

Between the Bubbles...

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Catawba Valley Aquatic Club

STINGRAYS SWIM THE FROSTY!

CVAC entered 55 swimmers in the Frosty Invitational Meet hosted by ATOM (Aquatic Team of Mecklenburg) at the Charlotte Mecklenburg Aquatic Center on January 22—23. Since the weather forecast was for icy conditions 12 swimmers did not attend. The swimmer and parents who went said that the weather effected attendance ,and the meet was not as crowded as usual. The stingrays swam 169 best times and 19 new times. Two team records were made by Johnny Lok and Leah Catherine Watts. Swimmers who made 100% new and best times were Michelle Beatty, Natalie Bolick, Stephanie Hammond, Katie Knecht, Brandon Lindler, Caitlin Mahoney, Abigail McRea, Grisha Smirnov, and Mikayla Walter.



**CVAC Boosters Meeting Friday, Feb. 4.
Discussion on the upcoming meet that
we host on Feb. 12. Please be there!**

Check out our new website at
www.cvacswwimming.org
Swim practice cancellations and
news will be posted by Coach Paul.



New Individual Team Records

Johnny Lok (11-12 Male)			
100 Y Breaststroke	1:16.67	former record holder Thomas Fasciano, 2001	
Leah Catherine Watts (10 & Under Female)			
500 Y Freestyle	6:31.27	former record holder Leah Catherine Watts, 2004	
Meredith McBride (15-18 Female)			
Swim-a-thon (200 laps)	58.53	former record holder Melissa Schiffel	

SENIORS DO IT IN ATHENS, GA

Georgia dogs!

Several senior swimmers qualified to go to Athens, GA to a senior meet January 7-9. The meet was held at the University of Georgia pool. Samantha Choate, Katie Choate, Katie Hoyle, Kathryn Penley, Rebecca Smith, Phillip Corsi and Rick Smith went on the trip with Coaches Paul and Kathy Schiffel. Coach Paul said that he thought it was a good trip, and they all had a chance to gain experience at a large, fast meet. They all swam good races - even after they had a long Christmas break. The seniors not only had a chance to swim in a great pool, but also had a chance to take a look at a university that has a great swim team. Ask about the "Big Bike Wreck."

◆ "People may fail many times, but they become failures only when they begin to blame someone else."
◆ - Unknown

Swimmers



Spotlight

James Corsi - Spelling Bee Champion for Jenkins Elementary School! This 4th grader progressed to the system competition and won the competition for Hickory Public Schools. He now advances to regional competition on Feb. 17 at Spirit Square in Charlotte. Congratulations and good luck, James!

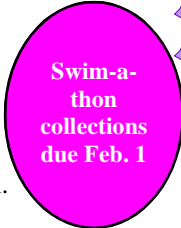
Tara MacIver &

Nanami Miyazaki - CVAC swimmers swept Clyde Campbell's Geography Bee. Only two students advanced to the final round and both finalists were CVAC swimmers! Tara MacIver, 6th grade, was the school champion and Nanami Miyazaki, 5th grade, was the first runner up.

Kirby Patton - made the Beta Club.

Carson Lindler - (Riverbend) made all "A" honor roll.

Brandon Lindler - (Claremont) made all "A" honor roll.



SWIM-A-THON 2005

Approximately 2/3 of the team swam in the Swim-a-thon Saturday, January 15. 67 Stingrays earned needed funds for the team. Coach Paul Schiffel was pleased with the turnout. Now another kind of effort begins – collecting the money. In order to be eligible for prizes all funds need to be turned in to Gaye Watts by February 1. If a swimmer swam the 200 laps and/or the 2 hour period, collected \$50.00 in pledges, and met the February 1 deadline, then he/she will receive a Swim-a-thon t-shirt. For swimming the 200 laps or 2 hour period, collecting \$150.00 in pledges, and meeting the deadline of February 1, the swimmer is awarded a monogrammed CVAC towel.

Meredith McBride, who finished first, broke the Senior/PreSenior team record held by Melissa Schiffel with a 58.53 time. She was awarded a large orange M & M. The winner of the Age Group/Rays/Mites group was Leah Catherine Watts with a 1:18.27. She was also awarded a large orange M & M. Special small orange M & Ms were awarded to Noah McRea, who was the youngest /fastest 8 & under to complete the 200 laps with a 1:31.05, and to Kaitlyn Ebert for being the youngest to swim the most laps.





- 05 Anthony Dehart
- 05 Amanda Smith
- 07 J.C. Moebius
- 11 Alicia Connelly
- 11 Ben Penley
- 14 Alexandra Felkins
- 15 Johnny Lok
- 16 James Corsi
- 16 Sarah Keener
- 17 Taylor Sigmon
- 17 Kevin Wood

Meet SCHEDULE

	February 12	Meet (CVAC hosts) Hickory - Lenoir-Rhyne
	Feb. 1 -13 Fri. - Sun.	NCS Qualifier Charlotte - Meck. Aquatic Center
	February 24-27 Fri. - Sun.	14 & Under State Championships Charlotte - Meck. Aquatic Center
	March 18-20	BRSL Champs Huntersville
	April 23-24	ECSL/BRSL All-Star Long Course Huntersville
	May 6-7	MOM Meet Huntersville

HIGH SCHOOL SCHEDULE

	February 4 Fri.	High School Regional Meet Huntersville
	February 12 Sat.	High School State Meet Chapel Hill

Contact Becky Smith with your information by emailing her at smithbecky@charter.net, calling her at 294-0205, or seeing her at the pool. We need announcements, accomplishments, suggestions, quotes, etc. Some graphics in the newsletter are used compliments of www.swimgraphics.com.