

## **Waves Roll into Saratoga**

Fifteen swimmers from the Lake Champlain Waves competed in the December Super Splash swim meet at Skidmore College in Saratoga Springs, NY on December 5 & 6, 2009. The group recorded 29 personal bests and took home one first, one second, and two third place honors. Daniel McGovern, Sierra Cotrona, Henry McCormick, and Benjamin Ford were standout performers for the Waves.

Daniel McGovern took a first place finish in the 200-Yard Butterfly (Fly) with a personal best time of 2:18.35. That was 3.52 seconds faster than his previous best. His performance in the 200-Yard Backstroke (Back) was 2.03 seconds faster than he's gone before, and it earned him a third place finish. McGovern also had a seventh place finish in the 100-Yard Freestyle (Free) with another personal best of 56.41. McGovern competed in the Boy's 15 & Older division and scored 48 points for the Waves.

Sierra Cotrona, swimming in the girl's 15 & Older division, took a second place finish in the 200-Yard Breaststroke (Breast) with a personal best time of 2:43.90. She placed third in the 100-Yard Free with a personal best time of 58.43. Her time of 2:34.16 in the 200-Yard Back earned her a fifth place finish and was 9.64 seconds faster than her previous best in that event. Cotrona scored 47 points for her team.

Henry McCormick competed in six events in the Boy's 13-14 year old division racking up 62 points. He placed sixth in the 50-Yard Fly in 29.84 and eighth in the 200-Yard Breast in 2:54.57. McCormick also took eighth place finishes in the 100-Yard Free with a personal best time of 59.92, and 200-Yard Individual Medley (IM) in 2:27.29, knocking an impressive 17.18 seconds off his personal best. He swam the 50-Yard Free in a personal best 27.09, taking ninth place. McCormick also competed in the 50-Yard Breast, taking tenth place with a time of 37.41.

Benjamin Ford competed in the Boy's 15 & Older division. He took fourth place in the 200-Yard Back with a time of 2:21.19, improving his best in that event by 7.57 seconds. He took fifth place in the 200-Yard Breast in 2:45.44. Ford's time of 57.72 in the 100-yard Free was a personal best and it earned him eighth place. He also swam in the 1000-Yard Free in a time of 11:30.73. Ford contributed 44 points for the Waves.

Brook Kelley placed fifth in the 50-Yard Breast with a personal best time of 42.46, knocking 2.57 seconds off her time. She placed tenth in the 50-Yard Fly with a time 39.56, and twelfth in the 50-Yard Free in a time 34.89. Both of these times were also personal bests. Kelley swam in the Girl's 10 & under division and scored 26 points.

Taylor Hall swam in five events in the Girl's 15 & Older division. She picked up an eighth place finish in the 200-Yard Back with a time of 2:38.61. Hall swam in the 200-Yard Breast in 3:08.46, which earned her tenth place. Her efforts in the 100-Yard Free in 1:05.33, and a personal best of 34.29 in the 50-Yard Back earned her two twelfth place ribbons. Hall's time of 32.18 in the 50-Yard Fly was 3.58 seconds faster than her previous best, and was good for a fifteenth place finish. She also swam in the 50-Yard Breast in 41.10, and the 50-Yard Free in 30.10. Hall finished the meet with 30 points.

Hamzah Qudsi took a ninth place finish in the 200-Yard Back in a time of 2:39.00. He also took twelfth place in the 100-Yard Free with a personal best time of 1:02.50. Qudsi competed in the Boy's 13-14 year old division and scored 14 points.

Alexis Kelley, swimming in the Girl's 11-12 Year Old division, placed ninth in the 50-yard Breast, with a personal best time of 37.48. That time was 5.64 seconds faster than her previous best. Kelley took fifteenth place in the 50-yard Free with a personal

best of 28.96. She also swam in the 50-Yard Fly in a time of 32.65. Kelley scored eleven points for the Waves.

Rebecca Brown placed fourteenth in the 100-Yard Free in a personal best time of 1.07.52. She also swam in her first 1000-Yard Free with a time 13.16.11. Brown also swam in the 200-Yard Back in 3.06.27. Swimming in the Girl's 15 & Older division, she scored three points with her efforts in the 100-Yard Free.

Zackary Raymond competed in the Boy's 10 & Under division. He took a fifteenth place finish in the 100-Yard Free with a personal best time of 1.30.08. Raymond knocked 3.28 seconds off his best time in the 50-Yard Fly, in a time of 53.02. He also swam in the 50-Yard Back in 48.18, the 50-Yard Breast in 1.07.97, and the 100-Yard back in 1.47.69. Raymond's effort in the 50-Yard Free was good for a personal best time of 38.57. He scored two points for the Waves.

Spencer Hall kept busy, swimming in eight events in the Boy's 13-14 Year Old division. Competing in the 200-Yard Breast, his time of 3.22.76 was 6.84 seconds faster than his previous best. Hall recorded another personal best in the 100-yard Free with a time of 1.12.58. He also swam in the 200-Yard IM in 3.00.18, the 200-Yard Back in 3.07.81, the 50-Yard Back in 39.90, the 50-Yard Fly in 38.96, the 50-Yard Breast in 45.30, and the 50-Yard Free in 32.82.

This was Emily McCormick's first meet. She swam in the Girl's 10 & Under division, competing in five events. She swam in the 100-Yard Free in a time of 1.31.30, the 100-Yard Back in 1.54.25, and the 50-Yard Free in 40.04. McCormick also swam in the 50-Yard Back and the 50-Yard Fly.

This was also Mary Barkla's first meet as a Wave. She swam in the 200-Yard Back in a time of 2.42.90, the 200-Yard IM in 3.14.47, and the 100-Yard Free in 1.15.28. Barkla competed in the Girl's 13-14 Year Old division.

Stella Boolukos-Brinker competed in the Girl's 11 & Over division. Her time of 1.13.88 in the 100-Yard Free was a 3.45 second improvement of her previous best. Boolukos-Brinker also swam in the 200-Yard Back in 2.55.32, and the 200-Yard IM in 3.14.47.

Haani Qudsi improved his time in the 100-Yard Free by a whopping 10.68 seconds. His time was 1.17.53 in that event. His efforts in the 50-Yard Back and the 50-Yard Free were also personal bests. Qudsi swam the 50-Yard Back in 42.09 and the 50-Yard Free in 34.78. He also competed in the 50-Yard Breast in a time of 51.92. Qudsi swam in the Boy's 11-12 Year Old division.