

Waves swim at Gold Championship

The Lake Champlain Waves sent eleven swimmers to the Gold Championship meet at RPI in Troy NY. The event was held on Friday, March 20 through Sunday March 22, 2009. Throughout the season, sixteen of the Waves swimmers managed to qualify for the championship meet by meeting or exceeding time standards for each event. This is the pinnacle event for the USA Swimming season, and the competition was fierce.

This was the final USA Swimming meet for Hannah Saiz and Simone Arvisais-Anhalt. The two Plattsburgh High seniors have swum together as teammates for Plattsburgh High and the Lake Champlain Waves for the last four years. Together they have been a dominating force in the local girl's swimming scene.

Saiz swam in nine individual events and three relays finishing in fourth place in the Senior Girls division. She earned 132 points for the Waves. Saiz turned in several exceptional performances. Her efforts in the 200-yard Freestyle and the 200-yard Butterfly earned her a second place finish in each event; She finished third in both the 500-yard Freestyle and the 100-yard Butterfly; Saiz also managed two fifth place finishes: one in the 400-yard Individual Medley (IM) and one in the 500-yard Freestyle. She also placed seventh in the 200-yard IM and in the 50-yard Freestyle. She improved her personal best times in the 200 IM and the 500 Free.

Arvisias-Anhalt placed fifth in the 200-yard Breaststroke, Seventh in the 100-yard Butterfly and ninth in the 100-yard Breaststroke. She managed to improve her best times in the 100-Fly by 2.52 seconds and the 50-yard Free by .22 second. She swam in eight individual events and three relays and racked up 31 points for her efforts.

Stella Boolukos-Brinker, swimming in the 9-10 year-old Girls division, picked up a seventh place finish in the 100-yard Backstroke and improving her time by 4.45 seconds. She also

recorded a personal best time in the 50-yard Freestyle by improving her previous best by 0.65 second. Boolukos-Brinker swam in two events and scored 12 points.

Sierra Cotrona swam in six individual events plus three relays. She finished fifteenth in the 200-yard Breaststroke and scored two points for the Waves. Cotrona improved her times in the 200-yard IM by 1.90 seconds and the 100-yard Freestyle by 1.00 second. She swam in the 13-14 year old Girls division.

Brittany Friedrich, in her first year as a Wave, picked up a sixteenth place finish in the 100-yard Breaststroke. Swimming in the Senior Girls division, she improved her time in this event by 2.96 seconds. Friedrich also swam in the 200-yard Free Relay.

Kenneth Hausrath, swimming in the 11-12 year old Boys division, swam in two events. His time of 30.11 in the 50-yard Freestyle was 0.78 second faster than his previous best and earned him an 18th place finish. Hausrath also swam well in the 50-yard Breaststroke.

Daniel McGovern swam in eight events in the Senior Boys division. He was able to improve his times in five of those events. McGovern improved his time in the 200-yard IM by 2.04 seconds, the 50-yard Freestyle by 0.19 second, the 100-yard Fly by 1.13 seconds, the 200-yard Back by 2.02 seconds and the 200-yard Free by 1.38 seconds.

Niki Rogers, swimming in her first year as a WAVE, managed to qualify for two events in this championship meet. She swam in the 50-yard Breaststroke, improving her time by 2.18 seconds, and the 50-yard backstroke, besting that time by 2.73 seconds. Rogers competed in the 9-10 year old Girls division.

Taylor Hall competed in three individual events in the 13-14 year old Girl's division. She also swam in the 400-yard Medley Relay. Hall improved her times in the 200-yard IM by 1.50 seconds.

Molly Wilkins swam in two events in the Senior Girls division. She swam in the 200-yard Backstroke and the 100-yard

Freestyle. This is Wilkins fourth consecutive appearance at the Golds Championship meet.

Caitlin Houle, also competing in the Senior Girls division, swam in three individual events and one relay. She improved her time in the 200-yard Backstroke by 2.23 seconds.

The WAVES were able to put together three relay teams to compete in the Senior Girls division. Several of the younger girls moved up the senior division to compete in these events. The 400-yard Free relay team of Arvisais-Anhalt, Cotrona, Houle, and Saiz finished sixth; The 400-yard Medley relay team of Hall, Arvisais-Anhalt, Saiz and Cotrona finished sixth; The 200-yard Free relay of Arvisais-Anhalt, Friedrich, Cotrona and Saiz recorded a seventh place finish.

The Lake Champlain Waves practice Monday- Friday at Plattsburgh State's Memorial Hall pool. You can learn more about the Waves by visiting their website at lcwaves.org.