

# Clarence Swim Club shines in long-course meets

Clarence Swim Club started the summer season with the Titans' long course, a white-water dual meet and the STAR kick-off meet.

## Titans long course 10 and under

Eight-year old Tori Argentieri swam long course for the first time, showing her speed in all four strokes. Impressively, Argentieri's 100-yard freestyle time set a new 8-and-under club record.

Kim Fohrd, 8, rocked the pool in her first long-course meet. Although Fohrd swam raced in all four strokes, she showcased her talent by setting 8-and-under club records in the 50 and 100 breast.

Hannah Johnston, 10, came to her first long-course meet ready to go, swimming the 50 breast and bringing home silver in the 100 back and 100 free.

## 11-12

Sarina Featherstone, 12, dropped an amazing 32.31 seconds during her eight swims. Her strength helped her drop nearly 20 seconds to achieve a silver time in the 100 back. Featherstone also took silver in the 50 fly.

Kendra Mayer, 11, dropped 13.81 seconds over her seven swims. Mayer continues to work her magic in the freestyle, placing second, third, and sixth in the 50, 100 and 400 free events. The 50 and 100 free were "AA" times. In addition to those gold times, she made silver times in the 200 IM and 100 breast.

Becky Michalski, 11, came out strong, swimming seven events in her first 50-meter meet. Michalski swam 50s in all four strokes and 100s in the back, breast and free.

Kathryn O'Malley, 12, worked the waves for her first long-course meet, swimming 50s in all four strokes and 100s in the breast and back.

Allison Voll, 11, dropped time in every event she swam for a total of 68.84 seconds. Pulling in gold times, Voll placed fourth and sixth in the 50 and 100 back. Voll won rights to the club record with her 100 back swim. She also had silver times in the 200 IM, 50 and 100 free, and 100 fly.

Claire Willis, 11, swam an impressive 10 individual events plus relays, showcasing her strength and diversity. Willis brought home silver in the 50, 100 and 200 free and the 50 and 100 back. She also swam 50 and 100s in the breast and fly and the 200 IM.

The 11-12 senior club record for the 200 free relay was reset by Willis, Voll, Featherstone and Mayer.

## 13-14

George Hermance, 14, smashed his old long-course times by dropping an incredible 79.66 seconds. Hermance grabbed a silver in the 50 free and proceeded to drop over 41 seconds for 11th place in the 200 IM. He also swam strong in the 100 back and 200 free.

Rebecca Korte, 14, swam six events, five of them new for long course. The 100 and 400 free and the 200 IM looked particularly powerful, with Korte achieving silver times in each. She also took on the 100 breast and fly and the 200 free.

Sarah Weigel, 13, swam long course for the first time by challenging herself with the 100 and 200 free races.

## 15 and older

Andrew Barden, 15, ruled the pool by removing 22.64 seconds, dropping time in every event he swam. Barden accomplished silver times in the 50, 100 and 200 free, 100 breast, 200 back and 200 IM.

Jon Beabout, 16, stroked his way through nine individual events, dropping 18.1 seconds along the way. Beabout grabbed gold in the 400 free and placed fifth in the 200 and 1500 free. The 1,500 free performance brought Beabout a new senior club record. He also swam silver times in the 50, 100 and 800 free; 100 and 200 back; and the 200 IM. The 200 back was also a new senior club record.

Christopher Dugan, 17, swam strong by achieving silver times in the 50 and 100 free and the 100 breast. Dugan also tried his hand at the 200 and 400 free and 100 back.

New senior 400 free relay and 400 medley relay records were set by the team of Barden, Dugan, Russ Sampson and Beabout.

## White water/Clarence dual meet

The Clarence Swim Club and White Water swim clubs swam a friendly short-course dual meet in May.

Participating for Clarence in the 10 and under were Tori Argentieri, Olivia Colson, Sydney Daoust-Filiatrault, Kim Fohrd, Hannah Johnston and Dorotka Tou.

The 11-12 swimmers included Sarina Featherstone, Stephanie Kong, Kenzie Laughlin, Michael Le, Becky Michalski, Whitney Mulrain, Liz Principe, Emmanuel Rockwell, Ryan Saenger, Christina Seminara, Basia Tou, Brian Turner and Claire Willis.

The 13-14-year old swimmers included Scott Irish-Bronkie, Rebecca Korte, Kevin Turner and Sarah Weigel.

Fifteen and older swimmers included Andrew Barden, Jon Beabout, Julia Bulmahn, Christopher Dugan, Brittany Henningham, Christine Hook, Peter Marshfield, Tori Mayer, Robert Rutkowski, Russ Sampson, Maria Tou and Adam Weber.

## STAR kick-off meet 10 and under

Tori Argentieri, 8, started things rolling by dropping 7.38 seconds between her 50 back and 100 free events, placing fourth in each. Argentieri swam such a strong 100 free race that she set a new club record for 10 and under. She polished off the day by placing third in the 50 fly.

Hannah Johnston, 10, dropped 1.31 seconds to snatch a silver time in the 100 free. She also swam the 50 fly for the first time in long course.

John Lee, 9, captured four gold-level races and two silver. In the gold events, he was first in the 50 fly, second in the 50 fly, third in the 100 free and fifth in the 50 back. Silver times were achieved in the 100 back and 100 fly. The 50 and 100 fly brought Lee new club records for 10 and under. Lee is 9 years old.

## 11-12

Leah Janikowski, 12, swam the 100 free and 50 fly.

Kendra Mayer, 11, shone as bright as the gold times she achieved in the 50, 100 and 200 freestyle events, first and two third places, respectively.

The 200 free effort resulted in a new club record. Mayer also set a new club record in the 200 fly. Silver times were also gathered in the 200 back, 50 and 100 fly, and 100 breast.

Becky Michalski, 11, worked the 100 free, dropping 1.3 seconds. She also swam strong races in the 50 back, 50 fly and 100 breast.

Kathryn O'Malley, 12, dropped 1.51 seconds combined in the 50 free and 50 breast events.

Liz Principe, 11, swam swiftly in the 100 free, 100 breast and 50 fly. She also led off in two relays.

Ryan Saenger, 12, parted the waters while dropping time in every event of the meet for a total of 26.15 seconds. He was rewarded with silvers times in the 100 and 400 free and the 50 back. He also had strong showings in the 50 fly and 100 breast.

Allison Voll, 11, had impressive gold-level races in the 50, 100 and 200 back (placing sixth, second and seventh). Voll achieved an "AA" time in her 100 back and demolished club records in the 100 and 200 back. She also swam silver times in the 200 IM and 100 breast and worked hard at the 100 fly.

Kaitlin Walsh, 12, worked the water in her 50 back, 100 free and 50 fly.

Claire Willis, 11, nabbed silver times in the 50 and 100 free. She also stroked strong in the 200 back, 50 and 100 breast, and 50 and 200 fly.

The relay team of Willis, Voll, Kaitlin Walsh and Mayer set a new club record for 11-12/seniors 200 free relay. The team of Mayer, Walsh, Janikowski and Willis set the 11-12 400 free relay record. The team of Voll, O'Malley, Mayer and Willis set a new record for the 11-12 400 medley relay.

## 13-14

Liz Harter, 13, took silver in the 50 free. She also put in good swims in the 50 fly, 100 and 200 free, and 200 IM.

Rebecca Korte, 14, turned in a stellar performance, dropping 6.83 seconds. She swam strong silver times in the 50, 100, 400 and 800 free and 100 breast. Korte also took on the 100 back and 200 IM.

## 15 and older

Andrew Barden, 15, once again dropped a total of 39.72 seconds. His time glittered gold in the 200 IM, and the 50, 200, and 400 free and 100 breast shined silver.

Jon Beabout, 16, captured gold in the 400 free. A swimmer of much endurance, Beabout also snatched silver in the 50, 100, 200, and 800 free; 100 and 200 back; 100 fly; and 200 and 400 IMs. The 200 back race brought Beabout a new club record.

Tori Mayer, 17, slipped in silver performances in the 100 free and 100 fly.

## Sea Dragons Swim Club long-course invite 10 and under

Eight-year-old Tori Argentieri showed her endurance as she swam nine events plus relays over the weekend meet.

She took on the 50, 100 and 200-yard free; 50 and 100 backstroke; 50 and 100 breast; and 50 and 100 fly. Argentieri was a member of the club record-setting eight-and-under club 200 free relay team. Individually, Argentieri broke her own 8-and-under club record in the 100 free.

Olivia Colson, 8, showed her strength and diversity by swimming in the 50 and 200 free, 50 and 100 back, 50 and 100 breast, and the 50 fly. Colson was also a member of the club's record-setting 8-and-under club 200 free relay.

Catie Conway, 8, had a fabulous start for her first meet in a 50-meter pool. Conway tried the 50, 100, and 200 free; 50 and 100 back; 50 and 100 fly; and 50 breast. She was a member of the club's record-setting 8-and-under 200 free relay and continued her winning ways by setting the 8-and-under club record in the 100 fly.

Kim Fohrd, 8, dropped 6.71 seconds on her way to another good showing. She swam in the 50, 100, and 200 free; 50 and 100 back; 50 and 100 breast; and 50 fly. Fohrd was the fourth member of the club's record-setting 8-and-under 200 free relay. Putting her name again in the club record books, Fohrd reset her own club record in the 50 and 100 breast.

## 11-12

Stephanie Kong, 12, dropped 7.78 seconds in the 100 breast to slice out a silver time. She also reached the silver level in the 50 breast. Kong also made her debut in the long course 50 and 400 free, 50 and 100 back, and 50 and 100 fly. Kong swam breaststroke on the 200 medley relay team that captured a new club record.

Kenzie Laughlin, 11, made waves in the 50 free, 50 back and 100 breast. Laughlin swam fly on the 200 medley relay that brought the club another new record.

Rockwell Emmanuel, 11, swam to strong finishes in 50 and 100 events.

Christina Seminara, 12, dropped 11.32 seconds for the day, capping it off with a gutsy gold-level performance in the 50 fly. She also brought home silver in the 100 free and 100 back and swam the 50 breast.

Allison Voll, 11, continued her winning ways, dropping nearly 10 seconds in her events. She had the Midas touch in the 200 IM and 50 and 100 back, taking gold. Voll swam "AA" times in both backstroke events, resetting her own 100 back club record. She followed up with silver times in the 100 and 200 free, and 100 fly and breast. Voll swam backstroke for the 200 medley relay team that set a new club record.

Claire Willis, 11, once again showed her ability to go after any event in any distance. She brought home silver times in the 200 IM and the 50, 100, 200, and 400 free. She also

made a strong showing in the 50 and 100 back, 50 and 100 breast, and 50 and 100 fly. Willis swam freestyle in the record-setting 200 medley relay team.

## 13-14

George Hermance, 14, swam a beautiful silver-level 50 free. He continued his hard work with swims in the 200 IM, 100 back and 200 free.

## 15 and over

Andrew Barden, 15, shined silver for all of his events. He took fifth in the 800 free and dropped 2.35 seconds in the 400 free and 3.47 seconds in the 100 back. Barden also swam the 50, 100 and 200 free; 100 breast; and 200 IM.

Jon Beabout, 16, snatched silver in all of his events. He placed fourth in the 400 IM and 800 free. Beabout reset his own club record in the 800 free. Beabout also swam hard in the 50, 100, 200 and 400 free; 100 and 200 back; and 200 IM.

Robert Rutkowski, 15, swam silver races for each and every event. He placed fifth in the 200 breast and 400 IM and seventh in the 100 breast. Rutkowski also turned in strong performances in the 50, 100, 200, and 400 free and 200 IM.

Adam Weber, 16, returned to the long-course pool in style, turning in silver-level performances in the 50, 100, 200, and 400 free; 100 and 200 back; and the 200 IM. Weber also took on the 100 breast.

## Empire State Games trials

Jeff Ahrens, 14, dropped 12.11 seconds to place fifth in the 100 breast and 3.26 seconds to place eighth in the 50 free. Ahrens polished the day off by claiming fourth in the 100 fly and claiming a new club record.

Andrew Barden, 15, was on top of his game, placing third in the 200 IM (dropping 3.91 seconds and getting an "AA" time), fourth in the 400 free (dropping 1.80 seconds) and fifth on the 100 and 800 free (dropping .94 and 8.61 seconds, respectively). The 200 IM swim was a new club record.

Neil Batta, 17, recently returned to swimming, placing 11th in the 50 free and 12th in the 100 free.

Jon Beabout, 16, turned in personal bests in all of his events. He showed incredible speed in the 400 and 800 free races ("AA" in the 400), taking third in both. Beabout also placed fifth in the 200 free and 10th in the 100 free (both "AA" level). Beabout set new club records in the 400 and 800 free.

Kendra Mayer, 12, placed 15th in the 50 free ("AA" level) and 11th in the 100.

Robert Rutkowski, 15, was again fabulous in the breaststroke events, reining in personal-best times while placing second on the 100 and 200 breast ("AA" in the 100). The 100 and 200 breast times were new club records. Rutkowski also placed sixth in the 200 IM and seventh in the 50 free.

Allison Voll, 11, was brilliant on the back, placing 12th in the 100 and 200 back (both "AA" level swims). The 200 back was a new club record.

## McConnell, Neiss to continue football careers

Amherst resident and recent Sweet Home High School graduate Nate McConnell, and East Amherst resident and recent St. Joseph's Collegiate Institute graduate Robert Neiss, have selected Baldwin-Wallace (Ohio) College to continue their education and play football for the Yellow Jackets.

McConnell, who plans to major in business administration, comes to Baldwin-Wallace after completing a four-year football career at Sweet Home, in which he also played baseball.

The 5-foot-8, 160-pound wide receiver earned honorable mention All-Western New York accolades in addition to being the team's most valuable receiver and captain as a senior. McConnell caught 18 passes totaling 381 yards and four touchdowns last season.

McConnell is the son of Gregory and Kathleen McConnell.

Neiss, whose major is undecided, will seek playing time as a tight end, center, or long snapper. In four-years at St. Joseph's in which he earned two varsity letters in both football and baseball, Neiss turned in an outstanding career.

As a senior, he was nominated for All-Western New York Academic Football Team and was also the special teams' MVP. Neiss also plans to play baseball at Baldwin-Wallace. Neiss is the son of Paul and Jeanne of East Amherst.

The Yellow Jackets finished 7-3 overall in 2006 and open the 2007 campaign ranked 21st nationally in Division III.

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