

Championship Season Wrap-Up:

What an unbelievable finish to a fantastic season. Our Water Rats had done so well throughout the season that I expected great swimming but I couldn't imagine that we would have so many great swims at both CT Regional Championships YMCA New England Championships and CT Age Group State Championships.

Part I - CT Regional Championships:

Swimming up at Cheshire in the winter can be a challenge with the air and water getting quite warm inside the bubble, but it didn't seem to bother everyone too much. The WRATS swam great. We went into the meet with 2 primary goals: To swim fast and drop times and to go after Age Group cuts. We accomplished both across the board. The Water Rats racked a total of 170 best times overall. There were a total of 40 top ten finishes from 21 swimmers and 11 - 1st place Regional Champions.

* Indicates CTAG Cut

Regional Champions – First Place Finishers:

Mia Bullock – 50 Fly*, 100 Free*, 50 Back (4th 400IM)
Aileen Coyne 50 Free*, 100 Back (2nd 50 Back, 3rd 100IM, 200IM, 100Free)
Ingrid Duffy – 500 Free w/ 27 sec drop! (2nd 100 Back*, 100Breast)
Jordan Santarella – 100 Fly* (2nd 400IM)
Max Wimer – 100 Breast*, 100 fly*, 500 Free*, 1650 Free w/ 38 sec drop! (2nd 200 Back)

Other Top 10 Finishes:

Briana Auray (3) 50 Breast*, (6) 100 Free, (8) 50 Fly Jack Baylis (4) 50 Free, (7) 50 Breast/100 Free, (9) 100IM Lelia Boley (8) 100 Breast, (10) 200 Breast Sammie Bucher (3) 50 Fly/50Free, (5) 100IM, (6) 100 Fly, (10) 100 Back Billy Duffy (2)200 FR w/11 sec drop! (4) 100 FR, (5) 50 FR, (8) 100 IM, (9)50 Fly, (10)50 Breast MJ Duffy (10) 50 Fly Virginia Gerig (10) 50 Back Ethan Hunter (4) 100 Breast w/ 7 second drop! Bryce Keblish (4) 400 IM w/ 9 second drop! Madison Keith (5) 100 Brest, (7) 200 Breast w/ 7 second drop!, (8) 50 Breast Elizabeth Loffredo (8) 200 Back	Thomas McGrade (8) 100 Breast w/ 11 second drop! (10) 50 Breast Colin McKechnie (8) 100 Breast Carter Melnick (7) 50 Back Luke Montanaro (6) 200 Free, (7) 50 Free, (9) 100 Free Charlie Nadel (2) 500 Free (7) 200 Free Kiran Nandagopal (4) 100 Fly, (9) 100 Breast Cameron Purdy (3) 50 Free, (6) 50 Fly, (8) 50 Back Mark Schacter (2) 50 Free, (3) 100 Fly, (5) 50 Back, (7) 100IM, (9) 100 Free Alex Wagner (10) 50 Breast Annie Wanner (3) 100 Breast, (5) 200 Breast, (7) 50 Breast
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Other Highlights:

MJ Duffy -7 best times w/ 5 over 2 second improvements Brian Auray - Best times in all events w/ 11 sec drop in 100 Free Jack Baylis 4 out of 5 best times - 7 second drop in the 100IM Ingrid Duffy grabs 5 CTAG Cuts Manon DeVos – 7.43 second drop in the 50 Fly Max Wimer - 4 CTAG cuts including the 50 Back Lead Off on the 200 Med Relay Charlie Nadel drops 3 seconds to grab 2 nd in the 500 Free Kiran Nandagopal All best times w/ 8.6 second drop in 100 Fly Scott Adler drops 4.56 sec in 200 Free and 5.75 sec in 100 back Ale Benjamin – All best times Kion Bruno 5 second drop in the 100 Back	Jackson Daines – All best times by 2 seconds or more Nicholas Daines 12.3 second drop in 50 Breast Kate Griffin – 4 out of 5 best times Sarah Grinalds – 4 out of 5 best times w/ 3 by 2 second or more Kenzie Healy 5 second drop in the 100IM Brittany Marson All best times w/ 5 second drop in the 50 back Grace McGinley – 5 out of 6 best times 4 by over 1.5 seconds Kelsey McGinley – 3 out of 4 best times Jacob Nadel – All best times Riley O'Boyle All best timesw/ 8 second drop in 50 Fly Cameron Purdy – All best times by over 1 second
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Part II - YMCA New England Championships:

We had a small but hardy group head up to Harvard University in Boston. The WRAT YNE Team was:

GIRLS: Hannah Arman – 50&100 Fly, 100 IM Briana Auray – 50 Breast Sammie Bucher – 50&100 Fly, 50 Free Ingrid Duffy – 50&100 Free, 50 Fly Claudia Landowne – 50&100 Breast	BOYS: Jack Baylis – 50&100 Free MJ Duffy – 50&100 Back, 50 Free Sean Paul Stolarski – 50&100 Free, 50 Fly
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Everyone swam great and most were right on or better than best swims for the year.

Meet Highlights:

Sammie Bucher dropped a full second in the 100 fly and .71 seconds in the 50 Fly to a 31.20 which earned her the Age Group cut for that event. **Hannah Arman** dropped .9 seconds in the 100 IM and almost 2 seconds to grab 9th place in the 100 Fly! – both were age group cuts. **MJ Duffy** dropped .81 seconds in the 50 Back to get 5th place. **Jack Baylis** dropped almost a full second in the 100 free to break the 104 barrier at 103.88. **Claudia Landowne** dropped nearly half a second in both the 100 and 50 breaststroke and grabbed 8th place in the 50. Sean Paul Stolarski rounded out the meet with a .38 second drop in the 100 Free to sneak past the 104 mark and take 2nd place with a 103.94. He was also 3rd in the 100 Free and 4th in the 50 fly.

Congratulations on a great job at YMCA New England Champs.

Part III – Connecticut State Age Group Championships

The Water Rats had an amazing grand finale performance at CTAG . We had a relatively small squad of just 14 individual swimmers yet managed to finish in the top ranks in team scores. The 11&12 swimmers finished 5th overall with the 11&12 boys taking 2nd place and the girls a close 6th. Top honors go to **Daniel Williams** who out of 67 swimmers placed a solid 2nd place, and **Ed Stolarski** who finished 3rd for the boys. In the 11&12 girls **Mia Bullock** finished 9th in the overall field of 79 swimmers, **Jordan Santarella** was 21st and **Aileen Coyne** 37th. Our very small group of 10&Unders finished a very respectable 16th overall.

The 2010 WRAT CTAG Championship Team:

9&10 Men Nicky Allen - 50Breast (15 th) Billy Duffy – 50 BK (6 th), 200IM (27) Luke Montanaro -50 Breast 26 th Cameron Purdy -200Free (25 th), 100Free (26 th) 11&12 Boys Ethan Hunter -50Breast (16 th) Mark Schachter – 50Fly(15 th),100Fly(27 th) Ed Stolarski -100Free&50Back(1 st),100BK(2 nd),50FR(4 th), 200IM(5 th)200FR(7 th) Dan Williams -50Breast,200IM,50Fly,200Back&200Fly(2 nd), 200Breast(3 rd) Max Wimer -200Free(11 th),100Free(12 th),100Fly(18 th),50Fly(22)	9&10 Girls Briana Auray -50 Breast (11 th) 11&12 Girls Mia Bullock -100&200Breast(1 st), 50Breast(2 nd),100IM(4 th), 200IM(6 th) Aileen Coyne -100Fly (7 th), 50Fly (11 th), 200Free(21 st), 200Back(27 th) Jordan Santarella -200Back, 200IM, 50&100fly (10 th), 100IM(11 th), 50Free(12 th) Sammie Bucher -200 Medley&200 Free Relay
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CT State Champions – 1st Place Finishers

Mia Bullock- 100Breast & 200 Breast *New Team Record 2:32.47 (11.47 second drop from her entry time!)

Edward Stolarski –50 Back & 100 Free (2.1 second drop from his entry time)

CT Zone Team Honors

Mia Bullock * Ed Stolarski * Daniel Williams

Every year the top swimmers in each event are asked to represent the State of Connecticut at the Eastern Zone Age Group Championship. Congratulations on making the team!

Other Meet Highlights:

At a meet like CTAG it can be very hard to maintain stamina and perform at a top level given the grueling schedule of the meet. However, our swimmers really stepped it up and swam unbelievably well. Almost every swim was a best time for the year and everyone had at least one time drop. The 11&12 swimmers who qualified for finals in their events had almost no rest between their trials and finals swims. Even so, they came back at night for finals and EVERY SINGLE WIM WAS A BEST TIME. This is a very impressive accomplishment and something that I have not seen in a very, very long time.

There were some massive time drops for a few swimmers. Dan Williams dropped almost 10 seconds in the 200 Fly to take 2nd place. He also dropped 7.81 seconds in the 200 breast for 3rd place. Mia Bullock smashed her 200 Breast time by 11.47 seconds to win the event with the WRAT team record. Aileen Coyne went crazy and took 4.42 seconds off her 100 fly for 7th place. Max Wimer Dropped 5 seconds in the 200 Free and snuck into the final session, came back and dropped another second and a half to take 11th place. Ed Stolarski shaved 4.6 seconds off his 200 IM to get 5th place. Brianna Auray and Nicky Allen both outpaced their 50 Breaststroke times to drop 3.06 and 2.66 seconds respectively.

A special recognition to our 11&12 boys and girls relay teams. The Boys took gold in both the 200&400 Medley relays and 2nd in both the 200&400 Free relays. (**Ed Stolarski, Max Wimer, Dan Williams, Mark Schacter & Ethan Hunter** (200 Medley)). The Girls were 3rd in the 200 Medley and 5th in the 200 Free. (**Jordan Santarella, Aileen Coyne, Mia Bullock, Sammie Bucher**) – Thanks to **Sammie Bucher** for coming down to Wesleyan after swimming at YNE in Boston to join the Girls for the relays.

Overall, I am extremely proud of our WRATS. The Short Course Season was a thrill and even though it will be hard to beat these seasons' accomplishments, I feel confident that we can keep the strong momentum into the summer and the Long Course Season. GO WRATS!