



# 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

## JUNE 25<sup>th</sup>, 2010 NEWSLETTER

The month of June has “flown by”! Next week we will have all our practices at the Winter Park High School Pool- Monday, Tuesday and Thursday- 9:50 AM to 12:20 PM. However, at Stoneybrook, we will only hold practices on this upcoming Monday and Tuesday -PreTeam 5:45 PM to 6:15 PM, Swim Team 6:15 PM to 7:15 PM. We will take a “4<sup>th</sup> of July break” through JULY 5<sup>th</sup>. All practices at all locations will resume on Tuesday, July 5<sup>th</sup>! We hope that everyone has a fun, relaxing, and safe holiday- Happy 4<sup>th</sup> of July!

We had our first dual meet of the season this past Wednesday at Tuscailla Country Club- we had a terrific turn out for the swim meet- and all of our swimmers had GREAT races! Wonderful sportsmanship- and lots of team support – thank you to all of our swimmers and parents for being so positive and supportive!

We have been to three invitationals during the month of June. Our swimmers who have participated in these various meets have done very well. Regardless of whether our swimmers post a personal best time, I am always so proud of their individual accomplishments!

A Personal Note to ALL Stone Crabs swimmers:

Sometimes the goals that are the hardest to achieve are the ones that we relish the most once they have been accomplished. Additionally, sometimes our goals can be elusive, but do not “give up” – it is during these “plateaus” that each swimmer has to continue to train well in order to reach the next level! We will continue to work hard to prepare for continued and future successes in the pool. I am confident that with determination, discipline, dedication to attending practices, and enthusiasm, our swimmers will achieve the goals that they have set for themselves!

### Lightning Invitational Summary

Last weekend we traveled to Largo, FL to compete in the “West Florida Lightning Invitational”. Our swimmers had outstanding swims, and several “firsts” were accomplished!!

Highlights:

2010 LC Junior Olympic Qualifiers- Kudos to-

Matthew Dewey (11) 50M BR 42.00

Andrea Cheslock (12) 400M FR 5:19.70

1.000 CLUB- All personal Best times in individual races

Kaitlyn Leonard, Yelitza Tavaréz

AGE GROUP NATIONAL REPORTABLE TIMES (times that have been achieved for the first  
Time is the specific category)

“AAA”

Andrew Cheslock (12) 50M FR 29.55



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Avery Warrington (16) 50M FR 26.15

“AA”

Andrew Cheslock (12) 50M FY 33.99\* New Team Record, 100M BK 1:18.04

Avery Warrington (16) 100M BK 1:0686

“A”

Mathew Dewey (11) 50M BR 42.00

Avery Warrington (16) 100M FY 1:06.11

“BB”

Mathew Dewey (11) 50M FR 34.01

Madison Holbrook (10) 50M FY 42.90

Avery Warrington (16) 1500M FR (1<sup>st</sup> time to compete this event!) 20:10.44,

200M FR 2:10.23

“B”

Mathew Dewey (11) 100M FR 1:18.24, 50M BK 45.69

Madison Holbrook (10) 100M BR 2:09.06

Yelitza Tavarez (12) 50M FR 37.30

Hayley Teagle (11) 50M FY 41.89

Sarah Tlalka (15) 200M BK 3:04.25, 100M BK 1:25.94

## SUNSHINE STATE GAMES

Our team competed at the Sunshine State Games in Gainesville, FL the weekend of June 11- 13. Our swimmers came to race- and although we are in the midst of training hard and just getting our morning workouts underway- we had some very strong swims!

### TOP PERFORMANCES:

#### 1.000 CLUB

Aidan McDonald, Will McDonald, Britain McDonald, Andrew Nordlund, Eva Wolpert

#### .875 CLUB

Andrew Cheslock, Mathew Dewey, Abigail Gordiany, Daniel Westgate,

### TOP 8 FINISHES

#### GOLD MEDAL:

Andrew Cheslock- 100M BK, 400M IM

#### SILVER MEDAL

Andrew Cheslock- 100M FR, 200M FR

Andrea Doloisio- 200M IM



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## BRONZE MEDAL

Andrew Cheslock- 400M FR

Matthew Dewey- 50M BR, 100M BR

Andrea Doloisio- 100M BK

Daniel Westgate- 50M BR, 100M BR

Eva Wolpert- 50M BR, 50M FY

## 4<sup>th</sup> PLACE

Andrea Doloisio- 100M FY

Alison Herlitzka- 100M BR

Daniel Westgate- 400M FR

Eva Wolpert- 50M BK

## 5<sup>th</sup> PLACE

Matthew Dewey – 100M FY, 100M FR

Andrea Doloisio- 50M FR, 50M BK

Kayley Estoesta- 100M FY

Abigail Gordiany- 20M FY

Lucy Nguyen – 100M BR

## 6<sup>th</sup> PLACE

Matthew Dewey- 50M FR, 50M FY

Andrea Doloisio- 50M FY,

Kayley Estoesta- 100M BR

Kirsten Estoesta (14) 200M FY

Lucy Nguyen – 50M FR

Daniel Westgate- 200M IM

Katelyn Westgate- 400M FR, 50M BR

Eva Wolpert- 50M FR

## 7<sup>th</sup> PLACE

Matthew Dewey- 200M FR

Andrea Doloisio- 100M FR

Kayla Estoesta- 100M BK

Abigail Gordiany- 100M BR

Lucy Nguyen – 50M BR

Abby Sullivan- 200M FR, 200M BK, 200M FY

Katelyn Westgate- 100M BR

## 8<sup>th</sup> PLACE

Andrea Doloisio- 50M BR

Abigail Gordiany- 100M FY, 200M BR

Alison Herlitzka- 200M IM

Lucy Nguyen – 200M IM, 100M FR

AGE GROUP NATIONAL REPORTABLE TIMES- swimmers that have achieved the below categories for the FIRST time



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## “AA”

Andrew Cheslock (12) 200M IM 2:49.00

## “A”

Andrew Cheslock (12) 400M FR 5:19.70, 400M IM 6:17.25

Alison Herlitzka (16) 100M FY 1:14.17

Lucy Nguyen (11) 50M FR 33.25

Daniel Westgate (9) 50M BR 47.13

## “BB”

Matthew Dewey (11) 100M BR 1:35.30

Andrea Doloisio (10) 50M BK 46.28, 100M FR 1:24.20

Kayley Estoesta (11) 100M FY 1:29.02

Kirsten Estoesta (14) 100M FR 1:13.58

Abigail Gordiany (13) 400M IM 6:24.34, 200M IM 3:02.99, 50M FR 34.29

Alison Herlitzka (16) 200M IM 2:49.82

Lucy Nguyen (11) 50M FY 38.52, 200M IM 3:06.82

Daniel Westgate (9) 100M BR 1:46.26

Katelyn Westgate (11) 50M BR 45.35

## “B”

Kayley Estoesta (11) 100M BK 1:34.95

Kirsten Estoesta (14) 200M FY 3:18.20, 200M BR 3:36.88

Abigail Gordiany (13) 400M FR 5:44.89, 100M FY 1:25.18, 100M BR 1:38.18, 200M BR 3:29.45,

Aidan McDonald (10) 50M FR 44.16, 50M BK 51.44, 50M BR 1:00.67

Britain McDonald (13) 50M FR 37.00

Abby Sullivan (13) 200M FR 2:52.31, 200M FY 3:26.09

Daniel Westgate (9) 50M FR 41.90, 50M FY 51.02, 200M IM 3:51.81, 100M FR 1:37.78

Katelyn Westgate (11) 400M FR 6:24.35, 50M FR 38.42

Eva Wolpert (7) 50M FY 52.18, 50M BR 1:00.88

## SEMINOLE AQUATICS INVITATIONAL WRAP UP

The first Saturday in June- 34 swimmers from our club competed in the Seminole Aquatics Invitational in Sanford, FL. This was a short course (25Y), one session meet, which afforded all of our swimmers a chance to see each other race- regardless of the age group! We had some GREAT swims- congratulations to everyone!

## OUTSTANDING ACCOMPLISHMENTS

### 1.000 CLUB

Ian Dunn, Elisabeth Gregory, Madison Holbrook, Patrick Lang, Rachel Hupfer, Madelyn Lopez, Andrew Nordlund, Colleen Roche, Bella Spence, Eva Wolpert

### .750 CLUB



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Lukas Boaz, Andrew Cheslock, Kayley Estoesta, Hudson Grabenhorst, Tommy Lennon, Joseph Szul, Hayley Teagle, Katelyn Westgate,

## TOP 6 FINISH

### 1<sup>st</sup> PLACE

Andrew Cheslock 50Y FR, 100Y IM

Daniel Westgate 50Y BR

### 2<sup>nd</sup> PLACE

Taylor Grabenhorst 50M BR

Elisabeth Gregory 25Y FY, 25Y BK

Joseph Szul 25Y FY

### 3<sup>rd</sup> PLACE

Andrew Cheslock 50Y BK

Lucy Nguyen 100Y IM

Bella Spence 25Y FY

Joseph Szul 25Y BK

### 4<sup>th</sup> PLACE

Andrew Cheslock 50Y FY

Matthew Dewey 50Y BR

Andrea Doloisio 100Y IM

Hudson Grabenhorst 25Y FR

Taylor Grabenhorst 100Y IM

Elisabeth Gregory 25Y FR

Bella Spence 25Y BK

### 5<sup>th</sup> PLACE

Kayley Estoesta 50Y BR, 100Y IM

Joseph Szul 25Y FR

### 6<sup>th</sup> PLACE

Andrea Doloisio 50Y FR, 50Y FY

Hudson Grabenhorst 25Y BR, 25Y FY

Emily Lennon 50Y BK

Lucy Nguyen 50Y BR

Eva Wolpert 25Y BR

NATIONAL AGE GROUP REPORTABLE TIMES- times achieved for the FIRST time in the below listed categories

“AA”

Andrew Cheslock (12) 50Y BK 31.68, 50Y FR 26.66

Daniel Westgate (9) 50Y BR 39.98



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“A”

Andrew Cheslock (12) 50Y FY 30.68

“BB”

KATELYN WESTGATE 50Y BR 40.55

Kayley Estoesta 50Y FR 29.98

“B”

Madison Holbrook 50Y BR 52.35, 50Y FR 38.75, 100Y IM 1:41.62

Tommy Lennon 50Y BK 38.77

Zack Smith 100Y BK 1:10.03, 100Y BR 1:20.48

Hayley Teagle 50Y FY 37.43

Katelyn Westgate 100Y BR 1:30.40