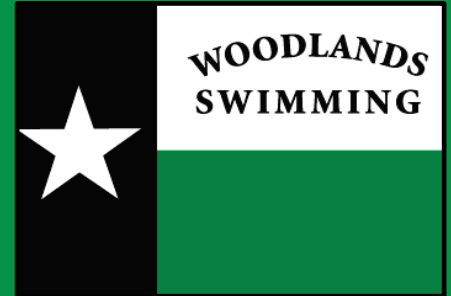


The Woodlands Swim Team Newsletter – July/August



See page 3 for the
winning name!



A winning tradition, both in
and out of the water.



Long Course 2014 has been one to remember, and it's not even over!

Busy season

Who would have thought at the beginning of the long course season that two world records would be set at the TWST Senior Invitational meet, and that TWST and the Woodlands Masters Swim Team (WMST) would be partnering up to bring the 2016 U.S. Olympic Trials pool to The Woodlands? A few might have known the pieces were in place for these events to happen, but for someone to know they would play out like this, would be a stretch.

Let's not forget all the great events around team operations such as meets, travel trips, graduating seniors, training and other day-to-day happenings with our athletes and membership. It has certainly been a long course season to remember, and it's not even over yet.

In this edition of the newsletter, we hope to shed more light on many of season's special events and to build off of expectations we set in the last newsletter, including announcing the winning name (and winner) of our contest to name this newsletter.

Thank you!

But first we want to say, "Thank you!" The support and feedback for the first edition of the newsletter has been fantastic. People have provided great feedback, contributions and a helping hand. Participation in our

name contest is just one measure of your involvement, as we received more than 80 entries. We never saw that coming.

Newsletter schedule is bimonthly

It's been a few months since our last newsletter, which makes this one a long (but hopefully enjoyable) read. Our aim is to send these out on a bimonthly schedule. We'll get there. One of the many things we have learned, there's no problem finding content to fill this newsletter up. We have even left content out this time for the next one.

Enjoy the summer and see you at the end of August

Enjoy the rest of your summer, and best of luck to all of the athletes still competing. The team returns to the pool on August 20th with optional practices. Watch for team e-mails for more information.

Newsletter Team

newsletter@itwst.org

Inside!

Several long course meet reports, a spotlight on nutrition, an introduction to Coach Shana, the winning entry our contest to name the newsletter, a birthday surprise, more details on the effort to bring the 2016 U.S. Olympic Trial coming to The Woodlands, USA Swimming's motivational times and more.

Coach Tim's Birthday Surprise!

We don't think Coach Tim expected the 50th birthday party the athletes from the National, Gold and Silver group threw him in early July. He was surprised and, well, happy about it.

The athletes, who had a little help from Wendy Neff, wore black armbands, marked with "50," during practice to signify the passing of Coach Tim's forties. Aren't they a cheeky bunch? After practice, the athletes presented Coach Tim with a gift (a smoker grill, which left him momentarily speechless, as he always wanted one), sang a hearty Happy Birthday and enjoyed birthday pizza.



Happy Birthday, Coach Tim! You're young with a hip necklace (see picture below) and a bright future ahead of you. You also have lots of other aquatic animals, who live past the



age of 50, to keep you company, including: the Ocean Quohog (300+ years), the Bowhead Whale (200+ years), the Aldabra Giant Tortoise (150+ years), Koi (200+ years), Geoduck (160+ years), Sturgeon (100+ years), Orange Roughy (100+ years), Freshwater Pearl Mussel (200+ years), and the Red Sea Urchin (180+ years).

Photos courtesy of Heidi Legendre

Ledecky Conquers the CISD Natatorium in June at TWST Senior Invitational

Sets 1500m freestyle and 800m freestyle world records at 15:34.23 and 8:11.00

For a few days in June (19-22), the swimming world looked closely at our team and the CISD Natatorium, as Katie Ledecky set two world records at the TWST Senior Invitational meet.



What a treat for all of us to see not only an Olympic Gold medalist bring her best to our meet, but also to see the attention the meet received in swimming and mainstream publications from around the U.S. and the world.

A few TWST athletes had a front-row seat to Ledecky's world records. Despite being broken down and carrying the weight of heavy in-season training, Kelsey Vetalice and Payton Neff put in solid performances, as they swam in Ledecky's record-breaking heats.

Missed seeing Katie swim?

In case you missed it, click this [link](#) to see Ledecky's world-record 800m swim, which is hosted by SwimSwam. The race video is compliments of TWST's Nordmann family.

You can also revisit the many media stories on Ledecky's accomplishments by visiting the TWST Facebook site and Tweets.

TWST coaches and meet organizers are proud of all TWST and visiting athletes for giving Katie the space and privacy she needed to focus on her races and to also enjoy the time she spent with her Nation's Capital Swim Club (NCAP) teammates. It was acknowledged and appreciated by her and her coach, Bruce Gemmill.

The Contest to Name our Newsletter has a Winner

Okay, you did it. We received 85 entries for our contest. Thank you. Some of the suggested names were submitted by multiple people, meaning they must be the best ones – right? There were lots to choose from. Some make us laugh, some sparkle with cleverness, and all of them are appreciated by us. Here are the entries we received:

TWST Life	TWSTY Talk	The Flutter
The Cap From The NAT	Splash Zone	Kick
TWST Off The Ol' Block	THE TWST TWIBUNE	The Zone
Back In The Swim Of Things	Off the Block	The Stroke
The Up and Out	TWSTed News	Make your Mark
Record Times	Notes from the Pool	TWST & Shout Newsletter
Down The Lane	Green & Black Gazette	TWSTers Swim Monthly
Off The Block	The W	TWST Happenings
The Splash'n Scoop	The Green Tide	TWST Life Magazine
Flotsam and Jetsam	Chlorine & Nylon Daily	Monthly TWST Newsletter
TWST'ED Swimmer	Compression Times	TWST Journal
TWST n' Turns	Tapered N Shaved Review	Tradition Edition
All of our TWST News	Champs Gazette	Go Green Gazette
News with a TWST	B&B Report	TWST'd Tales
Journal(tw)ist	Split Second Review	The Triumph or The TWST Triumph
TWST Straight Talk	Paceclock	TWST Lane Lines
TWST Talk	Record Pace Report	The Butter Flier
TWST Express	The Woodlands Times	The Lane Rope
TWST Telegraph	Twst and Shout Out	The Woodlands Dive
TWST Voice	Makin' Waves	TWST - O - Gram
TWST Truth	News with a TWST	TWSTaGram
TWST Reporter	The Swimmeret	TWSTWorthy
News Wave	The Swimmingly	(The) TWST of the Town
News Splash	Swim In	TWSTette
Water Signals	Twst Now	Between the Lanes
TWST Puddles	TNL - (Twst Newsletter)	
The monthly news stream	FLY Times	
iSplash	The Deep Blue	
THE TWST TWIBUNE	Splash Zone	
Good Times	The Racer	
Make Waves	Swim Tales	

And the winner is...

TWSTed News, submitted by Blanca Chow Hickman.

How did we select?

We gave the TWST Board all of the submitted entries (without the name of those who submitted them) and asked them to choose the entry that best represents TWST.

Winner's prize?

It's not just bragging rights, and, hopefully, an extra bounce in Blanca's step, knowing that we think she's clever.

The TWST Board donated a \$50 shopwithscrip.com gift card to thank Blanca for her winning entry.

(Editor. Thank you, TWST Board, for your support.)

What's next?

Now that we have a name, we need a banner. We will roll it out in the next newsletter.

Our Art Department is hard at work thinking of something that does the winning name justice.



A Goodbye Tribute to our Seniors Coming Soon

Several young women and men are leaving TWST for their next step in life.

We are recognizing them with a special feature publication, which we will roll out in the next few weeks. Depending

who you are, you might have watched them grow up, grew up with them, or looked up to them.

Even if you don't know them, there is that connection with swimming. Watch for it, and we hope you enjoy it.

Bringing the 2016 U.S. Olympic Trials Pool to The Woodlands

After a few weeks of some exciting build-up, we all know that TWST and the Woodlands Master Swim Team ([WMST](#)) are working together to bring the 2016 U.S. Olympic Trials Pool to The Woodlands. The two teams have already put a large refundable deposit down on the [Myrtha](#) pool, and they have until April 30, 2015 to pay the remainder of the balance.



What's wrong with the Nat' and the community pools?

Nothing. The Nat' is a fantastic facility that will continue to fill TWST's and WMST's training and competition needs. However, as our teams and the larger aquatics community grow in the area, there will be even more demand for training space and time.

The modular pool will be disassembled after the trials and shipped to The Woodlands during July with a goal of having it installed and operational by Fall 2016. Bringing the 2016 U.S. Olympic Trials Pool will enable the teams to take control of our water and provide the unique opportunities that a world-class pool can bring.

Work to do

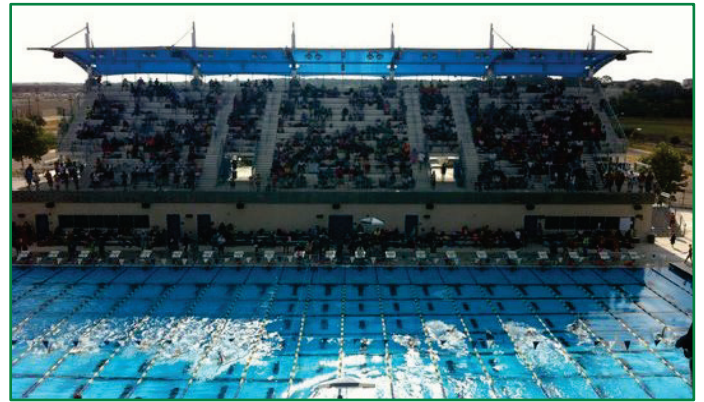
In order to deliver on the goal of bringing the 2016 Olympic Trial pool to our neighborhood, there are a number of tasks that have to be accomplished. Chief among them are finding an operator, who can provide a location, and raising the necessary funds to the pay the balance. An eight-person committee is steering the effort and activities around these deliverables.

What can you do?

Any help you can provide is greatly appreciated. If you want to make a donation, lend a helping hand, or share your ideas, then contact a committee member (see adjacent column). They will also be setting up a formal communication channel to make it easy for you to engage them.

The committee meets every Monday evening to coordinate work and address issues. They are happy to

hear from you. Below are the names of the committee members, their TWST and WMST role, and a contact e-mail address for them.



The NISD Natatorium in San Antonio, home of the 2013 SCY Texas Age Group Swimming (TAGS) Championships, is a Myrtha Pool.

Committee

Tim Bauer, TWST CEO and Head Coach (tmbswim@aol.com)
Tom Boak, past WMST President, (tboakjr@comcast.net)
Steve White, WMST President (steve.white1650@yahoo.com)
Jack Legendre, TWST President (jack.legendre@capitalone.com)
Robert Fields, TWST Vice President (rpf@patrinely.com)
Pat Norris, past TWST President (patnorris@me.com)
Todd Bryant, TWST parent (todd.bryant@sbkbenefits.com)
Ronnie Montgomery, TWST parent (ronnie@jsoilgas.com)

Basic pool specs

50 meters long, 26 meters (10 lanes) wide, 2.5 meters deep.
Purchase of the pool includes: a state-of-the-art filtration equipment, a UV system, and starting blocks with the new backstroke wedge.

A Notable Quote...

"Oh, no," Franklin immediately replied, breaking into a laugh. "She's breaking world records in Texas."

— Missy Franklin's response to a reporter, who mentioned Katie Ledecky at press conference during the Santa Clara Grand Prix meet in June. Click [here](#) for the full story.

Coaching Spotlight: Shana Trabona

As Head Age Group Coach, Shana oversees all of TWST's 14-and-under Age Groups. She is currently lead coach



for the Shark and Green groups and manages attendance and grading for early-release, junior high students.

Shana has been coaching TWST swimmers for 18 years, 14 as Head Age Group coach. Prior to TWST, Shana

coached for ATEX here in the Gulf Region and Bengal Aquatics in Baton Rouge. Her coaching tenure spans more than 28 years, which includes these successes:

- ☑ Voted Gulf Age Group Coach of the Year (2011 & 2013)
- ☑ Voted Texas Age Group Coach of the Year three times, most recently in 2007
- ☑ Named Gulf Region Coach of the Year twice, most recently in 2007
- ☑ Developed numerous age groupers to Gulf, TAGS and National Records.

Shana began her swimming career when she was 11, swimming for a brief stint at DADs in Houston, and then for a few years in Louisiana until she took a break to concentrate on horseback riding (was a professional Barrel Racer). It wasn't long before she got back in the water and fell in love with the sport again while in high school. There she held Louisiana High School swimming records in the 50 free and 200 IM, and qualified for Junior Nationals in fly, back and free.

She continued swimming in college at LSU and was on a NCAA qualifying relay.

Shana and her husband, Tommy, have three sons who

were all active in swimming. Trent was a swimmer (Olympic trial qualifier in the 100 fly) and a coach with TWST. Trohn was a Junior National qualifier in six events and holds the 100/200 breaststroke records at Delta State in Mississippi. Her youngest son, Trey, swam with TWST and College Park HS and is now a U.S. Marine.

When not coaching, Shana enjoys scrap booking, sweets, hunting for a great bargain, and is delighted to share the details of the time she was bitten by a copperhead!

More about Coach Shana

USA Swimming wrote about Coach Shana in *their Coaches You Should Know* feature in July. Click this [link](#) to read it.

GETTING TO KNOW COACH SHANA

WHAT IS YOUR "SIGN"? I am a Libra with an October birthday.

WHAT IS YOUR FAVORITE COLOR? **Pink** (*Editor. We wonder if she likes the pink kneeskins we are seeing a lot of these days?*).

WHAT IS YOUR FAVORITE MEAL? Crawfish etouffee, boiled crawfish. I can't decide - basically crawfish!

WHY DO YOU COACH? Well, I am just a tiny bit competitive! My dad was a football coach at Spring Branch High School, and I guess it is in my blood. I hate to lose, but it's not always about winning or losing. I enjoy teaching my love for the sport to others. I love helping young swimmers achieve their goals both in swimming and in life. I also love watching young swimmers grow, mature and become young adults. I feel that with some of them I make an important impact in their lives.

DO YOU HAVE A FAVORITE COACHING MOMENT?

Probably one of my favorite coaching moments was in the mid-90s. I had several amazing 9-10-year-old boys and I never allowed them to swim together as a relay until TAGS. All year long the TWST boy relays were coming in a distance 3rd, 4th or 5th. At TAGS, they all swam the relay together, coming in 1st and 2nd and the boys from the other Gulf teams were in shock! The TWST boys were so ready to actually swim together and prove to the competition they were #1. It was fun to watch them be so proud and accomplish so much believing in themselves and their coach.

Another memorable moment was watching a swimmer at practice and realizing that he was swimming close to record time for an 11-12-year-old boy in the 400 IM. I asked him if he would like to go to an open meet the following weekend and take a shot at the National Age Group record. We decided to give it try, and he went to Magnolia in a regular, old suit and swam the 400 IM, unrested and unshaved. We had gone over the splits he needed, and when he swam it, he broke the record by about 3 seconds. The most impressive part for me was after the swim when he could tell me every one of his splits. He was dead-on.

WHAT DOES FAMILY MEAN TO YOU? Everything! It is by far the most important thing in my life. I feel as though I have two families, my actual blood family and my TWST family. Both families mean you're in this together and you have a bond, unconditional love, and support. Your family is whom you spend your life with and the people you enjoy your accomplishments with, and the people that help you through your hard times.

Protein: Building a Healthy, Faster Body!

By Joy Galloway, M.S. Nutrition Science

Proud TWST Alumna



When you think of sports nutrition, I bet protein is one of the first things that comes to mind.

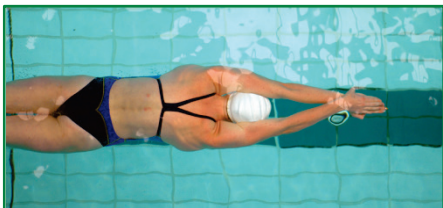
The Importance of Protein

There are good reasons why protein is always a hot topic for swimmers. Just check out all of its important functions:

- ❑ Building muscles! Proteins build and repair muscle and connective tissues, which is why swimmers need more than average people because of all the repair you need from hard training. (LOTS of repair with summer two-a-days, etc.)
- ❑ Hormones. Not just pubescent hormones! From infancy to old age, your body's health and balance is regulated by a variety of hormones made from proteins.
- ❑ Transport carriers in the body, such as transferrin which carries iron.
- ❑ Enzymes, which enable chemical reactions to occur.
- ❑ Acid buffers (neutralizing lactic acid during a 200m butterfly race is a GOOD thing!).
- ❑ Immune factors, which keep you healthy.
- ❑ Providing fluid balance, to keep the right amount of water in your cells.
- ❑ Energy (4kcal per gram of protein).
- ❑ Many other functions!

What happens when I swim?

When you swim, most of your energy comes from carbohydrate and fat stores in your body. But if you are not consuming enough calories, your body will use



protein, preventing all these important products from being built and breaking down

your [hard-earned!] muscles. Needless to say, if you don't obtain enough calories and protein, your

performance will suffer, and your body's health and development will be affected too.

So how much protein do I need?

Not only do athletes require more protein than non-athletes, the substantial growth in adolescence increases protein needs significantly too. Know how much YOU need and be sure you're consuming enough!



- ❑ Child swimmer:
Your weight (lb) X .6 = __g protein needed each day
Example: 60 lb x .6 = 36g
- ❑ Growing adolescent swimmer:
Your weight (lb) X .7 = __g protein
Example: 110 lb X .7 = 77g
- ❑ Adult swimmer:
Your weight (lb) X .5 = __g protein
Example: 150lb X .5 = 75g

What should I eat?

Recommended protein sources for swimmers:

- ❑ Lean beef, poultry, fish (3oz) ~20g
- ❑ Milk (8oz) ~8g
- ❑ Greek yogurt (6oz) ~15g
- ❑ Peanut butter (2Tbs) ~8g
- ❑ Eggs (2) ~16g
- ❑ Beans (1/2 cup) ~7g
- ❑ Whole wheat bread (2 slices) ~7g
- ❑ Tofu (1/2 cup) ~10g



Have a question?

Send me an e-mail at: GallowayJoy@yahoo.com.

Joy is a graduate student of Nutrition Science at the University of Hawaii and a Registered Dietitian. She is also a proud TWST alumna, who competed for the University of Southern California, where she was the Team Captain.

She is delighted to pass on sports nutrition tips that are both important and simple to apply to your training.

The A's and B's of Time Standards

By Coach Jennie Shamburger

To new TWST families, the [time standards](#) used in USA



Swimming can sound like an alphabet soup.

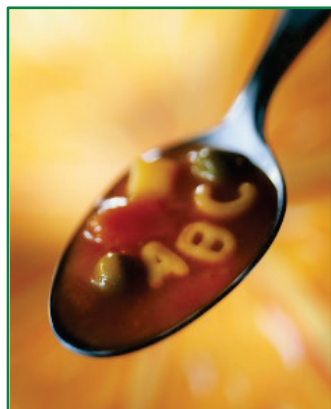
The first reportable time standard achieved in USA Swimming is a “B” time. The next level is a “BB” time and it’s faster than a “B” time. After

the “BB” time, the next time fastest standard is an “A” time. Beyond “A” times, there are “AA”, “AAA”, and “AAAA” time standards.

It is possible to have an “A” time in one event (or in one stroke) and a “BB” or “B” time in another. The time standard achieved will sometimes dictate which meets your swimmer is eligible to attend.

If a swimmer has “BB” times, they may attend any meet that has those standards as an entry requirement.

Sometimes the meet will be “BB and Above” meaning a



“BB” time standard or faster, and sometimes it will be “BB and Below,” which means a “BB” time standard or slower.

If a meet is “B and Under,” then swimmers who have not yet achieved a time standard in an event can attend up to those who have achieved a “B” time in the event.

An “Open” designation means that any swimmer may attend regardless of their time standard achieved.

Usually these meets are scored on several tiers: “B” swimmers scored together, “BB” swimmers scored together, “A” swimmers scored together, etc.

All of the coaches have complete lists of the time standards – from the 8 & Unders, to the B-AAAA, to TAGS, to Senior Sectionals, to Juniors and beyond. If you have any questions about which part of the alphabet soup you should look at, please ask them!

Share Experiences with Photos

If you have photos that capture great moments you want to share from team events, please [send](#) and give them a life beyond Facebook, Twitter, Instagram, and Snapchat. Here are a few pictures that have been shared with us from such events.

A day in May (National & Gold Group)

On May 10 the Tybur family (Marcy, Chuck, Spencer and Jonathan) invited (as they have done in recent years) Jonathan’s training group and coaches (National & Gold) to

their beach house in Galveston for a fun-filled day after



Saturday morning practice. The team enjoyed lunch when they arrived, an afternoon of fun and games, followed by a Jack Legendre-prepared (TWST president) crawfish boil and dinner (pulled-pork sandwiches,



grilled chicken, beans, salad, fruit, and brownies and ice cream for dessert).

Thank you to Heidi Legendre for the photos and information

on this great example that TWST is more than just what happens in the pool. She said a lot of parents worked to pull this off,



chaperoning, shuttling kids and supporting the Tybur family. And to the Tybur family — we think you’re first-class! Thanks for putting this on.

Long Course Season Meet Reports – Part 1

We have received lots of positive comments on the meet reports that Coach Jennie Shamburger prepares. As one reader noted, “It is a great way to see results and progress without having to look at the all the result sheets or jump around on apps like [Meet Mobile](#).”

There have been a lot of meets packed into the long course season. In this issue we present results from the first four. In the next issue, we will present more, especially the Championship ones.

- 📌 Open Water Carnival, hosted by Rice Swimming, May 4th
- 📌 Gulf April Open, hosted by TWST, April 25th-27th
- 📌 Gulf May Open, hosted by Sienna Plantation Aquatics (SPA), May 16th-18th
- 📌 Texas Senior Circuit #1 Meet, hosted by TWST, May 17th-18th

NOTE that careful attention was put in to these reports to ensure they are accurate according to the reporting criteria. If we have made an error, we apologize in advance and will note it in the next issue’s correction box.

Open Water Carnival, hosted by Rice Swimming

DATE: May 4th, 2014. **FOCUS:** Open-water racing at Twin Lakes Scuba Park.

TWST Entry Information

Number of swimmers: 17
Number of swims: 18
Number of best times: 15
Percent of best times: 83%
Number of DQs: 0
Number of No-shows: 0

COMMENTS FROM THE COACHES:

TWST placed 7th in overall team scores. All the swimmers attending enjoyed their swim in perfect weather (sunny and cool water). We had a bigger roster than at last spring’s Open Water event and several swimmers were trying new distances for the first time. Those swimmers racing Open Water for the first time really enjoyed it and they swam strong. Open water requires different technique than pool racing and everyone is looking forward to the fall event.

BIGGEST TIME DROPS

Event	Name	Drop
800 Free	11-12 Gaby Woll	-4:57.08
One Mile Free	11-12 Kennedy Windham 13-14 Sophie Anderson	-4:15.09 -2:16.54
Two Mile Free	13-14 Kipp Bangham 15&O Ryan Sharkey	-22.74 -23.95

100 % NEW PERSONAL BEST TIMES SWIMMERS

Sophie Anderson, Hunter Bangham, Kipp Bangham, Grant Cooper, Zane Cooper, Jayna Dolfi, Ainsley Everett, Benjamin Ferrara, Rhett Lacourse, Connor Scott, Aidan Sharkey, Ryan Sharkey, Greyson Windham, Kennedy Windham, and Gaby Woll.

PLACE WINNERS (TOP 20)

Kennedy Windham (16th 11-12 1 Mile FR), Ainsley Everett (2nd 11-12 800 FR), Gaby Woll (5th 11-12 800 FR), Jayna Dolfi (6th 13-14 2 Mile FR), Ashley Lasky (2nd 13-14 800 FR), Connor Scott (1st 10&U 800 FR), Zane Cooper (7th 10&U 800 FR), Grant Cooper (15th 11-12 1 Mile FR), Aidan Sharkey (7th 11-12 800 FR), Rhett Lacourse (14th 11-12 800 FR), Hunter Bangham (16th 11-12 800 FR), Benjamin Ferrara (19th 11-12 800 FR), Kipp Bangham (4th 13-14 2 Mile FR), Ryan Sharkey (2nd 15 & O 2 Mile FR), Max Kitzmiller (5th 15 & O 2 Mile FR and 3rd 15 & O 800 FR).

“Don't wait for your ship to come in. Swim out to it.” — Author Unknown

Gulf April Open, hosted by TWST

DATE: April 25–27, 2014. **FOCUS/SUMMARY:** First long course meet of season for the entire team.

Entry Information	Time Standards Achieved
Number of swimmers: 304	B: 96
Number of swims: 1,656	BB: 111
Number of best times: 1,248	A: 75
Percent of best times: 75	AA: 35
Number of DQs: 50	AAA: 9
Number of no-shows: 19	AAAA: 2

COMMENTS FROM THE COACHES:

As a whole, the team swam really well at their first meet of the season. For most of the 14-and-under swimmers, it was their first time in a long course venue. Everyone stepped up and the coaches saw lots of good technique work from practice and liked the energy the swimmers brought to their races.

On the senior side, swimmers were working hard. At the age-group level, it was awesome to see the younger swimmers watch and cheer for the older TWST swimmers. The coaches look forward to seeing the number of no-shows and DQs drop drastically as the season continues.

BIGGEST TIME DROPS

Event	Name	Drop
50 Free	10&U Isabella Green	-44.22
	11-12 Alyssa Paschalis	-8.31
	13-14 Claire Hammond	-2.60
	15&O Andrea Cantu	-2.30
100 Free	10&U Ryan Biggerstaff	-77.40
	11-12 Grant Cooper	-15.37
	13-14 Danny Rohaly	-9.00
	15&O Andrea Cantu	-6.28
200 Free	10&U Sophie Mansfield	-20.98
	11-12 Tyler Staton	-40.03
	13-14 William Staebel	-16.27
	15&O Andrea Cantu	-7.81
400 Free	10&U Karalynn Salva	-22.48
	11-12 Aidan Sharkey	-77.61
50 Back	10&U Irina Zeleneva	-30.88
	11-12 Benjamin Ferrara	-20.20
100 Back	10&U Ryan Biggerstaff	-46.50
	11-12 Gaby Woll	-19.91
	13-14 William Staebel	-15.73
	15&O Andrea Cantu	-20.67
200 Back	11-12 Vidyal Pradeepkumar	-18.13
	13-14 Daniel Bolanos	-44.56
50 Breast	10&U Madison Bauer	-26.71
	11-12 Aidan Sharkey	-10.23
100 Breast	10&U Madison Bauer	-41.53
	11-12 Jessica Chiasson	-28.55
	13-14 Preston Hart	-26.60
	15&O Tyrus Holthus	-3.69
200 Breast	13-14 Cooper Darnell	-19.72
	15&O Josh Sorensen	-9.35
50 Fly	10&U Abigail Pope	-26.07
	11-12 Greyson Windham	-22.33
100 Fly	10&U Mary Nordmann	-40.86
	11-12 Gaby Woll	-26.26
	13-14 Natalie Podowski	-32.64
	15&O Jack Davies	-13.94
200 Fly	13-14 Vanessa Bolanos	-28.89
	15&O Jack Helgerson	-1.21
200 IM	10&U Kate Bryant	-46.16
	11-12 Ainsley Everett	-22.36
	13-14 William Staebel	-27.63
	15 & O Andrea Cantu	-19.55

100% NEW BEST TIME SWIMMERS: Kathleen Anderson, Sophie Anderson, Hunter Bangham, Lane Barron, Mitchell Berta, Ryan Biggerstaff, Madison Blanchard, Meredith Brus, Kate Bryant, Avery Budsberg, Anna Buie, Julia Burch, Andrea Cantu, Fernando Cantu, Emilie Carlson, Mateo Casanova, Jessica Chiasson, Chase Cieslar, Grant Cooper, Mae Cooper, Zane Cooper, Ornella Corradini, Gloria Cranney, Julia Daniels, Cooper Darnell, Cole Davidson, Pablo De la Barreda, Ethan Dent, Mary Dillard, MaLeah Dixon, Emily Dunaway, Isabella Durr, Isabel Easterling, Ainsley Everett, Benjamin Ferrara, Allison Flynn, Sergio Fraguera, Sergei Frazier, Ryan Garstang, Olivia Gonder, Savannah Green, Giovanni Grimaldo, Victor Guerrero, Anelle Guglielmello, Emma Guglielmello, Diego Guiot, Sofia Guiot, Victor Halmy, Claire Hammond, Skyler Hansen, Jack Helgerson, Jay Henshaw, Caroline Henson, Sophia Hickman-Chow, Nathaniel Hickman-Chow, Andrew Jones, Bethany Joseph, Gavin Kolodziej, Julia Koppelman, Isabella Krantzcke, Rhett Lacourse, Minseo Lee, Naomi LeJeune, Andrew Little, Tatum Loach, Julianna Lopez, Ashlynn Maggard, Sophie Mansfield, Daniel Matula, Hannah Matula, Teresa Merickel, Abby Monson, Brady Monson, Kayla Montaner, Julia Mora, Joey Morris, Katherine Morris, Megan Murphy, Cyrus Murray, Indi Newnham, Noah Newnham, Tia Newnham, Ty Newnham, Mary Nordmann, Zoe Nordmann, Ruby Norman, Nicole Olsen, Madeline Orr, Alyssa Paschalis, Christopher Paschalis, Javier Pena Reyes, Hector Pena, Natalie Podowski, Erica Pokorny, Abigail Pope, Hana Posuk, Toby Prince, Ernesto Pulido, Madison Quinn, Kayley Radford, Mackenzie Radford, Jordan Rausch, Macy Rausch, Hailey Rees, Natalie Rees, Lily Revelas, Nadia Richard, Vivian Roberts, Ahtziri Rodriguez, Soledad Rodriguez, Danny Rohaly, Karalynn Salva, Mason Scott, Seth Seneca, Chris Seymour, Katelyn Shan, Aidan Sharkey, Lily Shaw, Henry Shea, Maddie Sinkovic, Alyssa Sorensen, CJ Sorensen, Josh Sorensen, William Staebel, Kirsten Staffeldt, Tyler Staton, Jayden Stockey, Caden Stott, Lukas Sullivan, Mason Swanner, Ryder Trent, Mia Ullrich, Maria Uranga, Marco Warma, Morgan Wasik, Star Wei, Kennedy Windham, Rylee Windham, Mackenzie Wooddell, Becca Wright, Khiara Yates, Savannah Yates, Julia Zhang.

Gulf April Open, hosted by TWST — Continued

PLACE WINNERS — 1ST, 2ND, 3RD

Atay Biland: 15 & O 100 FL 1st place, 200 FL 2nd place
Daniel Bolanos: 13-14 100 FL 3rd place
Alex Brosvik: 13-14 50 FR 3rd place
Hannah Bub: 15 & O 200 BR 1st place
Alyssa Burch: 13-14 100 BK 3rd place
Chase Cieslar: 10 & U 50 BR 2nd place, 50 FR 3rd place
Jack Davies: 15 & O 200 BK 3rd place
Mary Dillard: 10 & U 100 FL 3rd place
Barley Fields: 15 & O 400 IM 1st place, 200 FL 1st place
Cotton Fields: 11-12 50 FL 3rd place, 100 BK 2nd place, 200 FR 1st place
Karsten Fields: 13-14 200 IM and 100 BR 3rd place, 100 BK, 200 BR and 200 BK 2nd place
Hiromi Gonzalez: 11-12 50 BR 2nd place
Dorothy Halmy: 15 & O 200 BR and 400 IM 2nd place, 200 FL and 200 FR 1st place
Victor Halmy: 13-14 100 BK 3rd place, 200 IM and 100 FR 2nd place, 100 FL 1st place
Emily Henson: 15 & O 100 BK 3rd place
Nathaniel Hickman-Chow: 13-14 50 FR 2nd place
Josh Lee: 13-14 100 FL 2nd place, 200 FR 1st place
Rhory Legendre: 15 & O 400 FR 2nd place
Seth Mandel: 15 & O 100 BK 2nd place
Maxy Mankoff: 13-14 200 BR 3rd place, 100 BR 2nd place
Scott Mayberry: 15 & O 200 IM 2nd place
Abby Monson: 10 & U 100 BK 3rd place
Kaitlyn Montgomery: 11-12 200 BK 3rd place, 50 BK 2nd place
Colin Murphy: 15 & Over 200 FR 2nd place
Payton Neff: 13-14 200 BR 1st place, 400 IM, 100 BR and 200 FR 2nd place
Alex Newberry: 15 & O 200 FL 3rd place
Lillie Nordmann: 11-12 200 IM, 100 FR and 50 FL 3rd place, 100 FL and 200 FR 1st place
Lucie Nordmann: 13-14 200 IM, 100 BK, 100 FR, 100 FL, 50 FR and 200 BK 1st place
Mary Nordmann: 10 & U 50 FL, 50 FR and 100 FL 2nd place
John Norris: 15 & O 200 IM 3rd place
Vidyal Pradeepkumar: 11-12 200 IM, 200 BK, 100 Fr, 100 BK, 50 FR and 100 FL 1st place
Carly Pratt: 15 & O 400 FR 2nd place
Toby Prince: 10 & U 50 BR 3rd place
Kristen Ramirez: 13-14 100 FL 3rd place, 200 FL 1st place
Malia Rausch: 11-12 200 FR 2nd place
Emily Reese: 13-14 200 IM and 100 FR 2nd place, 100 IM and 200 FR 1st place
Christian Ripp: 11-12 200 IM, 50 FL and 100 FL 2nd place, 100 BK and 200 FR 3rd place
Vivian Roberts: 10 & U 400 FR 3rd place
Alyssa Roller: 13-14 200 BK and 200 FR 3rd place
Connor Scott: 10 & U 400 FR 3rd place, 200 IM 2nd place, 100 BR 1st place
Ryan Sharkey: 15 & O 400 FR 1st place
Renee Stachowiak: 15 & O 200 BK 3rd place
Isabel Tank: 15 & O 100 FL 1st place
Jonathan Tybur: 15 & O 200 IM and 200 BR 1st place, 100 Fr and 100 BR 2nd place, 200 FR 3rd place
Kelsey Vetalice: 5 & O 400 FR 1st place

Next Issue in September

New to the team?

We have some catching up to do.

We received some great suggestions for this newsletter (e.g., Newcomer's Corner) and also introduced some ideas in the last one (e.g., Origins of TWST, Parent Guide to Competitive Swimming, Board introduction, etc.) that will coincide well with the start of a new season.

We will introduce those elements in the next issue, especially since we'll likely welcome many new families then that will benefit from this information.



Kenneth Roberts is a young swimmer doing well and having fun.

Long course season wrap-up

The last of the Gulf Summer Championship meets ended July 20. In the next issue, we'll have a long course wrap-up that will include meet reports of the championship meets, including TAGS and Sectionals and other notable ones.

Gulf May Open, hosted by Sienna Plantation Aquatics (SPA)

DATE: May 16–18, 2014. FOCUS/SUMMARY: Second meet for majority of 14-and-unders and several 15-and-overs.

Entry Information	New Time Standards Achieved
Number of swimmers: 138	B: 29
Number of swims: 727	BB: 36
Number of best times: 502	A: 30
Percent of best times: 69	AA: 13
New TAGS times: 2	AAA: 1
Number of DQs: 21	AAAA: 1
Number of no-shows: 5	

BIGGEST TIME DROPS

Event	Name	Drop
50 Free	10&U Peyton Boone	-9.37
	11-12 Katia Guerrero	-2.73
	13-14 Sklyer Hansen	-1.68
100 Free	10&U Connor Scott	-31.20
	11-12 Benjamin Ferrara	-43.10
	13-14 Nathan Gil	-5.62
200 Free	10&U Victor Guerrero	-41.13
	11-12 Rhett Lacourse	-28.54
	13-14 Alex Alley	-12.63
	15&O Andrea Cantu	-2.01
400 Free	11-12 Ainsley Everett	-27.53
50 Back	10&U Julia Zhang	-20.44
	11-12 Katia Guerrero	-4.14
100 Back	10&U Allison Flynn	-23.55
	11-12 Lukas Sullivan	-41.86
	13-14 Alex Alley	13.99
200 Back	11-12 Christian Ripp	-9.92
	13-14 William Staebel	-29.96
50 Breast	10&U Mary Nordmann	-17.18
	11-12 Jessica Chiasson	-3.89
100 Breast	10&U Hector Pena	-23.86
	11-12 Kennedy Windham	-12.37
	13-14 Sebastian Davoli	-13.23
200 Breast	11-12 Aidan Sharkey	-30.75
	13-14 Preston Hart	-40.03
50 Fly	10&U Abby Monson	-4.62
	11-12 Cyrus Murray	-6.05
100 Fly	10&U Hector Pena	-39.20
	11-12 Fernando Cantu	-8.84
	13-14 Alex Alley	-12.56
200 Fly	11-12 Cami Martin	-23.93
	13-14 Tommy Calderara	-33.15
200 IM	10&U Vivian Roberts	-36.18
	11-12 Alyssa Paschalis	-16.19
	13-14 Matthew Winningham	-36.48
	13-14 William Staebel	-78.72

COMMENTS FROM THE COACHES:

It was a good weekend of swimming. Coach Shana thought the swimmers did a great job in applying the stroke improvements we have been working on in practice. All the coaches felt the swimmers raced hard while being tired from practices.

PLACE WINNERS 1ST, 2ND, 3RD

Gloria Cranney: 2nd in 10&U 50 Bk
Mary Dillard: 3rd in 10&U 400 Fr
Ainsley Everett: 2nd in 11-12 100 Fr
Cotton Fields: 1st in 11-12 400 Fr, 100 Fl, 200 Bk and 200 Fl
Sofia Fuentes: 2nd in 13-14 200 Br)
Hiromi Gonzalez: 1st in 11-12 200 Br and 3rd in 50 Br
Victor Guerrero: 3rd in 10&U 200 Fr
Abby Monson: 1st in 10&U 100 Bk and 3rd in 200 Fr
Kaitlyn Montgomery: 2nd in 11-12 100 Bk
Lillie Nordmann: 1st in 11-12 400 Fr, 100 Fl, 100 Fr, 200 Fl and 2nd 50 Fr
Mary Nordmann: 2nd in 10&U 50 Fl
Hector Pena: 3rd in 10&U 100 Br
Vidyal Pradeepkumar: 1st in 11-12 100 Fr, 50 Fl
Jack Rausch: 3rd in 11-12 200 Fr
Macy Rausch: 3rd in 10&U 100 Br
Malia Rausch: 2nd in 11-12 400 Fr
Christian Ripp: 1st in 11-12 50 Bk, 100 Bk and 2nd in 400 Fr, 50 Fr, 200 Bk, 200 Fl
Vivian Roberts: 3rd in 10&U 100 Fr
Connor Scott: 1st in 10&U 200 Fr, 50 Br and 2nd in 50 Fr, 100 Fl, 100 Fr
Alyssa Sorensen: 3rd in 11-12 100 Br
Valerie Ann Staffeldt: 3rd in 11-12 400 Fr, 200 Fr

100 % NEW PERSONAL BEST TIMES SWIMMERS

Alex Alley, Eric Alonzo, Ella Biggart, Peyton Boone, Tommy Calderara, Ornella Corradini, Gloria Cranney, Katherine Del Cairo, Mary Dillard, MaLeah Dixon, Ainsley Everett, Ethan Fair, Nathan Gil, Nicolai Graves, Victor Guerrero, Rebecca Harrop, Liam Holan, Gary Inman, Jade Jackson, Julia Koppelman, Tatum Loach, Raul Luzardo, Mikaela Martinez-Parente, Teresa Merickel, Cameron Miles, Abby Monson, Joey Morris, Katherine Morris, Gracie Moylan, Lily Niewenhous, Mary Nordmann, David Oancea, Paul Oancea, Hector Pena, Erica Pokorny, Noah Potts, Karalynn Salva, Connor Scott, Alyssa Sorensen, CJ Sorensen, Star Wei, and Nicholas Young.

Texas Senior Circuit #1 Meet, hosted by TWST

DATE: May 17–18, 2014

FOCUS/SUMMARY: This was the first meet of the 2014 Long Course Senior Circuit. The majority of TWST swimmers in the National, Gold, Silver, Bronze I & II and Shark groups participated in this meet as well as several returning college swimmers. American record holder Michael McBroom also swam for TWST at this meet.

Entry Information	New Time Standards Achieved
Number of swimmers: 80	B: 3
Number of swims: 417	BB: 4
Number of best times: 117	A: 12
Percent of best times: 28	AA: 13
Number of DQs: 5	AAA: 9
Number of no-shows: 2	AAAA: 0

BIGGEST TIME DROPS

Event	Name	Drop
50 Free	13-14 Victor Halmy	-1.11
	15&O John Norris	-1.49
100 Free	13-14 Karsten Fields	-3.71
	15&O Ryan Sharkey	-2.71
200 Free	13-14 Karsten Fields	-6.49
	15&O Renee Stachowiak	-7.99
	13-14 N. Hickman-Chow	-24.06
400 Free	15&O Seth Mandel	-12.21
	13-14 David Killian	-1.28
100 Back	15&O Ania Gawronska	-1.73
	13-14 Maxy Mankoff	-14.43
200 Back	15&O Barley Fields	-19.02
	13-14 Josh Lee	-9.93
100 Breast	15&O Jack Helgerson	-8.73
	13-14 Alyssa Roller	-6.52
200 Breast	13-14 John Leutner	-1.49
	15&O Kaylie Killian	-4.96
100 Fly	13-14 Zoe Gawronska	-5.09
	15&O Renee Stachowiak	-10.27
200 Fly	13-14 Maxy Mankoff	-2.94
	15&O Chris Paschalis	-5.16
200 IM	13-14 Kipp Bangham	-62.39
	15&O Josh Sorensen	-20.37

COMMENTS FROM THE COACHES:

The coaches really like where the swimmers were in their training at this meet. There were good negative splits in races and good technique. According to Coach Tim, the staff could tell the new dryland and weight program was having a positive impact on the swimmers in the senior groups.

100 % NEW PERSONAL BEST TIMES SWIMMERS

Nathaniel Hickman-Chow, Naomi LeJeune, Danielle Miles, John Norris

PLACE WINNERS 1ST, 2ND, 3RD

Kipp Bangham: 2nd in 13-14 50 FR and 3rd in 100 BK

Daniel Bolanos: 3rd in 13-14 50 FR

Tripp Cooper: 1st in Senior 100 FL, 50 FR, 100 FR and 3rd in 200 FR

Karsten Fields: 2nd in 13-14 200 BK, 200 BR and 3rd in 200 IM

Zoe Gawronska: 3rd in 13-14 400 IM

Dorothy Halmy: 1st in Senior 200 IM, 200 FL and 2nd in 200 Fr and 3rd in 100 FL, 200 BK

Victor Halmy: 1st in 13-14 100 FL, 50 FR and 2nd in 100 FR and 3rd in 200 FL

Nathaniel Hickman-Chow: 1st in 13-14 100 FR and 2nd in 200 FR

David Killian: 2nd in 13-14 400 FR, 100 BK, 100 FR

Matt Korman: 1st in Senior 100 BR, 200 BR

Josh Lee: 1st in 13-14 400 FR, 200 FR, 200 FL and 2nd in 100 FL, 400 IM and 3rd in 100 FR

Maxy Mankoff: 3rd in 13-14 100 BR, 200 BR

Michael McBroom: 1st in Senior 400 FR, 200 FR

Nicolas Munoz: 2nd in Senior 400 FR, 200 FR

Peyton Neff: 1st in 13-14 100 BR and 2nd 400 IM, 200 BR

Lucie Nordmann: 1st in 13-14 50 FR, 100 BK, 200 BK

Carly Pratt: 3rd in Senior 100 BK

Emily Reese: 2nd in 13-14 200 IM

Ryan Sorensen: 2nd in Senior 100 BR and 3rd in 50 FR

Jonathan Tybur: 2nd in Senior 400 IM, 200 BR and 3rd in 200 IM, 100 BR

Kelsey Vetalice: 2nd in Senior 100 FR and 3rd in 400 IM

“What goes around comes around, just like a flip turn.” — Author Unknown