

Dolphins Bites: 10/22/2013



Lyons USS Meet Review

HWSA had a nice start to the season at the Lyons USS meet this past weekend. Great job by all of the swimmers who attended the meet. HWSA swam to over 200 personal best swims and 28 new championship cuts were achieved. *Congratulations to Joey Countryman for breaking 2 8 & under boys records in the 100 Free (1:11.63) and the 50 Backstroke (38.42)! You can see all of HWSA results by [clicking here](#).* Just scroll down towards the bottom of the page to see pdf's in the forms/document section.

Personal Bests:

Paige Adcock (3), Paige Adcock (1), Patrycia Antos (2), Gregory Baranov (1), Stephanie Baranov (1), Brian Bayer (6), Eric Bayer (3), Charlie Becker (1), Jon Becker (2), James Birriel (2), Pola Blaszczyk (3), Sammy Boss (5), Brianna Buff (5), Kassie Buff (4), Tatum Burek (5), Sude Cebi (4), Zeren Cebi (5), Joey Countryman (4), Eric Deren (3), Maya Deren (1), Robert Dobrowolski (2), Hannah Early (2), Jack Falejczyk (5), Aidan Foley (6), Natalie Grubczak (3), Alex Hirjoi (5), Vlad Hirjoi (2), Eddie Howaniec (3), Raegan Howaniec (3), Alan Jaski (1), Gabe Jezierski (3), Rafal Jezierski (3), Lauren Johnson (2), Mitchell Johnson (1), Taira Juronis (6), Malhar Kate (4), Ben Kimmel (1), Lily Kimmel (3), Sean Kirchman (3), Megumi Komoto (5), Donna Kurek (2), David Kwiatkowski (1), Brendan Lee (3), Julia Lesnicki (2), Jocelyn Lounsbury (2), Kyle Monday (2), Matt Moskal (2), Marcel Msciwojewski (2), Bart Mysliwiec (1), Leah Nyblom (4), Athena Okrie (1), Claudia Orancki (3), Dylan Pokorny (5), Shruthi Rajkumar (1), Jackson Rapala (3), Franco Reyes (1), Jakob Russo (2), Diana Rychtarczyk (2), Brae Sanchez (3), Jude Sanchez (1), Kezen Sanchez (2), Phil Scarim (1), Jordan Schissler (5), Lucas Smiarowski (1), Dakota Strella (1), Madeleine Subach (2), Andrew Sutkus (3), Adriana Szczotka (2), Norbert Szczotka (2), Iris Thornberry (3), Bryan Tirva (1), Paige Tirva (1), Evan Wahlen (4), Reese Wellander (1), Paul Zieba (4), Robert Zieba (3), Elizabeth Zielinski (2), Joshua Zielinski (1), Natalie Zych (3).

New Cuts:

Regionals: Brian Bayer, Kassie Buff, Sude Cebi, Joey Countryman, Robert Dobrowolski, Aidan Foley, Natalie Grubczak, Eddie Howaniec, Taira Juronis, Megumi Komoto, Donna Kurek, Brendan Lee, Jocelyn Lounsbury, Marcel Msciwojewski, Dylan Pokorny, Patrick Recko, Brae Sanchez, Zach Sierzega, & Adriana Szczotka.

State: Tatum Burek, Taira Juronis, & Megumi Komoto.



HWSA Has Gone Tweeting

Follow HWSA on Twitter: @HWSAdolphins



While at Practice – PLEASE READ

We have received complaints from both the Conant and the Stagg school officials of kids playing in the hallways. Please understand that everyone needs to be in the pool area. We are guests at each of these schools. I do not want to see us lose our privilege of using their facility. Going forward, if we hear or see this happening still, your swimmer will be suspended for a period of time. We cannot take the chance to having a couple of our kids spoiling it for the rest of the team. I hope everyone understands this and will help in controlling this major issue.



Team Suit Orders are in

Please note that if you ordered a new team suit, they are in. At Conant you will find them in the stands and at Stagg you will find them on deck. Everyone on the team will also be receiving a new latex team swim cap. The silicon cap order was just placed and will be here in about 10 days.



Interesting Reads

[Coordinating Help for Your Uncoordinated Child](#)

[5 Healthy Snacks That Will Fill You Up](#)

[Dolphin Kicks In Races](#)



Getting to Know HWSA Dolphin Swimmers

In the next Dolphin Bite we will be doing the first installment of the season of Getting to Know HWSA Dolphin Swimmers. If you'd like to fill one out and submit please [click here](#) to find them on our website. Once you fill them out, please email Coach Tom at tom.rieman@hwsadolphins.org the filler and a picture to go along with it.