

**Loveland 91 Fairview 88:** The meet was scored as three individuals and two relays from each team. The Knights were led by event winners: Natalie Brent in the 200 IM (2:25.63) and the 500 free (5:56.78); Rya Muller in diving (248.65); Samantha Mosier in the 100 butterfly (1:01.63); and Emily Xu in the 100 backstroke (1:09.43). The best events for our team were the 500 free where Natalie Brent, Jackie Anderson (6:52.09) and Luca Schueltpelz-Rohl (7:27.04) went 1-2-4 and diving where Rya Muller and Annika Dombrowski (178.20) went 1-2 unopposed. Fairview won the 400 free relay (4:03.36), which was swum by Samantha Mosier (57.64), Natalie Brent (1:01.26), Caralea Holmberg (1:02.49) and Aria Mundy (1:01.97).

Other Fairview athletes placing top three were:

200 free: Caralea Holmberg (2:16.50-2<sup>nd</sup>),

200Im: Claire Sznewajs (2:41.77-3<sup>rd</sup>), a personal best by 5.7 seconds,

100 free: Aria Mundy (1:02.25-2<sup>nd</sup>), and

100 breaststroke: Claire Sznewajs (1:17.26-2<sup>nd</sup>)

The Knights had 11 personal best times including:

50 free: Clara Sullivan (31.47), Jane Strode (34.02) and Vika Sroymalai (39.22),

100 free: Joelle Haensly (1:06.45) and Sadie McDonald (1:14.46),

100 back: Joelle Haensly (1:15.45), Trew Mundy (1:25.10) and Vika Sroymalai (1:39.48); and

100 breast: Audrey Gallagher: (1:33.77).

**Trojan Invite:** This was a new meet for our team. It is a rare Colorado high school meet that offered prelims and finals for both varsity and JV divisions. The meet was held at Fountain Fort-Carson HS which is in Fountain, about 12 miles south of Colorado Springs. One to three inches of snow turned a two hour bus ride into a seven hour ordeal as our bus was stopped on I-25 South of Castle Rock and only made about 15 miles of progress in three hours. Several other teams were delayed by the weather so the start time of the meet was delayed by more than an hour. We arrived in the middle of the meet (100 freestyle event) and were unable to have any swim warmup. Thankfully after the meet ended with the 400 free relays, meet management allowed several teams who arrived late to makeup missed races. This was an extraordinary act of hosting as it required meet workers and officials to stay until after midnight. Finals were provided for 8 athletes and relay teams in the JV

competition, and for 16 athletes and relay teams in varsity. Our team had at least 27 personal best times at the meet: the coaches do not have data on several of the JV events such as 50 fly, 50 breast and 100 IM.

**Varsity division:** Fairview placed 2<sup>nd</sup> among the 15 teams in the varsity competition. The meet computer operator did not follow the scoring rules in the meet invitation, so the approximate score for the first 5 teams was: Loveland 449, Fairview 430, Broomfield 308, Poudre 277, and Discovery Canyon 229. The Knights were led by Alice McGill, Samantha Mosier, Rya Muller and Lauren Schlageter. Alice McGill won the 50 free in an exciting race by .03 seconds in 26.25, and placed fourth in the 100 free (58.03). Samantha Mosier won the 100 butterfly (1:01.19) and she earned a state qualifying time with a 21 second personal best in the 200 free (2:02.50) finishing third. Rya Muller won the closely contested 11 dive event in 394.30 by three points over an athlete from Discovery Canyon. Lauren Schlageter was third in both the 100 free (57.86) and the 100 breast (1:10.50). Fairview won the 200 freestyle relay (1:43.58) by almost three seconds with swims by Lauren Schlageter (26.59), Aria Mundy (26.63), Samantha Mosier (24.65) and Alice McGill (25.71).

Other individual swims scoring points in the top 16 were:

200 free: Clara Hartman (2:17.01-10<sup>th</sup>),

200 IM: Claire Sznewajs (2:34.96-11<sup>th</sup>- a 6.8 second personal best), Christina Tong (2:42.04-13<sup>th</sup>), Christina Tong (2:46.85-16<sup>th</sup>),

11 dives: Reilly Jones (358.15-4<sup>th</sup>), Annika Dombrowski (314.60-10<sup>th</sup>),

100 butterfly: Jasmine Li (1:06.99-6<sup>th</sup>), Sophia Murray (1:10.11-12<sup>th</sup>), Shannon Lebsack (1:10.76-14<sup>th</sup>), Lillian Berets (1:13.54-16<sup>th</sup>),

100 free: Aria Mundy (59.83-7<sup>th</sup>), Emma Thomas (1:01.34-13<sup>th</sup>), Jasmine Li (1:07.45-16<sup>th</sup>),

500 free: Clara Hartman (6:07.76-6<sup>th</sup>), Hailey Nichols (6:21.56-8<sup>th</sup>), Melina Leary (6:21.97-9<sup>th</sup>),

100 backstroke: Shannon Lebsack (1:05.94-3<sup>rd</sup>), Caroline Heckman (1:08.08-9<sup>th</sup>), Jackie Anderson (1:10.89-12<sup>th</sup>) Sophia Murray (1:12.81-15<sup>th</sup>),

100 breaststroke: Claire Sznewajs (1:15.28-5<sup>th</sup>), Christina Tong (1:18.74-11<sup>th</sup>) Acadia Beiner (1:21.80-14<sup>th</sup>), and Marissa Sorlie (1:22.19-15<sup>th</sup>).

Swimming in an outside lane and seeded 7<sup>th</sup>, our 200 medley relay placed second (1:57.92) with splits by Shannon Lebsack (30.91), Lauren Schlageter (31.95),

Jasmine Li (29.60) and Alice McGill (25.46). Alice McGill passed three swimmers on her anchor leg. Our 400 free relay finished 4<sup>th</sup> (3:56.03) with contributions by Emma Thomas (1:02.03), Aria Mundy (59.74), Samantha Mosier (54.51) and Shannon Lebsack (59.75).

**JV Division:** The approximate score of the first five teams: Fairview 222, Pueblo County 88, Broomfield 65, Fountain-Fort Carson 49, Woodland Park 34. Our JV leaders were Jackie Anderson, Margot Lamarque, Zella Congedo, April Tong, Kira Bond, and Joelle Haensly. Coach Bob challenged the team to earn 50% of all the placings in JV individual swimming events. The team achieved 31 positions out of 64 available in JV individual events (8 placing in 8 swim events) or 48%. Jackie Anderson (2:26.72) led a Fairview 1-2-3 sweep in the 200 free with Keira Bond (2:27.82) and Lillian Berets (2:28.11). Margot Lamarque took the 50 butterfly (31.28). Zella Congedo (34.25) led another 1-2-3 sweep in the 50 backstroke with Joelle Haensly (34.85) and Ellen Bartels (35.51). April Tong won the 50 breaststroke (37.18). Scoring double second place finishes were Keira Bond in the 200 free and the 500 free (6:44.33), a 12 second personal best; and Joelle Haensly in the 100 free (1:06.02) and the 50 back.

Other individual swims scoring points in the top 8 were:

200 free: Leah Sanson (2:37.51-5<sup>th</sup>),

100IM: Acadia Biener (1:15.39-3<sup>rd</sup>), Margot Lamarque (1:16.76-4<sup>th</sup>), Lena Rosario (1:22.50-6<sup>th</sup>), Emily Hao (1:24.08-7<sup>th</sup>), Tierney Brown (1:24.13-8<sup>th</sup>),

50 free: Paige Franklin (30.12-2<sup>nd</sup>), Roxy Alexander (30.87-3<sup>rd</sup>), Allison Sanders (31.38-6<sup>th</sup>), Ellen Bartels (31.77-7<sup>th</sup>), Audrey Gallagher (8<sup>th</sup>),

50 butterfly: Marissa Sorlie (34.46-3<sup>rd</sup>), Vika Sroyimalai (46.20-6<sup>th</sup>),

100 free: Audrey Gallagher (1:10.15-3<sup>rd</sup>), Allison Sanders (1:10.84-5<sup>th</sup>), Lena Rosario (1:12.47-8<sup>th</sup>),

500 free: Alexis Beggen (7:11.11-4<sup>th</sup>), Cassie Harper (7:45.96-6<sup>th</sup>)

50 back: Paige Franklin (37.39-7<sup>th</sup>),

50 breast: Tierney Brown (43.45-4<sup>th</sup>), and Mia Grayson (43.53-5<sup>th</sup>).

The meet results are possibly wrong in assigning second place to our JV 200 free relay which likely won in 2:00.33 and was swum by Roxy Alexander (30.57), Margot Lamarque (28.99), Cassie Harper (30.79) and Keira Bond (29.98). Taking

first in the 400 free relay (4:42.54) were Trew Mundy (1:14.03), Leah Sanson (1:11.05), Ellen Bartels (1:10.17) and Joelle Haensly (1:07.29).

**Front Range League Championships:** The Front Range League Championships are Friday, February 1, and Saturday, February 2, at VMAC 5310 E. 136<sup>th</sup> Avenue, Thornton, 80602. A two way bus will leave Fairview at noon on Friday. Our swim warm up is 1:20-2PM. Swimming preliminaries begin at 3PM. Athletes with important classes may be transported by their parents. We will try to obtain a timeline for athletes not in early events who would like to arrive and warm up later.

Saturday diving warm up starts at 7AM and diving preliminaries begin at 9AM. Warmup for finals for both swimming and diving will be 1-1:50PM. A one way bus will be available for swimmers on Saturday, leaving Fairview at 11:30AM. Swim and dive warmup for finals is 1:00-1:50PM. The swimming and diving finals begin at 2PM and are expected to end around 5:30PM.

The entry is due Monday, January 28. We are allowed an unlimited number of swimmers in individual events in prelims. Twenty-four athletes will qualify for finals in each individual event, but each team is limited to only four athletes in finals in an event. We are allowed an unlimited number of relays in prelims, but only one relay in finals. Many Fairview swimmers who have qualified for State will not swim the league meet in order to practice for State. Online entry is at: **2/1 - League**

<https://docs.google.com/spreadsheets/d/1sHG6kQLxsRf1s2lxg3hTBCigHr3jzGPfxwhFXhyMQKM/edit?usp=sharing>

**Movie Night** - The season is almost over! Let's keep our energy up and our team spirit high with a dance and movie night! We will have a taco bar while we watch Mama Mia 2 and sing our hearts out! It will be on Friday, January 25th at 6:00 pm at Lillian's house. The address is 1940 Kohler Drive, Boulder, Colorado. Can't wait to see you all there! Please text to RSVP at (720)491-7252 so we know how much food we need!

**Thank you** - Thank you to Daphne Biener, Gina Muller, Tricia Heckman and Judy Haensly for braving the roads and attending the Trojan Meet with the team. Gina supported the divers during the trip, Tricia was responsible for the hotel planning, and Daphne, Tricia and Judy did meal planning and shopping to make sure the

girls were properly fed. This task was especially challenging as the weather and meet delays made it necessary to constantly be rethinking and adjusting the meal plans.

**Team Photos** - Swim team pictures are online and ready to order!

Go to [eldphotography.net](http://eldphotography.net), click through Client Access, click on the gallery Fairview Girls Swim and Dive 2018-2019. Choose a print size, or full resolution digital file and pay.

Things to remember...

1. Order before Jan 31 and avoid all shipping costs! (Orders placed after 1/31 will incur shipping, and will be sent directly to you.)
2. This is a team fundraiser! We get 10% of profits, so order early and often ;-)
3. Pirating digital pictures is not cool and it's actually theft. Please don't take screenshots of the pics!

The photographer, Liz Danekind, has other sizes and print options available (custom sizes, metal prints, stand outs, acrylic prints, etc.) as well as custom photoshopped specialty portraiture. If you have any questions or would like to place a custom order, please give her a call at 720-226-1744 or [elizabeth.danekind@gmail.com](mailto:elizabeth.danekind@gmail.com).

**Year End Celebration** - March 3rd - 2- 5 PM Southern Hills Middle School - Mark your calendar for the year end team celebration. More details coming soon.

### **Sports Science: ACTIVE RECOVERY IS BETTER THAN PASSIVE RECOVERY FOR REMOVING LACTATE AFTER SWIMMING**

Mota, M. R., de Aguiar, A. F., Dutra, M. T., Pardono, E., de Lima, F. D., Fontoura, H. P., & A Dantas, R. E. (2013). Acute effect of two types of blood lactate in recovery after swimmers maximum effort. *Medicine & Science in Sports & Exercise*, *45(5)*, Supplement abstract number 368.

This study evaluated the effect of active recovery and passive recovery on blood lactate after exercise in swimmers (N = 15). Ss participated in a 200 meters

freestyle simulation, with two different forms of 15-minutes of recovery. Treatments were i) 15 minutes of passive recovery (supine position under the sun, covered with a towel) and ii) 5 minutes of passive recovery (supine, under the sun, covered with a towel) followed by 10 minutes of active recovery (performed at 60-65% of the maximum intensity of swimming) . Lactate samples were obtained before the competitive simulation, 5 minutes, and 15 minutes into post-exercise recovery

Pre-simulation times were similar on both occasions. Lactate levels were similar after five minutes of passive recovery. However, at 15 minutes, there was a significant difference between the treatments for lactate. Active recovery produced 35.6% removal of lactate while passive recovery resulted in only 14.96% removal.

**Implication.** Active recovery is more efficient than passive recovery in removing lactate after a 200 m swim. While ten minutes of 60-65% swimming intensity increases the rate of lactate removal it is insufficient to fully recover to resting levels.

**Catalyst Swim Advisors** in the Flume Room at the University of Colorado Champions Center.

Come and get your stroke refined and improved for better efficiency and power with the pros from **Catalyst Swim Advisors. Eney Jones, Stacey Tobey and Holden Bank** provide a wealth of knowledge, experience and certifications to help you be your best! With a front camera as well as a side camera you will be able to see what you are doing underwater, they will help you make a correction and you can see it as well as feel it in action! The learning curve in the Flume Room is unsurpassed to what you will get at the pool. Come and get the experience that will change your swimming life for good!!

**Contact Stacey Tobey** – [tobeystacey4@gmail.com](mailto:tobeystacey4@gmail.com) cell 720-351-2658

**Team Donation** - Please remember to make your team donation. The suggestion donation is \$150 per athlete. Click on the following link to make your donation - <https://fairviewhigh.revtrak.net/Team-Sports/fairview-hs-girls-swimming/FHS-Girls-Swimming/#/v/Swimming-Donation-Girls-163>

**King Sooper Gift Cards** - Thank you to all the families that are using their King Sooper gift cards. If you don't have a swim team gift card and you shop at King

Sooper, please see Sara Bottome or Christina Tong at practice and ask for a card. This is an easy fundraiser for the team.

### 2018-2019 State Qualifiers

Name	Events	Time
Rya Muller	1 meter	241.65, 403.25
Robin Cruz-Abrams	200 free, 500 free	1:59.01, 5:14.39
Monet Castellino	200 free, 500 free	2:02.33, 5:23.61
Morgan Simon	200 free, 500 free, 200IM	1:55.36, 5:04.68, 2:18.30
Julianna Haensly	200 free, 100 back, 50 free, 100 free	1:58.00, 59.88, 25.71, 55.73
Heather Maclachlan	200 free, 100 fly, 500 free	1:58.27, 1:00.93, 5:15.22
Karla Lessing	200 free, 500 free	2:02.61, 5:17.34
Amelie Lessing	200IM, 100 free, 200 free, 100 fly	2:07.83, 54.34, 2:01.50, 1:02.22
Mya Drost Parra	200IM, 100 back, 100 free,	2:09.95, 57.89, 54.20,
Emma Weber	200IM, 100 breast	2:10.82, 1:05.02
Julianne Jones	200IM, 100 breast	2:12.32, 1:07.88
Isabel Rich	200IM, 100 breast	2:10.56, 1:06.17
Morgan Lukinac	50 free, 100 free, 200 free	24.66, 54.76, 1:58.71
Kaia Reznicek	50 free, 100 free, 100 fly, 100 back, 200IM	24.69, 53.54, 57.74, 58.80, 2:16.53
Una Forsythe	50 free, 100 fly	24.93, 58.79
Samantha Mosier	50 free, 100 free, 100 fly, 200 free	25.28, 55.12, 1:00.19, 2:02.50
Riley Tapley	100 fly, 100 back, 200IM, 100	55.33, 55.78, 2:12.01,

	free	54.27
Mikayla Seigal	100 fly, 500 free, 50 free, 200 free	56.13, 5:07.30, 24.35, 1:56.34
Jenna Reznicek	100 fly, 100 back, 50 free, 100 free	56.74, 57.77, 24.54, 54.44
Helen Sun	100 fly, 100 free, 200 free	59.38, 56.04, 2:02.81
Kim Lanaghan	100 fly	59.62
Kirsten Lee	100 free, 100 back, 200IM, 100 fly	54.35, 58.85, 2:16.13, 1:01.89
Meghan Andrews	500 free	5:28.67
Karolina Bank	500 free, 100 breast, 100 free, 200 IM, 200 free	5:17.76, 1:08.63, 55.39, 2:15.78, 1:59.96
Zoe Malin	100 back, 200IM	1:01.55, 2:16.96
Ellie Parker	100 back	1:02.67
Lauren Schlageter	100 breast	1:10.13
Natalie Brent	100 breast	1:10.75
Erin Keown	100 breast	1:11.41
Darcy Keown	100 breast	1:12.11
Annika Bachman	100 back	1:02.23
Lauren Rutherford	100 breast	1:10.92
Alice McGill	50 free	25.18
Reilly Jones	diving	226.30
Fairview A	200 medley relay	1:43.96
Fairview A	200 free relay	1:36.84
Fairview A	400 free relay	3:35.19

Please contact Bob at [rwsmartt@gmail.com](mailto:rwsmartt@gmail.com) if you see errors



