



## Chair's Corner

### Special points of interest:

- **District Meet Results**
- **State Meet—March 18-20**
- **Annual Banquet—April 1 at Holiday Inn**
- **USA Swim News**

**Teamwork:** *the actions of individuals, brought together for a common purpose or goal. In essence, each person on the team puts aside his or her individual needs to work towards the larger group objective.*

The definition of teamwork certainly can be applied to our swimmers, parents and coaches the weekend of Dis-



tricts. People put aside all other activities that day to volunteer their time and support

their child. Swimmers swam their best to support their team - this showed by all the best times, categories and ribbons won. I would like to thank Paula White and Rich Kloster co-chairs of this year's District meet. They worked countless hours to plan for the meet. The Auburn YMCA Stingrays showed that we are a great group of people who walk the talk of teamwork in and out of the pool.

I would especially like to thank all the coaches for their enthusiasm and skill working with our children. It takes great talent and patience to prepare 120 swimmers for such a high energy

competitive meet. Not only do the coaches have to work on strokes, but they have to promote sportsmanship, teamwork and spirit. Thank you Dan Walter, Pete Whiting, Mike Sawran, John Dalziel, Kelly Lyndaker and Jodi Lentini. You all work wonders organizing and motivating a very large, diverse team of swimmers.

Good luck to our state qualifiers going to the State meet on March 18. It's another exciting competition where Auburn will be well represented

See you all at the Banquet April 1<sup>st</sup>.

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## Thanks to All—District Meet

Thank you to our Stingray swim family for the tremendous effort you put forth for the District meet. The Parent's Committee members have been receiving thank you emails from various coaches, officials, and Skaneateles Y staff. Not only was the meet a success for our children in the water, but also for us financially and personally. Such a large undertaking certainly cemented our strength as a team. Although this was a group

effort that could not have succeeded without everyone involved, Rich and I need to single out a few individuals. Greg Sliss did a wonderful job with our concession stand. Mike Mitchell helped secure many items for the booth. Bill Brown helped organize our officials and the Skaneateles facility. Lori Miller created a great program. Gig and Chris Elliott did a tremendous job with getting the entries ready and with meet management. Nance Rifanburg was a great resource in many areas. Amy Murinka kept a close

watch on our money. Rob Carbonaro and Bridget Reilly were paramount at keeping the pool deck clear of parents. Additionally I need to thank all of the Parent Committee Members. And of course all of our coaches who were tremendous in preparing our swimmers for the meet.



*Paula White and Rich Kloster*

## 2011 CNY DISTRICT SWIMMING CHAMPIONSHIP

**D**id you know the Auburn YMCA Stingrays entered 115 swimmers in the meet swimming in 19 relays and 339 individual events? The team achieved 127 best time ribbons and an additional 20 purple ribbons for best time, first time, State qualifying ribbons in an event. Two of those purple ribbons were awarded to swimmers qualified for States for the first time at the District Meet.



All swimmers should be congratulated for their preparation and hard work prior to and during this meet. In a dual meet, we generally average 90-100 best time ribbons including state qualifiers. This meet exceeded that by almost 50%!!! Although the hype and the venue contributed to this huge success, by far the biggest contribution was personal effort, attention to detail, dedication to personal effort in the pool, and the desire to excel! These are great individual efforts and each swimmer should be extremely proud of their achievement.

### **NICE WORK STINGRAYS!!!**

We had great results on the score-

board too! The following events earned **first place honors** (in order of event):

#### **D Girls 200 Medley Relay:**

Margaret Angotti, Claire Rejman, Amber Connors, Alexis Rejman

#### **E Boys 25 Back:** Joshua Whiting

**D Boys 50 Back:** Macauley Kolonko

#### **E Girls 25 Breast:** Molly Rejman

**D Girls 50 Breast:** Janessa Brandstetter

#### **D Boys 200 Free Relay:**

Joshua Lentini, Matthias Ballard, Trevor Hesse, Odin Panek

#### **C Girls 200 Medley Relay:**

Lindsay Roe, Emily Harding, Katie Kelley, Alyssa Hesse

#### **C Girls 200 Free:** Hannah Foster

#### **B Girls 200 Free:** Jenna Page

**B Boys 200 Free:** Zachary Buchberger

#### **A Girls 200 Free:** Mary Jane Leja

**A Girls 200 IM:** Michelle DelFavero

#### **A Boys 200 IM:** Reid Swartz

#### **B Girls 50 Free:** Brigid Cotter

#### **B Boys 50 Free:** Cory Knapp

#### **A Girls 50 Free:** Mary Jane Leja

#### **A Boys 50 Free:** Reid Swartz

#### **A Girls 100 Fly:** Tiffani Chehovich

#### **B Girls 100 Free:** Brigid Cotter

#### **A Girls 100 Free:** Mary Jane Leja

#### **A Girls 500 Free:** Michaela Elliott

**Open Girls 200 Free Relay:** Jenna Page, Brigid Cotter, Michaela Elliott, Mary Jane Leja

**Open Boys 200 Free Relay:** Matt Leverich, Collin Mitchell, Connor Kilmer, Reid Swartz

#### **A Boys 100 Back:** Reid Swartz

#### **B Girls 100 Breast:** Brigid Cotter

**A Girls 100 Breast:** Michelle DelFavero

**B Girls 200 Free Relay:** Krintina Stevens, Hannah Reilly, Alexis Liberatore, Maria Wayne

**A Girls 400 Free Relay:** Molly Blair, Tiffani Chehovich, Kathryn Carter, Aimee DelFavero

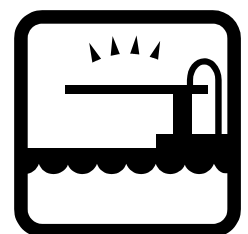
**A Boys 400 Free Relay:** Alexis Gavras, Jeremy Sliss, Collin Mitchell, Sean Doyle

Last but not least, the **Stingrays won 8 of the 10 age groups** bringing home the 2011 CNY District Swimming Championship trophies for the **A Girls, A Boys, B Girls, B Boys, C Girls, C Boys, D Girls and E Girls!!**

## Motivational Quotes

*"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." - Ken Doherty*

*"If you don't have confidence, you'll always find a way not to win." - Carl Lewis*



## DUAL MEET AWARDS FOR 2011 SEASON

Between sessions at the 2011 CNY District Swimming Championship, the CNY District Commissioner, Nick Pizzola awarded trophies to the age groups that obtained the best dual meet record during the regular season. Good, hard practices and the desire to excel paid off! The following Stingray age groups were awarded the CNY dual meet season trophy:

### A Girls, A Boys, B Girls, C Girls, and C Boys!

There was stiff competition this year with Watertown, Cortland, Norwich and Fulton. This will give us something to look forward to in 2012!!!

Congratulations to everyone for contributing to the success of your



age group during the dual meet season! An awesome job week in and week out!



## COACHES' CORNER

Hello Everyone,



I would like to start off by thanking our Stingray parents for all of the time and effort put into this year's CNY District

Championship Meet. The hosting of Districts at the Skaneateles YMCA and Community Center meant additional preparations. All of you accepted this challenge and in the end helped raise the expectation for district meets to come. Great job!

With states right around the corner it is time we discuss ways to increase our swimmers level of performance at this end of the season championship meet. Practice is important all season long but crucial in late season preparations. The month of February up until the state championship meet can make or break a swimmers performance. A swimmers diet can

have an effect on their performance. During the double sessions in February a high protein diet is essential for muscle recovery. Carbohydrate loading a couple days out from states is another must. All of these variables help to maximize a swimmers performance.

While much of competitive swimming is preparing oneself physically, there is mental preparation as well. Having an always positive attitude and being confident but not overly confident. If you watch the most elite competitive swimmers in the moments leading up to their race they seem to have a focus impossible of any interruption. A tunnel vision that is about as wide as the lane that they are about to dive into. They do however select certain environmental factors to be allowed into their tunnel. Usually swimmers will let crowd energy in to help them get up for their race. This is all part of the mental preparation leading up to a race.

On the topic of crowd energy it is

appropriate to discuss what the Stingray program will be doing this year to motivate our swimmers at the state meet. We are in the process of ordering the first ever Stingray rally towels similar to the Pittsburg Steelers "terrible towel." This will increase the energy level at states this year and our swimmers will respond. The towels are expected to be going on sale the first week of March. I would like to ask that all swimmers and parents attending the state meet to please plan on purchasing a Stingray rally towel and wave your Stingray pride down at Long Island this year.

Lastly, I would like to invite all swimmers ages 6 and up to sign up for our Stingrays Summer session. There is no longer a separate spring and summer session but one longer session running from April 18<sup>th</sup> through August 19<sup>th</sup> with a USA swimming meet schedule. Registration is now open at the front desk.

Good luck at states everyone!

~Coach Dan

## Alums: Where are they now?

### 2006-2007 A Boys Swim Team

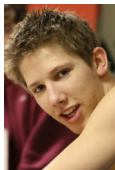
It would be nice to have a picture of this team, but we couldn't find one. So ... I took a few pictures from the CD that Richard Chaffee made for that year. Hope you enjoy these!



For those of us who remember this trio — what a great picture!

#### Tristan White

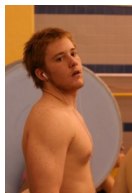
Tristan swam with the Stingrays for 7 years, winning the Wally B. Duncan award in 2004. He is currently a junior at Dickinson College in Carlisle, PA where he is majoring in International Business and Management



and a member of the men's swim team.

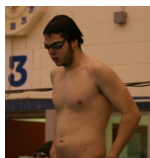
#### Cameron Lovenduski

Cam swam with the Stingrays for 7 years and graduated in 2007. He is currently at Coastal Carolina University in South Carolina and is a History Major, but not swimming.



#### Sean McNamara

Sean swam for the Stingrays for 3 years and graduated in 2008. He was attending American University in Washington, DC. He was selected as the American University Student-Athlete of the Week in Nov. 2010 and has set new records in the freestyle.



#### Preston Chaffee

Preston swam with the Stingrays for 12 years and many would agree that he was the best recruiter for the team! He won the David B. Clary award and graduated in 2008. He is currently in his junior year at

Drexel University in Philadelphia majoring in Political Science.



He is in the ROTC and a member of the men's swim team.

#### Bijan Nezami

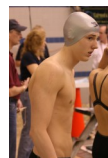
Bijan graduated from the University of Buffalo in 2010. He is currently enrolled in a one year program at Rosalind Franklin University of Medicine & Science.

#### Greg Rifanberg

Greg swam for the Stingrays for 9 years and graduated in 2009. He is currently completing a degree in Telecommunications at Cayuga Community College.

#### Patrick O'Donovan

Pat swam with the Stingrays for several years and set many records, especially for backstroke, won high point trophy for four years in a row, and won the Wally B. Duncan award. He graduated in 2009 and is currently attending the University of North Carolina.



## New York State Swim Championships

Congratulations to about 50 Stingray swimmers who made our 2011 State Team. States will be held **March 18, 19 & 20** at Nassau County Aquatic Center in Eisenhower Park, Long Island, New York.

Registration for the state meet will be held on **March 1 & 2** from in the Auburn YMCA pool lobby from **5:30 -7:30 p.m.** Fees

are \$5.00 per event. Information packets will be distributed during registration.

**Reminder:** The Stingrays block of rooms will only be held until February 25. You may call the Long Island Marriott Hotel and Conference Center to reserve your rooms, but rooms are going fast.

Stingrays States practices continue for three more weeks. We're all

cheering for you!



## USA Swimming News



Each issue we try to highlight articles from the USA Swimming Web site that are of interest and that provide some tips and techniques for helping our swimmers do their best. For more articles, visit the USA National Swimming Organization's web site at <http://www.usaswimming.org>

### TRAINING AND TECHNIQUE

Looking to swim faster? Our Training and Technique section is a good place to start. We've got drills, tips and other exercises that may help you gain a competitive edge.

### FEATURED ARTICLE



Chloe Sutton has accomplished a lot for an 18-year-old. Already an Olympian and two-time national

champion in the open water 10k, Sutton's barely scratched the surface as she sets her sights set on a long career, to include the 2016 Games. The California native has turned pro, putting off college to train with Mission Viejo Nadores coach Bill Rose and trainer Brandon Menchaca, whom she credits for her success last year.

[Read more—click here](#)

### DID YOU KNOW?

Poor posture not only looks terrible and increases your chances for a whole host of injuries, but it can actually mess with your stroke technique. For instance, decreased shoulder range of motion resulting from tight chest and shoulder muscles decreases stroke length and strength.

Plus, holding the shoulders forward prevents efficient arm recovery and forces you to roll excessively to breathe. For a quick way to assess your posture, along with some great exercises and stretches to help improve it, check out the "[Ask the Dryland Coach](#)" archives on [usaswimming.org](http://usaswimming.org).

### BEING A SWIM PARENT

The most important thing you can do as the parent of a swimmer is to love and support your child, both in and out of the pool. This support is a key factor in fostering enjoyment and learning as well as contributing to the child's individual success in the pool.

### KEY TOPICS AND READING FOR PARENTS:

[Understanding Coaches](#) - A critical component to an athlete's healthy swimming experience is a positive relationship between the parent and coach

[Understanding Training](#) - As an parent of a swimmer, you might not always understand why coaches have swimmers train the way they do.

[Articles for Parents](#) - Being a swim parent is a great experience, but can sometime be overwhelming. In addition to all of the resources in the Parents Section of the website, we regularly post new articles about being a swim parent



## Annual Stingrays Banquet

Mark your calendars! This year's awards banquet is scheduled for Friday, **April 1, 2011, from 6:00 p.m. until about 11:00 p.m.**

It will be a dinner buffet held at the Holiday Inn, on North Street

in Auburn. Every swimmer is recognized at this banquet. It is always a very special and fun occasion. An invitation will be mailed shortly giving more information on the event.

Hope to see everyone there.



## Stingrays Parents' Committee Members

Chairperson	Nance Rifanburg	253-2634
Vice Chair	Judi Stephens	283-1703
Secretary	Laurie Whiting	252-2709
Treasurer	Amy Murinka	253-6621
Aquatic Director	Dave Hamilton	253-5304
Registration	Andrea Kloster	255-3325
Transportation	David Leja	252-0136
Fundraising	Greg Sliss	253-4099
Fundraising	Mary Beth Brown	255-0944
Fundraising	Paula White	252-6257
Hospitality	Amy Gavras	253-2634
Swim Shop	Marni Falsey	258-5253
Meet Manager	Gig Elliott	252-1017
Officials	Bill Brown	253-5304
Newsletter	Lori Miller	252-3310
Timers	Jessica Wilkes	252-7038
Website	Rich Kloster	255-3325
Head Coach (A & B)	Dan Walter	253-5304
<b>Other Contacts:</b>		
Coach (C)	Peter Whiting	730-5231
Coach (D)	John Dalziel	226-9508
Coach (E)	Kelly Lyndaker	889-5239
Asst. Coach	Mike Sawran	255-6997
Assist. Coach (D&E)	Jodi Lentini	244-2500
Volunteer Coach	Beth O'Sullivan	685-3255
Volunteer Coach	Jake Harding	224-4922
Strength Coach	Dale Bushberger	730-0264
YMCA Main Desk		253-5304

### YMCA Mission:

To put Christian values into practice through programs that build healthy spirit, mind, and body for all.



The Stingrays is sponsored by the Auburn YMCA and has been running a competitive team with over 100 swimmers for more than 40 years.

The Parents' Committee meets monthly on the second Tuesday of the month at 7:00 PM in the YMCA conference room. All parents/guardians of swimmers are welcome to attend.

Thinking ahead to next year . . . If you are interested in joining the Parents' Committee Board, please let one of the Board Members know! We always need volunteers!

CHECK OUR WEB SITE FOR  
MORE INFO:

[WWW.AUBURNSTINGRAYS.COM](http://WWW.AUBURNSTINGRAYS.COM)