 Boys 50Y FY 29.79, 100Y IM 1:06.06

TEAM RECORD BREAKERS

Avery Warrington (16) 200Y IM 2:04.78

Andrew Cheslock (12) 100Y IM 1:06.06



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AGE GROUP HIGH POINT TROPHY WINNERS

1st PLACE: Carly Holadia 6U Girls, Joseph Szul 6U Boys, Harper Grabenhorst & Eva Wolpert 8U Girls,

Lukas Boaz 8U Boys, McKenzee Marcus 10U Girls, Lucy Nguyen 11 & 12 Girls,

Andrew Cheslock 11 & 12 Boys, Kelsee Marcus Senior Women,

Avery Warrington Senior Men

2nd PLACE: Madelyn Lopez 6U Girls, Hudson Grabenhorst 6U Boys, Oliver Holjes 8U Boys,

Andrea Doloisio 10U Girls, Ben Bogdan 10U Boys, Taylor Grabenhorst &

Kayley Estoesta 11 & 12 Girls, Kirsten Estoesta 13 & 14 Girls,

Sarah Tlalka Senior Women

3rd PLACE: Erika Nordlund 6U Girls, Caden Mahony 6U Boys, Julianna Snoeblen 10U Girls,

Andrew Nordlund 10U Boys, Matthew Dewey 11 & 12 Boys,

Bailey Grabenhorst 13 & 14 Girls, Jonathan Lebron 13 & 14 Boys

SWIMMING AVERAGE (SA)

1.000 CLUB: All personal best performances

Lukas Boaz, Leanna Cheslock, Ian Dunn, Rowan Gass, Elle Gindlesperger, Jason Gordiany, Ardinn Grabenhorst, Harper Grabenhorst, Taylor Grabenhorst, Billy Green, Rachel Green, Abigail Hillis, Carly Holadia, Abbigail Holjes, Oliver Holjes, Sean Lennon, Kaitlyn Leonard, Caden Mahony, McKenzee Marcus, Morgan Massari, Rachel Moss, Lucy Nguyen, Alex Noegel, Andrew Nordlund, Erika Nordlund,

Brian Roche, Jack Roche, Trinity Simmons, Julianna Snoeblen, Emma Tatterson, Amanda Weinstein, Channah Weinstein, Daniel Westgate



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Kayley Estoesta, Alessandra Fable, Abigail Gordiany, Bailey Grabenhorst, Hudson Grabenhorst, Madison Holbrook, Emily Lennon, Tommy Lennon, Colleen Roche, Sagan Simmons, Zack Smith, Joseph Szul,

Hayley Teagle, Sofia Tubbs,

AGE GROUP NATIONAL STANDARDS- the following swimmers have earned national reportable time in the following categories for the first time:

"AA"

McKenzie Marcus (10) 50 BK 36.10, 50 FY 34.60

Andrew Cheslock (12) 100Y IM 1:06.06

"A"

Andrea Doloisio (10) 50Y BK 36.84, 50Y FY 35.39

Kayley Estoesta (11) 100Y FR 1:02.90, 100Y IM 1:12.50

Abigail Gordiany (13) 50Y FR 28.69

Taylor Grabenhorst (12) 50Y FR 28.84, 100Y IM 1:13.55

McKenzee Marcus (10) 100Y FR 1:10.11, 100Y IM 1:19.28

Lucy Nguyen (11) 50Y FR 28.71, 100Y FR 1:02.89, 50Y FY 31.13, 100Y IM 1:13.25

"BB"

Ben Bogdan (10) 50Y BK 42.75

Kayley Estoesta (11) 50 FY 33.22

Abigail Gordiany (13) 100 BR 1:21.15, 100Y FY 1:11.73, 200Y IM 2:35.72

Ardinn Grabenhorst (11) 50Y FR 31.25



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Bailey Grabenhorst (14) 100Y FR 1:03.79, 50Y FR 28.88, 100Y FY 1:08.89, 200Y IM 2:33.60

Taylor Grabenhorst (12) 1:03.80, 100Y IM 1:13.55

Madison Holbrook (10) 50Y FY 38.61, 50Y FR 35.31

Emily Lennon (9) 50Y BK 39.27, 100Y IM 1:32.80

Zack Smith (15) 100Y FR 57.96

Julianna Snoeblen (10) 50Y FR 33.94, 50Y BR 42.64, 100Y FR 1:16.71, 50Y FY 39.00

100Y IM 1:25.78

Daniel Westgate (9) 50Y BK 43.45, 100Y IM 1:27.91

"B"

Ben Bogdan (9) 100Y FR 1:25.55

Ryan Bogdan (11) 50Y BK 38.05

Madison Dewey (13) 200Y IM 2:50.01

Rowan Gass (13) 50Y FR 33.13

Jason Gordiany (10) 50Y BR 53.93

Ardinn Grabenhorst (11) 100Y FR 1:13.35

Kayla Green (12) 50Y BK 39.37

Madison Holbrook (10) 100Y IM 1:36.60

Emily Lennon (9) 100Y FR 1:22.43

Sean Lennon (11) 50Y BR 43.31

Tommy Lennon (12) 50Y FR 33.24, 50Y BK 37.10

Andrew Nordlund (10) 50Y BR 53.34, 50Y BK 48.39

Sagan Simmons (9) 50Y FR 38.57, 50Y BR 49.57, 50Y BK 47.67

Zack Smith (15) 100Y BK 1:07.64, 200Y IM 2:29.64



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Abby Sullivan (13) 100Y FY 1:17.11

Hayley Teagle (11) 100Y IM 1:23.55