

~ ~ ~ HWSA Dolphins Newsletter ~ ~ ~



May 31st, 2005 (Vol2 Issue 4)



A Beg and a Plea

With only one more USS meet left to sign-up for, Coach Tom is asking everyone to check their schedules to see what they can do to make this meet. Entries are due by this Wednesday, June 1st. We have many talented swimmers who need to update their LCM times if they want to go to JO's this summer. We have the opportunity to score very high at the Age-Group Champ meet, but we need everyone participation if we are to be successful in this team goal. Let's showcase this talented team to everyone at Hinsdale so we can do it again at JO's!!!

Richards dual meet this Thursday at Richards H.S.

Reviewing the Past 3 Meets

Naperville USS meet

With only 28 swimmers attending the meet, HWSA swim to 122 personal best swims. Not a bad start to the beginning of the summer season. Highlighting the weekend was the 13-14 girls who have now qualified for a 800 free relay at this summer's JO meet. Below are the stats from the meet.

Personal Bests

7 -	Terri Jozsa			
6 -	Brittany Bond	Trevor Rothstein	Melaine Waszak	
5 -	Nick Amendola	Zack Amendola	Kevin Beckman	Corie Gallagher
	Samantha Gallagher	Brian Hopman	Steven Jackson	Tori Jercich
	Sabina Ligas	Arya Mohaimani	Mitch Rothstein	David Sheehan
4 -	Brandon Hadhazy	Liz Hadhazy	Leah Henrickson	Alex Moulton
	Matt Moulton	Allie Vallance		
3 -	Bryce McDade	Justin Skender		

New Zone Cuts (LCM)

Brayden Amendola	11-12 Boys	100 Breast	New Time: 1:24.99
Steven Jackson	10 & Under Boys	50 Back	New Time: 38.50
		50 Fly	New Time: 36.58

New Age-Groups Champ Cuts (LCM)

Brandon Hadhazy	11-12 Boys	200 IM	New Time: 2:55.81
		50 Free	New Time: 31.73
		200 Free	New Time: 2:34.84
		100 Free	New Time: 1:10.33
Liz Hadhazy	11-12 Girls	50 Breast	New Time: 41.09
Leah Henrickson	13-14 Girls	100 Fly	New Time: 1:14.01
Brian Hopman	11-12 Boys	200 IM	New Time: 2:56.20
		200 Free	New Time: 2:36.17
Steven Jackson	10 & Under Boys	200 IM	New Time: 3:12.66
		50 Free	New Time: 34.98
		100 Free	New Time: 1:16.16
		100 Back	New Time: 1:25.81

Naperville USS Meet New Age-Groups Champ Cuts (LCM) cont.

Bryce McDade	11-12 Boys	200 IM	New Time: 2:56.00
		100 Fly	New Time: 1:23.43
		200 Free	New Time: 2:34.50
		50 Fly	New Time: 35.86
Melaine Waszak	13-14 Girls	200 Back	New Time: 2:45.63
		100 Back	New Time: 1:16.71

New Regional "State A" Cuts (LCM)

Zack Amendola	10 & Under Boys	50 Free	New Time: 39.03
		100 Breast	New Time: 1:53.61
		50 Back	New Time: 46.25
		50 Fly	New Time: 43.93
		100 Free	New Time: 1:28.76
		50 Breast	New Time: 51.15
Brittany Bond	13-14 Girls	200 Back	New Time: 2:57.21
		100 Back	New Time: 1:23.07
Mike Corbet	11-12 Boys	50 Free	New Time: 34.25
Liz Hadhazy	11-12 Girls	100 Back	New Time: 1:26.36
Anna Howley	13-14 Girls	200 Breast	New Time: 3:21.23
Terri Jozsa	15-18 Girls	200 Free	New Time: 2:35.20
Sabina Ligas	10 & Under Girls	100 Fly	New Time: 1:45.09
		50 Free	New Time: 35.87
		50 Back	New Time: 47.08
		200 Free	New Time: 3:09.49
		50 Fly	New Time: 43.82
		100 Free	New Time: 1:23.20
Bryce McDade	11-12 Boys	50 Free	New Time: 34.25
		50 Breast	New Time: 45.64
Arya Mohaimani	13-14 Boys	200 Free	New Time: 2:34.20
		200 Breast	New Time: 3:21.84
Alex Moulton	13-14 Girls	200 IM	New Time: 2:57.47
		200 Back	New Time: 2:53.36
		400 Free	New Time: 5:28.87
		200 Free	New Time: 2:27.42
Lucas Newman	13-14 Boys	50 Free	New Time: 31.63
Sarah Norris	13-14 Girls	400 Free	New Time: 5:20.91
		100 Fly	New Time: 1:20.81
Trevor Rothstein	13-14 Boys	400 Free	New Time: 5:30.91
		100 Fly	New Time: 1:15.70
Dominic Senese	10 & Under Boys	50 Fly	New Time: 44.50
		100 Free	New Time: 1:21.97
		50 Breast	New Time: 52.39
Danielle Stark	11-12 Girls	50 Free	New Time: 34.67
Allie Vallance	10 & Under Girls	50 Free	New Time: 37.82
		100 Breast	New Time: 1:53.76
		50 Breast	New Time: 49.87
Melaine Waszak	13-14 Girls	200 IM	New Time: 2:48.89
		100 Breast	New Time: 1:36.18
		200 Free	New Time: 2:25.81
		100 Fly	New Time: 1:18.23

Tinley Park Dual Meet

HWSA wins its first dual meet of the summer season with a win over TPSC. HWSA posted 71 new personal best yard times during the meet. Not too bad for our first meet of the season.

Personal Bests

3 -	Brian Boylan	Allie Vallance		
2 -	Halimah Al Ashgar	Peyton Carroll	Liam Connery	Kelsey Dolan
	Austin Griffin	Harlan Long	Jeremy Maske	Mitch Rothstein
	Trevor Rothstein	Dominic Senese	Sophia Shalabi	Lauren Stryzek
	Megan Vallance	Kyle Workman		

New Age-Groups Champ Cuts (Yards)

Kyle Workman	11-12 Boys	50 Fly	New Time: 30.52
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New Regional "State A" Cuts (Yards)

Brian Boylan	15-18 Boys	100 Free	New Time: 55.58
		100 Back	New Time: 1:05.04
Trevor Rothstein	13-14 Boys	100 Fly	New Time: 1:05.11

Irish Aquatics USS Meet at Notre Dame

HWSA had 31 swimmers at the meet at Notre Dame. We still posted 76 new personal bests at the meet with 65 first time LCM swims. Highlighting the meet was Zack Amendola who came away with the first place trophy for the 8 and under boys. Below are the stats from the meet. Oh and stay away from the Knight's hotel next year.

Personal Bests

8 -	Brayden Amendola		
7 -	Kelsey Dolan		
6 -	Mitch Rothstein	Danielle Stark	
5 -	Nick Amendola	Jamie Pappanastos	
4 -	Zack Amendola	Bryce McDade	Sarah Norris
3 -	Liz Hadhazy	Lauren Stryzek	

New Age-Groups Champ Cuts (LCM)

Brayden Amendola	11-12 Boys	100 Back	New Time: 1:22.55
		100 Fly	New Time: 1:22.37
		100 Free	New Time: 1:08.41
Bryce McDade	11-12 Boys	100 Back	New Time: 1:23.58
		400 Free	New Time: 5:26.01
Dominic Senese	10 & Under Boys	50 Breast	New Time: 49.81
		50 Free	New Time: 34.49

New Regional "State A" Cuts (LCM)

Zack Amendola	10 & Under Boys	100 Back	New Time: 1:37.62
		100 Fly	New Time: 1:49.78
Kaitlin DeAngelis	10 & Under Girls	100 Back	New Time: 1:41.25
		100 Fly	New Time: 1:46.44
Kelsey Dolan	11-12 Girls	50 Breast	New Time: 43.41
		100 Back	New Time: 1:24.36
		50 Free	New Time: 32.58
		50 Back	New Time: 38.07

New Regional "State A" Cuts (LCM) cont. from Irish Aquatics USS meet

Liz Hadhazy	11-12 Girls	100 Free	New Time: 1:12.49
Michael Mannix	10 & Under Boys	50 Back	New Time: 47.26
Bryce McDade	11-12 Boys	100 Breast	New Time: 1:39.09
		50 Back	New Time: 41.16
		100 Free	New Time: 1:12.08
Jamie Pappanastos	11-12 Girls	50 Free	New Time: 33.88
Dominic Senese	10 & Under Boys	100 Back	New Time: 1:37.80
		100 Breast	New Time: 1:53.69
		50 Back	New Time: 44.94
Justin Skender	11-12 Boys	50 Breast	New Time: 45.27
Danielle Stark	11-12 Girls	50 Fly	New Time: 35.23
Brian Stryzek	15-18 Boys	100 Breast	New Time: 1:24.00

Check out our team's website: www.hwsadolphins.org .

Upcoming this week

Monday: No Practice

Tuesday: Grp 1: 6:15 - 7:00
Grp 2: 7:00 - 8:15
Grp 3: 7:30 - 9:15

Thursday: **Dual Meet at Richards H.S.**
W-Ups: 5:45pm
Meet Starts: 6:30pm

Wed: Grp 1: 6:00 - 6:45
Grp 2: 6:45 - 8:00
Grp 3: 7:00 - 8:30

Friday: *Grp 1: 6:15 - 7:00*
Grp 2: 6:15 - 7:30
Grp 3: 7:15 - 9:00

Hinsdale USS meet entries due!!!

Sat.: Grp 3: 9am - 11am
Sunday: No practice

Dates to Remember

June 1st: Deadline for entries for the Hinsdale USS meet on July 7th - 10th.

June 1st: Deadline for entries for the Richards dual meet are due.

June 10th - 12th: St. Charles USS meet

June 13th: First Palos Park practice for Group 3 in the morning.

Palos Park Pool Practices

Starting June 13th on a Monday, HWSA will be offering a morning practice to all Group 3 swimmers only. The times of the practices are from 6:45am - 8:45am. Practice will be conducted in a Long-Course meter pool to get the team ready for the rest of the LCM season. Practices are limited to Group 3 only swimmers because we have limited space, 2 lanes every morning. It would be difficult to practice the younger swimmers because the older one would be passing them in the lanes constantly. One major rule to follow if coming to morning practices: **BE ON TIME.** If your swimmer is constantly late or will not get in the water to start practice in a timely matter, your swimmer will be turned away and asked to come only to the PM practice at Stagg H.S. We are hoping for a good turn out because the LCM training will help drop times in the LCM races. Pool is located at one south of Rt. 83 and 76th avenue.

Hinsdale USS meet entries are due by this Wednesday
