



# LANELINES

AHS Girls Swim and Dive Team  
Volume 23, Number 5



## Coaches' Corner

By now most of you know I get a big thrill out of filling up the empty spaces on the team “best times sheet”. My goal at the beginning of each year is to give every teammate an opportunity to do each of the eight individual events. We strive to get everyone to spread her wings and become better at everything. Rarely, if ever, does a team member ask to swim an event at a dual meet as they know they might be denying a teammate their opportunity to shine.

### Some statistics for you to ponder.

We have 35 swimmers and 3 divers. Of those swimmers, 28 were available for each meet while 7 were either injured/sick, on a college visit or not available for other reasons. The average number of individual swims to date is 10. Twenty-four of our 35 eligible teammates competed in every event. Very, very few teams can make that claim. This truly shows not only the diversity and talent of our team but also that we do not “specialize” despite knowing that in fact, everyone has their favorite event. These favorite events will come into play at the MVC meet. I have always believed that allowing each athlete to select her own events for the League Championship Meet is a true vote of confidence for the efforts you put forth. While our goal is to win MVC’s, an even more important factor is to have each teammate feel they truly had an opportunity to do their best for the team. You have all become believers that you cannot leave it up to someone else to get the job done. You all know it is your responsibility to do it. As we head into the traditional last dual meet with Chelmsford, otherwise known as the Senior Meet, we hope all parents will be there to honor these nine dedicated teammates and their parents. Lots of fun activities involving the underclassmen lead up to a very memorable day for the Class of 2017. They are worthy of our attention.

Mrs. Fitz

## Becky's Board



Hello Lady Swimmers and Divers!

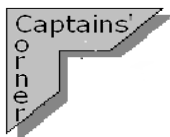
We are now in the home stretch! I am seeing great things in the water, on the deck, flying through the air, and everywhere! Keep putting that \$\$ in the AHS Swim and Dive bank, it has really been paying off. Great focus has been reestablished with David for Strength Training as well. Making the right choices and making your coaches very proud.

### Diving 101 Tip #3:

In order for divers to completely qualify for sectionals or states they not only need to attain a specific overall score after completing 6 dives. They then need to successfully complete 11 different dives and receive a 5 score or above from every judge for it to count! Crazy right! It's tough qualifying as a diver! So let's hear it for your AHS divers!

Until next time.. Keep spinning!  
Becky





## Notes from your Captains Iz, Liz, Jenna and Mel

Hey y'all!!!

Can you believe it? MVCs is less than 3 weeks away and only 2 more dual meets this season! Get ready to put the training we've done in the past 2 months to good use and rack up some more best times because these are two of our hardest meets!

(P.S. they're both away meets so get ready for some wicked bus rides :p) Don't laugh if we get a tad teary-eyed at Chelmsford; we are gonna miss all y'all :( We still got the rest of the season though, work hard to get those last minute cuts in...we can't wait to cheer for everyone on the road to Sectionals and States!!!

Now, with all this hard core swimming and diving, our sweet teeths have been craving something to nibble at... and yes! That's right! SECRET PUMPKIN!!! Now remember, it's a secret, so shhhhh don't tell anyone who you have. Have fun with it! It's a great chance to learn how to shop smartly and the get the most candy for your buck!

Love, your captains,  
Iz, Liz, Jenn and Mel

P.S. We are looking towards having PJ day the day after the State's sleepover so don't store away your fuzziness yet☺)



## WORKOUT ANIMALS

### Way to Go!!

Week of October 2nd

Grace Alwan and Zoe Nepomnayshy

Week of October 9th

Reverie Nedde and Maddie Quill

# 2016



## Athletes of the Meets

Sept 30th vs Lowell

### Most Improved

Maddie Kessel

### Athletes of the Meet

Meet Sydney Ho and  
Sophia Ju

Oct 7 vs North Andover

### Most Improved

Reverie Nedde and  
Lauren Bessette

### Athlete of the Meet

Grace Alwan

Oct 14 vs Dracut

### Most Improved

Jessica Siu

### Athlete of the Meet

Riley Spring and Andreea  
Zetea

Oct 19 vs Billerica

### Most Improved

Elia Petros

### Athlete of the Meet

Emily Ma





### *Seen and heard on the pool deck...*

One more disclaimer. Not everyone filled out each part of the questionnaire to if your name is missing, you left it blank. A few did not turn one in at all.

We wouldn't go so far as calling our team members cheap dates but your dream dates seem pretty easy and inexpensive to accomplish with a couple of exceptions starting with Rachel Landry wanting to get on a jet to Bora Bora for her weekend in paradise and Eliza wanting a private island to consume lots of food. Isabelle, Zoe, Elia, Kat, Jessica, Rebecca, Jesse and Samira all had a beach walk/picnic involved in their perfect date. Vic, Andreea and Lauren could triple date as they will all be happy with movies and ice cream. Anna wants to go to McDonalds but claims anyone taking her on a date would be a dream in itself. Emily C. really doesn't care where her date takes her as long as it involves food. Michelle wants her dream date to include a Harry Potter marathon While Nika is going on a bike ride to Nantucket. Fitzzy hopes his date won't mind watching football the whole time and Aleah wants her date to take her shopping at Stop and Shop. Jordy has planned a pizza picnic under the stars while being presented with a red rose. Lizzie's perfect date means a trip to the Museum while Andrea P. just wants a magical time. Sydney makes it simple as she will go anywhere Adam Levine takes her on their date. Riley just wants her date to include lots of food. Jenna M

wants to go on a walk in the woods followed by a picnic by a pond or lake. Mel hopes her date likes sushi and the beach because that is what she wants to do. There seems to be an overriding theme of food going on. Jules sums up her dream date as anywhere at all as long as he picks up the tab for everything.

Looking to the future and what you will be doing 20 years from now we found that Melissa will already be retired and Isabelle will be living in California. Eliza will be using her architect's degree to build great things and Andreea will be writing best seller books. Vic will be running her own dog rescue operation Michelle is taking care of her fish and Jules is very wealthy and now traveling because she developed the cure for cancer. Anna is spending her time traveling and eating while Aleah, Sydney, Maddie K, Sarah and Ella are catching up on all of the sleep they missed during their high school years. Kat is working in the science field and Rebecca is working in a hospital. Jenna M is now a powerful business woman and Zoe is a veterinarian. Elia is busy raising her family. Gabby is a successful lawyer and Samira is a dentist. Nika works for the FBI and Andrea P is just doing good things for mankind. Sophia is busy caring for her 27 cats and Jesse is traveling the world with her dog. Emily and Lizzie are both traveling while Amanda is working. Hope you all stay in touch with each other.

One last category for this issue on what makes this team tick: YOUR PET PEEVES REVEALED

Some of you are more readily annoyed than others but the number one pet peeve is people who chew loudly or with their mouth open. This can send Jenna M, Lizzie, Jules, Amanda, Rachel, Andrea P and Ella into orbit. Mel does not like getting sprayed by water...who knew....or for that matter she doesn't like it when people talk too loudly....now that one we could have guessed. Dreea and Jordy don't like it when people leave doors open and Nika gets uptight when kids walk too slowly in the hallways. Jessica has a fit when people around her crack body parts and Eliza has no patience with those who are unorganized. Samira chooses not to tolerate bad manners and Gabby simply gets upset when those around her pull apart cotton balls. Please never wake Rebecca up before she is ready. Jenna M also does not want any of her food touching each other. Sophia simply gets peeved about wet butts after practice and heaven help you if you say minus instead of subtract in front of Aleah . Sarah will tell you to stop clicking your nails and please don't be clingy around Emily M. Have pity upon Maddie K because she really gets peeved when people un-alphabetize her books. Sydney does not want to be near squeaky things while Jesse and Lizzie will send you back for English help if you use bad grammar

around them. Please help Isabelle out with her pet peeve by tying up your hair when you exercise Vic and Kat find it annoying when people start talking when you have head phones on and clearly don't want to be interrupted.

That's a wrap.



*"The highest reward for your work is not what you get for it but what you become by it"*



### *500 Fly Club*

*Victoria Ambrose, Grace Alwan, Andreea Zetea, Jenna Manning, Emily Clements, Jordy Clements, Sarah Leinbach, Mia Galat, Zoe Nepomnaysky, Lizzie Flood, Nika Sokolova, Eliza Williams, Lauren Bessette, Kat Connor, Sophia Ju, Reverie Nedde, Gabby Rickards, Riley Spring, Melissa Zhang, Elia Petros, Jessica Siu, Aleah Davidsen, Emily Ma, Rebecca Page, Jules Teichert, Jesse Ford, Maddie Kessel, Aleah Pantazi, Ella Reck, Michelle Liu*



2016

# SECTIONAL AND STATE QUALIFIERS

As of 10/18/2016

LET'S WATCH THE LIST GROW!!!!

| Event                       | Sectionals   | States   |
|-----------------------------|--|--|
| <b>200 Medley Relay</b>     | Qualified Time   | Qualified Time   |
| <b>200 yd. Freestyle</b>    | Jordy Clements, Gabby Rickards   | Grace Alwan, Vic Ambrose, Jenna Bukowski, Emily Clements, Jesse Ford, Mia Galat, Sophia Ju, Rachel Landry  |
| <b>200 yd. I.M.</b>         | Anna Carroll, Sarah Leinbach, Emily Ma, Eliza Williams, Melissa Zhang                              | Grace Alwan, Vic Ambrose, Jordy Clements, Jesse Ford, Mia Galat, Sophia Ju, Emily Clements, Rachel Landry, Reverie Nedde                             |
| <b>50 yd. Freestyle</b>     | Anna Carrol, Rachel Landry   | Vic Ambrose, Emily Clements, Jordy Clements, Mia Galat, Sophia Ju, Melissa Zhang   |
| <b>Diving</b>               |  | Isabelle Allen, Sophia Ju, Maddie Quill  |
| <b>100 yd. Fly</b>          | Grace Alwan, Lauren Bessette, Jesse Ford, Lizzie Flord, Sarah Leinbach, Dreea Zetea, Melissa Zhang | Vic Ambrose, Anna Carroll, Emily Clements, Jordy Clements, Julia Donahue, Mia Galat, Sophia Ju, Rachel Landry  |
| <b>100 yd. Freestyle</b>    | Grace Alwan, Jenna Bukowski, Jordy Clements, Jess Ford, Emily Ma, Zoe Nepomnayshy, Eliza Williams  | Vic Ambrose, Mia Galat, Sophia Ju, Rachel Landry   |
| <b>500 yd. Freestyle</b>    | Jenna Manning, Maddie Kessel, Ella Reck, Nika Sokolova, Eliza Williams                             | Grace Alwan, Vic Ambrose, Jenna Bukowski, Emily Clements, Jordy Clements, Jesse Ford, Mia Galat, Sophia Ju, Rachel Landry, Emily Ma                  |
| <b>200 yd. Free Relay</b>   | Qualified Time   | Qualified Time   |
| <b>100 yd. backstroke</b>   |  | Grace Alwan, Vic Ambrose, Emily Clements, Jordy Clements, Lizzie Flood, Mia Galat, Sophia Ju, Emily Ma, Jenna Manning, Andrea Pantazi, Melissa Zhang |
| <b>100 yd. Breaststroke</b> | Mia Galat, Sophia Ju, Rachel Landry, Reverie Nedde, Jules Teichert, Andreea Zetea                  | Grace Alwan, Vic Ambrose, Emily Clements, Jordy Clements, Mia Galat  |
| <b>400 yd. Free Relay</b>   | Qualified Time   | Qualified Time   |

*“There is no challenge too great for those who have the will and heart to make it happen.”*



## SECRET PUMPKIN

Secret Pumpkin has been an AHS Swim & Dive tradition almost since the very first year of the team. It is a fun day but not the most healthy day of the year. This year it will be held right before practice on Sunday, **October 30th**. This is our last Sunday practice before MVC's so while there is excitement on deck, our first priority is being ready for the big meet at WPI.

There is a strict limit on what you are to spend. If you picked a seniors name, \$25.00 is the limit. All underclassmen names have a \$20.00 limit. (Even if it is your best friend). If the unthinkable happens and you cannot be at practice that day, you **MUST** get your Secret Pumpkin to Mrs. Fitz beforehand. Nothing is more disheartening than watching a teammate without a pumpkin because you forgot.

### More thanks in order

Thank you to Mrs. Carroll for organizing and overseeing the Canning Day on October 15th. A total of \$1567.75 was donated by generous citizens. Stop and Shop was the hot spot of the day. A big shout out to Isabelle Allen, Lauren Bessette, Anna Carroll, Eliza Williams, Amanda Corrigan, Maddie Kessel, Lizzie Flood, Sarah Leinbach, Jenna Bukowski, Ella Reck, Jules Teichert, Emily Ma, Melissa Zhang, Andrea Pantazi, Jenna Manning, Michelle Liu and Gabby Rickards.

Gabby and Michelle both did a double session totalling 6 hours at Rocky's Hardware. That was really great and much appreciated. The second day for those unable to make the first date is on Saturday, November 5th. A schedule will be posted shortly.



Please take a moment **today** to upload your photos and videos to the Team Dropbox account! We've had an eventful season so far, and we want to see all your pictures from: spirit days, canning, swim meets, socials at Fuddrucker's and football games, workouts with Dave, cookie dough, community service, pasta dinners, bus rides, scavenger hunt, team bbq, pre-season, and 500 fly club!

Still to come: the much anticipated secret pumpkin exchange, senior meet activities, more canning, more spirit days, dual meet rivalries, and championship season!

Your pictures will make awesome additions to the banquet video, but only if we get them sooner rather than later. So, don't delay! Upload your photos and videos today!

**Here are some more of the addresses for your former teammates now pursuing the next part of their lives.**

CASEY McCARROLL  
Clemson University  
6254 University Station  
Clemson, SC 29632-1001