



Freestyler

Welcome to ASA's newsletter, **Freestyler**, for the entire community to share news, photos and information about meets, social events and swimming in general. Jump In! Have news and photos you would like to share? Please email anything of interest to asa.swimming@gmail.com.



Issue Three, October 2014

On the Flip Side: Upcoming Events

- 10/13 Underwater Video at Stone Ridge (AG3 and SR1)
- 10/17-10/19 PVS October Open @ Fairland #2 (9 & over)
- 10/24 Haunted Forest @ Pooleville (SR1, SR2, NTG)
- 10/25-10/25 Fall Gator Mini Meet at Wakefield High (8 & under)
- 11/14-11/16 PVS November Open @ Fairland (9 & over)

Welcome Back To The Pool, ASA Swimmers!

Our coaches are very excited for another great year of swimming! Introducing ASA's coaches pictured below – Robert Walker, Meghan Barry, Chris Schlegel, Julie House, Richard House, Miranda Steel, Kevin Wagman & Denise Adams. You can find your coaches' bios here:

<http://www.teamunify.com/Contact.jsp?team=pvasa>



Look Out for the
Next Issue in December!

Breaking News....

Summer Headlines

LN	PL	Time
1 Kirsten JACOBSEN	7	57.41
2 Leah GOLDMAN	2	56.90
3 Caroline MCTAGGART	1	56.44
4 Zoe AVESTRUZ	6	57.35
5 Lauren HELLER	3	57.06
6 Brooke HANSEN	5	57.20
7 Iris BRAND	4	57.09
8 Melissa PISH	8	57.61

2014 Speedo Junior National Championships

PHILLIPS 66 NATIONAL

Congratulations to Caroline McTaggart for swimming in the Phillips 66 National this summer!

JUNIOR NATIONALS

Hannah Lindsey and **Caroline McTaggart** competed in the Junior Nationals. Hannah Lindsey placed 30th in the 200 back. Caroline McTaggart placed 19th in the 100 free (check out the score board!). The first 24 swimmers compete in the finals. Caroline won her finals heat, placing 17th in the event, with the 11th fastest time of the night.

Caroline McTaggart also finished 16th nationally in the 50 free.

Caroline McTaggart was named the PVS 17-year-old swimmer of the year!

Ben Ertman was named the PVS Disability Swimmer of the Year!

ASA's Coach **Chris Schlegel** will be the Assistant Head Coach for the PVS Short Course Zones!

- ASA finished in **1st place** at the Oktoberfest Race on Saturday, September 28th!

The Back to Pool Parent Meeting was a huge success!! Thank you to all of the volunteers. Check out the photos from the event!

Let's Go: Technical Housekeeping Issues

Housekeeping

Important Links:

- usaswimming.org
(National Governing Body)
- pvswim.org (Local Swimming Committee LSC)
- allstaraquatics.net (ASA Website)
- Meet Mobile (app for phone)
- Deck Pass (app for phone)



New Bolger Entrance Procedure

Please note that there is an important change to ASA's entrance procedure to the Bolger pool in the Franklin Building. Continue to park in Lot 2 as in the past, but instead of entering the pool via the loading dock area, please walk on the sidewalk to the left of the loading dock area around the outside of the pool building. **Enter on the side of the building OPPOSITE FROM the loading dock.** This entrance leads into a lobby. The pool locker rooms are straight ahead past the lifeguard office; you must go through the locker rooms to enter the pool. Also, do not use the emergency exit doors by the loading dock to exit after practice. You must exit back through the locker rooms and lobby.

Please remember we are guests of the Bolger facility, and kindly keep these guidelines in mind: Swimmers, parents and siblings are not allowed in any area of the building outside of the pool/locker room area. If your children are unsupervised when they enter practice, make sure they know they are not allowed in areas outside the locker room and pool. Do not use the towels and leave the locker room in the condition you found it.

For additional and the most up-to-date information, go to....
www.allstaraquatics.net.

Have news and photos you would like to share?
Please email....
asa.swimming@gmail.com

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