



Wildthing Weekly

Langley Club Celebrates a Great Season



(July 20, 2013) The Langley Wildthings (2-2-1) celebrated this week, despite a 226-194 loss to the Dunn Loring Dolphins. The team set four new club records and honored their graduating swimmers, Kat Owczarski, Chris Paul and Jack Riley.

Wildthing double winners were Luke Watson for Boys 8 and Under 25 M Freestyle and Butterfly, Vincent Watson for Boys 9-10 50M Freestyle and Breaststroke, Maggie Bellaschi for Girls 11-12 50M Freestyle and Butterfly, Jack Reilly for Boys 15-18 50M Freestyle and Breaststroke, and Katie Robinson for Girls 15-18 50 M Backstroke and Breaststroke.

Jack Reilly closed out his years as a Wildthing by breaking the Langley Club record for Boys 15-18 Freestyle with a time of 25.25; he set the previous record last week, when he bested a record that had been on top for 42 years.

Individual race winners were Jack Hoeymans for Boys 11-12 50M Freestyle, Audrey Wallch for Girls 9-10 50M Freestyle, Brady Quinn

UPCOMING EVENTS

July 22

B Meet @ Hamlet
Warmup starts at 5:10pm; Meet starts 6:00pm
Theme: Blue-Out!
Volunteer: <http://goo.gl/1sw1e>
Map: <http://goo.gl/maps/PmI9x>

July 23

Donuts after practice

July 24

13 & Older Paintball
2:00-5:00pm
(please arrive at 1:30 to get equipment)
Pev's Paintball, Leesburg

July 26

Coach Appreciation Day

July 26

Team Pep Rally
5:30pm

July 27

Division 4 Individual Championships @ Sully Station 2
Map: <http://goo.gl/maps/YYO1n>
Volunteer: <http://goo.gl/KQtmA>

July 27

Awards Ceremony & Banquet
6:00pm
Volunteer: <http://goo.gl/hQrOV>

August 3

NVSL Individual All-Stars
@ Annandale Swim Club
Map: <http://goo.gl/maps/uxWvz>

for Boys 8 and Under 25M Backstroke, Matthew Buchanan for Boys 9-10 50M Backstroke, Nate Johnson for Boys 15-18 50M Backstroke, Kelly Crittenberger for Boys 8 and Under 25M Breaststroke, Maria Grazia Favro for Girls 8 and Under 25M Breaststroke, Ellie Ryan for Girls 11-12 50M Breaststroke, Jinwon Bailar for Boys 13-14 50M Butterfly, and Kat Owczarski for Girls 15-18 50M Butterfly.

Blue ribbon relay races were won by the teams of Boys 8 and Under 100 M Freestyle (Luke Watson, Collin Troy, Peter Kaldes, Gardiner Tyler), Boys 9-10 100M Medley (Matthew Buchanan, Benjamin Scott, Vincent Watson, Sean Mullery), Girls 11-12 100M Medley (Adair Sand, Ellie Ryan, Maggie Bellaschi, Samantha Feldman), Boys 15-18 200M Medley (Nathan Johnson, Nathan Robinson, Chris Paul, Jack Reilly), and Boys 18 and Under 200M Freestyle Mixed Age (Jack Hoeymans, Vincent Watson, Jinwon Bailar, Jack Reilly).

Three additional records were set as well. Maggie Bellaschi beat her own Girls 11-12 50M Butterfly record with a time of 34.14; she set the previous record of 34.34 earlier this summer. Jinwon Bailar broke his Boys 13-14 50M Butterfly record, set five days earlier, with a time of 27.33. Nathan Johnson bested the Boys 15-18 50M Backstroke record, previously set by himself on July 1, 2013, with a new time of 29.34.

Contributed by Liz Holzapfel



Several Wildthing alumni came out to cheer on their old team at Saturday's A-Meet!



8 & Under girls enjoying donuts on Tuesdays!

LANGLEY WILDTHINGS AWARDS BANQUET

Saturday July 27, 2013

6:00pm

728 Live Oak Drive, McLean, VA

Calling all Wildthings: come together for a night of celebration! Every swimmer has made a contribution to our team's success, and each deserves to be recognized; so join us for dinner from Baja Fresh and then the annual awards presentation.

Please RSVP by 5pm on Thursday, July 25.
Check your inbox for your evite!

This is a dressy affair: sundresses for girls, collared shirts for boys.

Please contact Liz Holzapfel with questions,
woodapple1@verizon.net.

Important Practice Notes!

- Regular a.m. practice ends Friday, July 26
- There is NO AFTERNOON PRACTICE this week

The Langley Club Applauds Our

Seniors!



Kat Owczarski began her love of summer swim at the age of 4 when she started swimming with the Kent Gardens Dolphins. She became a Langley Wildthing at the age of 8 and since then, has never stopped swimming and wearing her Langley Club t-shirts year round. Kat remembers first being asked to swim up by Coach Lindsey at the age of 10—when she swam the fly at an A meet against a much older age group. She was extremely nervous about swimming up and then surprised herself by coming in third against much older teenagers. She has loved Summer Swim ever since. Kat has been on record-setting relay teams and has loved every minute of the long hot days during Divisional Relays and All-Star relays in her career; she has won individual Divisional plaques and was most recently awarded the 2012 Wildthing Award last summer. Coach Kat has been a junior coach for the last 4 summers and for the Langley winter swim team on Sunday nights. Most of all, Kat loves working as a Junior Coach and loves the spirit of the Langley Wildthings. She loves the 13 and over Progressive Dinner, the Olive Garden dinner, Laser Tag and decorating the pool with her teammates. Her parents knew she enjoyed NVSL summer swim and the Langley Wildthings—but never realized how much she loved it until she wrote her college essay about the word GO and cheering loudly for Langley Blue.

Kat swam for Machine during the winter and for The Oakcrest School for the last 7 years. She was captain of the Oakcrest Middle School Swim Team in 8th grade and captain of the Oakcrest Varsity Swim Team her senior year. Kat also played Varsity Softball for Oakcrest and was Captain of the Oakcrest Softball Team this spring. At Oakcrest, Kat was the recipient of several awards, including Most Valuable Swimmer, Team Spirit Awards for both Softball and Swimming and the 2013 Coaches Award for Swimming. She was awarded the Charger Award at graduation for earning 8 Varsity Sports letters during her high school career.

Kat is the oldest of 4 and her siblings, Jack, James and Kelly are also long-term Wildthings. Kat graduated with high honors from The Oakcrest School, was a member of the Math, Spanish and National Honor Society and is an AP Scholar. She is an avid reader, writer, and movie buff and was a member of the Oakcrest Ambassadors, a Big Sister to a group of 6th to 11th grade Oakcrest girls, a member of the choir and drama department and a Cappie. As a Cappie, her last four reviews of local high school plays were selected for publication in local papers among numerous entries. Kat will be attending the University of Virginia in the fall.

Chris Paul's love affair with swimming and the Langley Club began early in his life. We knew he was destined to be a part of the Club swim team when, at age 3, he started jumping off the diving board into the deep end and was able to swim to the ladder all by himself. Chris first joined the Wildthings at age 6 and has been swimming, coaching and cheering for the Wildthings since then. During his swim career at Langley, Chris has been the recipient of the age group high point award, most improved swimmer award, multiple Divisional plaques and the Coach's Award, as well as singing the National Anthem before meets. He has been a team record holder and both an individual and relay All Star swimmer. But for Chris, there are no better Wildthing memories than pancake breakfasts, being first in line for the ice cream truck and hot summer days spent swimming, playing wall ball and enjoying life here at the Langley Club.

Chris has carried his love of swimming over to winter swimming and has been a four-year varsity letter earner on the Langley High School swim team. Chris was co-captain of the Saxons his senior year and was awarded the Coach's award his senior year also. Chris was an honor graduate of Langley High School where he was a two-year president of the Key Club and member of the National, History, Theater, and Leadership and Honor Societies. Chris has always had a passion for acting. He has attended Stagedoor Manor theatre camp for the past two summers, acted in 10 Langley High School productions, and performed in the Macy's Day Parade.

While Chris will always be a Wildthing; next year he will also become a Wildcat as he carries his love of acting to Northwestern University in the fall where he plans to double major in Theater and Psychology.

Jack Reilly began his swimming career at age 6. In his thirteen summers with the Wildthings, Jack earned countless ribbons in A-meets, and won races in each stroke. Jack currently holds the team records in the 15-18 Boys 50 Free (*having broken a 42-year-old record!*) and the Boys Mixed Age relay, and previously held team-records in the 9-10 Boys Individual Medley and the 9-10 Boys Freestyle Relay. Jack also won highpoint and club champion awards, and won numerous plaques in Divisional races.

Over the years, Jack qualified for individual All-Stars several times, in freestyle, breaststroke, and the individual medley. In 2005, Jack earned the Silver medal in the 9-10 Boys 50-Free and the Fifth-Place medal in the Individual Medley.

Jack also qualified for numerous All-Star Relays events, including the 9-10 Boys freestyle and medley relays in 2004 and 2005, and the Mixed Age relay several times. In 2005, Jack and Chris Paul, together with Joseph Aulisi and Daniel O'Berry, qualified for the 9-10 Boys freestyle and medley All-Star Relays. The boys were seeded fifth in the medley and fourth in the freestyle, and so would swim in the final heat in both races against perennial powerhouses like Chesterbrook, McLean, and Vienna Aquatic. They were up to the challenge. Cutting nearly three seconds off their seed time, they earned the Bronze medal in the medley relay. Then, in the freestyle relay, the boys overtook the McLean Marlins on the final stroke to win the freestyle relay and take the Gold medal. Congratulations again Jack and Chris!

Jack graduated from Langley High School this spring, where he was an editor of the yearbook and a two-sport athlete. He was a member of the varsity Swimming team, and qualified for the District, Regional, and State championship meets his sophomore, junior, and senior years. Jack anchored the Saxon's 200-Freestyle relay in the VHSL State Championship finals his junior and senior years. Jack also was a 3-year letter-winner in Lacrosse, receiving All-District honors his senior year, and his team won the VHSL Boys Lacrosse State Championships in both 2011 and 2012.

In the fall, Jack will be attending the University of Wisconsin at Madison to pursue an undergraduate degree in business administration.

Best wishes to all our seniors from the entire Wildthing family, and good luck in all your future endeavors!

Each week the coaches recognize a couple of swimmers who have shown excellent progress in his/her social behavior, *i.e.* cooperation with coaches and other swimmers, stepping up and trying something new for the good of the team, completion of sets in practices or improvement of skills, and a generally positive attitude. The Wildthing of the Week is awarded at the Pep Rally each Friday.

Congratulations to **Katie Williams** and **Sean Mullery**, our **Wildthings of the Week!**

Personal Best

Our Wildthing swimmers continue to improve each and every meet. Here is a list of the swimmers who swam a personal best, which is their fastest time ever in a particular event. This list covers the following meets: Great Falls, Riverside Gardens, Tuckahoe, and Dunn Loring.

Aguiar, Lucia (12)
 Aguiar, Nicola (6)
 Aguiar, Nina (8)
 Aguiar, Sofia (13)
 Anthony, Nicholas (8)
 Bailar, Jinwon (14)

Barabanov, Lara (6)
 Bellaschi, J. J. (11)
 Bellaschi, Katie (14)
 Bellaschi, Maggie (12)
 Bennett, Tatiana (14)
 Borsos, Megan (9)

Buchanan, Matthew (10)
 Buchanan, Nate (13)
 Bulford, Alyssa (13)
 Buttz, Caroline (11)
 Buttz, Wilson (6)
 Cadin, Carter (6)

Carrion, Carlos (7)
 Carrion, Nico (10)
 Collins, Campbell (8)
 Coles, Connor (10)
 Collins, Addison (10)
 Collins, Beckett (6)
 Crittenberger, Kelly (8)
 Crittenberger, Margit (6)
 Damelin, Leah (12)
 Damelin, Rebecca (10)
 Deringer, Anna (8)
 Dix, Abigail (7)
 Dix, Ryan (9)
 Donnelly, Kiran (7)
 DuBois, Lucy (11)
 Farah, Mitchell (12)
 Favro, Maria-Grazia (8)
 Feldman, Samantha (12)
 Golesorkhi, Noah (6)
 Golesorkhi, Noor (8)
 Hirsch, Amanda (12)
 Hoeymans, Joseph (7)
 Hollar, Anna Marie (14)
 Hussein, Emma (7)
 Hussein, Lilly (10)
 Johnson, Nathan (15)
 Jones, Cleia (6)
 Jones, Ryan (8)
 Jones, Tavian (8)
 Jones, Tessa (6)
 Kaldes, Dillon (12)

Kaldes, Peter (8)
 Kaviani, Cyrus (10)
 Kaviani, Ryan (12)
 Kowalczyk, Chloe (5)
 Lesan, Rachel (10)
 Loftus, Sean (10)
 Masoudi, Gabrielle (5)
 McCreary, Megan (15)
 McCreary, Steven (14)
 McKee, Anya (13)
 Mullery, Bridget (6)
 Mullery, Claire (13)
 Mullery, Sean (10)
 Myslewicz, Zoe (7)
 O'Toole, Molly (7)
 Owczarski, Jack (16)
 Owczarski, James (10)
 Owczarski, Kaitlin (17)
 Owczarski, Kelly (13)
 Proxmire, Derek (13)
 Proxmire, Dillon (10)
 Proxmire, Duncan (14)
 Quinn, Braden (7)
 Quinn, Daniel (9)
 Ramchand, Ethan (5)
 Reilly, Jack (18)
 Reilly, Tucker (16)
 Robinson, Katie (16)
 Robinson, Nathan (16)
 Rubin, Alexander (9)
 Rubin, Madeleine (11)

Rupli, Jordan (7)
 Ryan, Eleanor (11)
 Sanchez, Gabriella (7)
 Sand, Adair (11)
 Schmanske, Nathalie (9)
 Schmanske, Nicole (9)
 Schwartz, Riley (12)
 Scott, Benjamin (10)
 Scott, Isabella (8)
 Scott, Sebastian (13)
 Schone, Liliana (9)
 Schwartz, Spencer (9))
 Slade, Katie (13)
 Slade, Tommy (16)
 Smith, Karissa (11)
 Strong, Katherine (9)
 Strong, William (6)
 Swaak, Helena (9)
 Troy, Collin (8)
 Tu, William (12)
 Tyler, Campbell (13)
 Tyler, Gardiner (8)
 Tyler, Stuart (10)
 Vandre, Megan (10)
 Wallach, Emily (13)
 Wallach, Muriel (7)
 Walter, Colin (6)
 Watson, Luke (8)
 Watson, Marina (6)
 Watson, Vincent (10)
 Williams, Julia (6)

Attention Wildthings!

This Friday is Coach Appreciation Day—one of our favorite days of the swim season. Please help your child come up with a way to show the coaches how much we appreciate them. Hand-written cards, sentimental gifts—let your imagination run wild. There will be a table set up at the guard shack. If you signed up to bring food, please drop it off on the table. Even if you did not sign up to bake for our coaches, please feel free to do so!

Just as a reminder:

Head Coaches: Mason, Sam and Will.

Junior Coach Captains: Kat, Chris and Jack

Junior Coaches: Katie Robinson, Nate Robinson, Katie Slade, Nate Johnson, Katie Bellaschi, Jessie Bulford, Jack Owczarski, Tatiana Bennett



Team Sponsors

