

# July 2006 Express Newsletter

We want to open this newsletter with an enormous THANK YOU to all our parent volunteers working the Summer Sizzle. We assigned every family at least 1 extra session for this meet and new families jumped in working all 3 days. Many parents came out of the stands to offer help, others brought relatives to work and some families even worked 12 Sessions! You all should be proud that our team can host 3 great meets for NJ Swimming!

*Merci*

*Dank*

*Gracias*

*Obrigado!*

**THANK  
YOU**

*Grazie*



It is always exciting for the kids to swim at their own meet, and it showed with some great times.

We would like to start off by congratulating Meghan Leddy and Matt Kietlinski. Meghan broke the Sizzle Meet Record in the 1500 Meter Free with a 17:09.38 and Matt made his first Sectionals Time in the 200 Meter Fly with a 2:18.58. Great Job!!



The following swimmers placed top 3 and earned medals at the meet –



**Julia Anderson** – 1<sup>st</sup> place 400 Free, 2<sup>nd</sup> place 100 Free, 3<sup>rd</sup> place 100 Back

**Victoria Cassidy** – 2<sup>nd</sup> place 400 Free, 3<sup>rd</sup> place 400 IM

**Brittany Iacouzze** – 1<sup>st</sup> place 400 Free, 2<sup>nd</sup> place 1500 Free, 2<sup>nd</sup> place 400 IM, 2<sup>nd</sup> place 200 Fly

**Alex Field** – 1<sup>st</sup> place 200 Breast, 2<sup>nd</sup> place 100 Breast, 3<sup>rd</sup> place 400 IM, 3<sup>rd</sup> place 100 Back, 3<sup>rd</sup> place 200 IM

**Kristiana Kalibat** – 3<sup>rd</sup> place 200 Back

**Peter Kalibat** – 1<sup>st</sup> place 200 Free, 3<sup>rd</sup> place 200 IM, 3<sup>rd</sup> place 100 Fly

**Matthew Kietlinski** – 1<sup>st</sup> place 200 Fly, 2<sup>nd</sup> place 400 IM, 2<sup>nd</sup> place 400 Free, 3<sup>rd</sup> place 100 Fly

**Samantha Kietlinski** – 2<sup>nd</sup> place 800 Free, 3<sup>rd</sup> place 400 Free

**Meghan Leddy** – 1<sup>st</sup> place 1500 Free, 1<sup>st</sup> place 200 IM, 1<sup>st</sup> place 100 Back, 2<sup>nd</sup> place 200 Back, 3<sup>rd</sup> place 200 Fly

**Jillian Liwacz** – 1<sup>st</sup> place 100 Free, 1<sup>st</sup> place 50 Fly, 1<sup>st</sup> place 200 Fly, 2<sup>nd</sup> place 50 Free, 2<sup>nd</sup> place 400 IM, 3<sup>rd</sup> place 400 Free

**Emily Logan** – 3<sup>rd</sup> place 400 Free

## The following swimmers made new Meet Qualifying Times at the Sizzle -



**Julia Anderson** – Zone Time in the 200 Back and Gold Times in the 200 Fly & 400 IM

**Victoria Cassidy** – Zone Times in the 100 Free, 200 Free, 800 Free, 200 Back and 400 IM

**Robb Dunne** – Gold Times in the 200 Free & 400 IM

**Alex Field** – Zone Time in the 100 Back

**Nathan Hirshbein** – Gold Time in the 200 Back

**Carlyn Hubert** – Gold Time in the 50 Back

**Peter Kalibat** – Zone Time in the 400 Free

**Matthew Kietlinski** – Sectionals Time in the 200 Fly

**Mike Leddy** – Gold Time in the 200 Free

**Jillian Liwacz** – 13/14 Zone Time in the 100 Free and Gold Times in the 400 Free, 200 Breast, 200 Fly & 400 IM

**Emily Logan** – Zone Time in the 200 Free

**Hannah Matheson** – Gold Times in the 200 Fly & 400 IM

**Laura Poss** – Zone Time in the 200 Breast

**Anshu Sinha** – Gold Time in the 100 Fly

*One last note – a **GREAT JOB** to our new age groupers **Marissa Kirkendoll**, **Patrick Lavery** and **Saffy Winton-LaVieri** who just joined the team in the spring and swam in their first Long Course Meter Meet.*

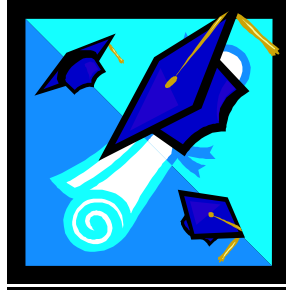
## ***Fall 2006 Update***

After receiving a final proposal from Princeton University for the fall, we have decided to decline and remain as is at TCNJ. The original thoughts and ideas that had been discussed with Susan Teeter and Rob Orr were dramatically changed by the administration to the point that we felt it would not be in the best interest of our swimmers. Express has enjoyed it's own "home" in the TCNJ facility for the past 20 years, and we were not willing to share pool time with other teams or put control of the club in someone else's hands. Rob and Susan are completely supportive of our decision and we will continue our relationship with them by training some of their swimmers this summer at DeNunzio during the long course season.

Our pool time will remain from 5-7pm, and we anticipate practice times being relatively unchanged from the spring. A complete schedule will come out soon.



## **Congratulations to the Graduating Seniors!**



We wish the following seniors best of luck as they head off to college in the fall –

Steve Conway – Lafayette

Gabriela Feibel – American University

Corina Kwami – Georgetown University

Evelyn Yuen – University of New Hampshire

### **Upcoming Dates**

Again, the Tubing Trip has been re-scheduled for Wednesday, July 19<sup>th</sup> – hopefully the flood waters will have receded so we'll have a nice tube ride rather than flying down the white water rapids!

July 13-16 – Janet Evans Invitational, USC

July 15 & 16 – 12 & U Silver/Bronze Champs, Rutgers

July 22 & 23 – 13 & Over Silver Champs, Rutgers

July 28, 29 & 30 – Junior Olympics, Rutgers

July 29 & 30 – 13 & Over Bronze Champs, Bayonne Outdoor Municipal Pool

August 1-5 – 2006 ConocoPhillips National Championships and USA Team Trials, Irvine, CA

August 9-12 – Eastern Zone Champs, Buffalo NY

### **Last Notes** –

There will be one final bill going out the end of July with meet entry fees & fall deposit.

Also, don't forget to check folders – a team contact list was put in them to facilitate carpooling.