

**Awards Banquet
Friday 6:15 PM**

**PRINCE GEORGES
POOL**

Swim Team News

2007 #5

July 18, 2007

PGP Shows A Lot of Improvement vs Laurel City

Saturday's final dual meet of the season vs. Laurel City left us with a few things to forget and a lot of things to remember. The final score is one thing to forget. PGP started out well and trailed by only 5 points after fly. But the point spread grew quickly after each stroke and the meet ended with PGP on the short end of a final score of 289 to 231.

But there are a few things worth remembering about Saturday's meet. Besides the fun of participating and supporting the team, swim meets are great for providing individual challenges for each swimmer to meet. This past Saturday, 42% of the 174 individual swims (each time a swimmer got in the water) showed improvement over previous swims of the same stroke. What is even more amazing is that 35 of those swims showed improvement of 2 seconds or more over a previous top time.

Congratulations to all, especially to the many who cut 2 seconds or more off their top times!



Improved 2 Seconds or More (Sorted by Amount of Improvement)

Swimmer	Impv	Stroke	Swimmer	Impv	Stroke	Swimmer	Impv	Stroke
Komisar-Bury, Amelia	-20.35	free	Monroe, Kate	-5.13	breast	Dalton, Natalie	-2.74	free
Ngbokoto, Victor	-19.02	back	Niosi, Giuseppe	-4.98	free	Niosi, Chiara	-2.73	back
DeHart, Zoe	-11.45	free	McCandlish, Georgia	-4.54	IM	Bellino, Kerry	-2.69	IM
Tornatore, Luke	-9.35	breast	Robinson, Celeste	-4.31	fly	Perez, Amalia	-2.61	free
Ruther, Nesha	-8.56	free	Fox, Charles	-3.94	free	Payne, Bettie	-2.48	back
Fox, Charles	-7.41	back	Perez, Amalia	-3.92	breast	Mendelson, Olivia	-2.47	IM
Malochee, Terry	-6.53	free	Lapp-Stoltzfus, Cecilia	-3.56	IM	Gilbride, Teresa	-2.46	fly
Lama, Luke	-6.24	free	Ngbokoto, Gabriel	-3.09	free	Roberts, Jason	-2.31	free
Erickson, Hal	-5.51	IM	Quander, Emma	-2.97	fly	Payne, Bettie	-2.31	free
Roberts, Jason	-5.45	breast	Kelly, Rita Mae	-2.89	fly	Gilbride, Teresa	-2.30	back
Erickson, Hal	-5.40	fly	Nicholson, Andrew	-2.79	free	Bryant, Saxon	-2.13	free
						Monroe, Kate	-2.12	free
						Ngbokoto, Mario	-2.03	free

Saturday: PGP Travels to College Park Woods for Divisional Meet

This Saturday, about 40 PGP swimmers will compete in Divisionals. Swimmers need to report by 7:10 a.m. for warmups that begin at 7:15. If swimmers will be absent or late, someone MUST notify the coach by email before 10 pm Friday <michaelerodgers@gmail.com> or

by phone on Saturday before 7:00 a.m. 240-305-3257.

Pasta Potluck and Awards Ceremony

Starts: 6:15 p.m. Friday
Main dish: Everyone
Salad or munchies: A-L
Fruit or dessert: M-Z

We will distribute participation trophies and other awards beginning at 6:45. At the end of the festivities,

swimmers will gather on the deck for the team picture. Those who would like a copy of the picture should bring cameras.

Swimmers who have been in at least one meet will get a participation trophy. Those attending practices only will get certificates. In addition, other awards will be given. Those who cannot be there should have someone be their trophies for them.



Meet Results - July 14, 2007 – vs Laurel City

Triple Winner

Kopczynski, Konrad free, back, IM



Double Winners

Bellino, Kerry breast, IM
Moore, Abigail fly, back

Improved Times

The following swimmers improved their times in the strokes indicated.

Good Work! (The stars indicate swimmers who improved their strokes 2 or more seconds.)

Ashley, Sebastian free
Bellino, Kerry IM*
Bergmann-Dean, Nathan breast
Bryant, Saxon free*
Campos, Lucia free
Dalton, Natalie fly, free*
DeHart, Zoe free*
Doyle, Clare fly
Erickson, Hal fly*, back, IM*
Fox, Charles free*, back*
Fredrickson, Zoe free, breast, back
Gilbride, Teresa fly*, back*
Gindling, Miranda free, breast
Goertner, Chris fly, free
Groves, Marlana free
Houston, Madeleine free, back
Kelly, Rita Mae fly*, free
Komisar-Bury, Amelia free*
Kopczynski, Konrad free
Lama, Luke free*
Lama, Skylar free
Lapp-Stoltzfus, Cecilia free
Lapp-Stoltzfus, Cecilia IM*
Macnairn, Fiona free
Malochee, Terry free*
Martin-Poteet, Chloe back
Martin-Poteet, Julian breast
McCandlish, Georgia IM*
McKeown, Marta IM
Mendelson, Olivia IM*
Monroe, Kate free*, breast*
Montgomery, Lily free
Moore, Abigail fly, back
Moore, Emily fly
Ngbokoto, Gabriel free*
Ngbokoto, Mario free*
Ngbokoto, Victor back*
Nicholson, Andrew free*
Niosi, Chiara back*
Niosi, Christiana back
Niosi, Giuseppe free*
Nolan, Matthew free
O'Driscoll, Anna free
Payne, Bettie fly, free*, back*
Perez, Amalia free*, breast*
Perez, Susana free
Quander, Emma fly*, free
Rice, Adam IM
Roberts, Jason free*, breast*
Robinson, Celeste fly*, back
Russell, Hannah back
Ruther, Nisha free*
Suarez-Findlay, Amaya back
Tornatore, Luke breast*

Place and Point Winners

The following swimmers either finished in the top 4 places or won points for the team.

Butterfly Events Placed Points

1	Groves, Nathaniel	2	3
1	Nolan, Matthew	3	2
2	Sebastian, Dillon	1	5
2	Dalton, Natalie	4	1
3	Imlay-Maire, Elian	1	5
4	Lapp-Stoltzfus, Cecilia	1	5
4	Mendelson, Olivia	2	3
4	Payne, Bettie	4	
5	Erickson, Hal	2	3
5	Goertner, Chris	4	1
6	Moore, Abigail	1	5
6	Quander, Emma	4	1
7	Rice, Adam	3	2
7	Bergmann-Dean, Nathan	4	1
8	Gilbride, Teresa	2	3
8	Moore, Emily	5	1

Freestyle Events Placed Points

9	Nolan, Matthew	2	3
9	Lama, Luke	6	1
10	O'Driscoll, Anna	5	2
10	Suarez-Findlay, Amaya	6	1
11	Groves, Nathaniel	1	5
11	Roberts, Jason	4	1
12	Sebastian, Dillon	1	5
12	Perez, Amalia	3	2
13	Roush, Clayton	3	2
13	Imlay-Maire, Elian	4	1
14	Russell, Hannah	2	3
14	Lapp-Stoltzfus,	3	2
15	Goertner, Chris	3	2
16	Moore, Abigail	2	3
16	McCandlish, Georgia	4	1
17	Kopczynski, Konrad	1	5
17	Niosi, Giuseppe	5	1
18	Gilbride, Teresa	5	2
18	Moore, Emily	6	1

Breaststroke Events Placed Points

20	Fredrickson, Zoe	3	2
21	Martin-Poteet, Julian	2	3
21	Roberts, Jason	5	1

22	Perez, Amalia	4	2
22	Dalton, Natalie	5	1
23	Roush, Clayton	3	2
23	Tornatore, Luke	4	1
24	Doyle, Anne	1	5
24	Gindling, Miranda	3	2
24	Russell, Hannah	4	
25	Goertner, Chris	2	3
26	McCandlish, Georgia	2	3
27	Rice, Adam	1	5
27	Bergmann-Dean, Nathan	5	1
	Cecilia		
28	Bellino, Kerry	1	5
28	Doyle, Clare	2	3

Backstroke Events Placed Points

29	Gilbride, Caleb	1	5
29	Groves, Nathaniel	3	2
30	Sebastian, Dillon	2	3
30	Perez, Amalia	5	1
31	Roush, Clayton	1	5
31	Ngbokoto, Mario	2	3
31	Tornatore, Luke	3	
32	Payne, Bettie	1	5
32	Russell, Hannah	3	2
33	Erickson, Hal	1	5
34	Moore, Abigail	1	5
34	Robinson, Celeste	3	2
35	Kopczynski, Konrad	1	5
35	Bergmann-Dean, Nathan	4	1
36	Williams, Samantha	1	5
36	Gilbride, Teresa	3	2
36	Moore, Emily	4	
37	Nolan, Matthew	4	2
37	Bryant, Saxon	6	1
38	Suarez-Findlay, Amaya	4	2
38	Houston, M. E.	5	1

IM Events Placed Points

39	Imlay-Maire, Elian	2	3
39	Gilbride, Caleb	3	2
40	Lapp-Stoltzfus, Cecilia	2	3
40	Mendelson, Olivia	3	2
41	Erickson, Hal	4	2
42	McCandlish, Georgia	2	3
42	Kelly, Rita Mae	5	1
43	Kopczynski, Konrad	1	5
43	Rice, Adam	3	2
44	Bellino, Kerry	1	5
44	Williams, Samantha	5	1

