



SCARLET-ELITE NEWS BULLETIN 7-28-14

“Cultivating Excellence in Academics, Character and Swimming”

SCARLET AQUATICS WINS LCM JO'S

A. RIZZO EARNS WINTER JR. NAT CUT!

MALINOWSKI (3), E. PETER (2) & A. RIZZO ADD SECTIONAL CUTS

DANNING HU WINS 12 & UNDER HIGH POINT AWARD

D. HU (9), A. RIZZO & S. SLEPIAN WIN EVENTS

C. BALBO, N. DANUS (2), FAGAN (2), FRANCIS, L. MAYERS (3), E. NG (2) & WU EARN 12 ZONE QUALIFYING TIMES:

P. CARCHIA PARTICIPATES ON STATE RECORD RELAY

Scarlet Aquatics concluded its local summer swimming competition with an impressive victory, scoring 5448.50 points, at New Jersey Swimming's Junior Olympic Championships held this past weekend at Rutgers University. Scarlet Aquatics-Elite Division, contributed mightily to that effort scoring 869 individual points.

Top level swimmers from Scarlet-Elite will compete in two weeks at Eastern Zones All-Star Championships ("Zones") in Richmond, Virginia. The season total for Zone qualifying times is 35 Scarlet-Elite individuals earn 142 Zone cuts this summer!!

17 year old Anthony Rizzo earned a USA Swimming Winter Junior National qualifying time with his winning effort of 4:37.56 in the 400 IM. Winter Junior Nationals will be held in Federal Way, Washington December 11 thru December 13. Anthony also rocked his 200 IM prelim swim, posting a 2:10.64, which time is a Winter Junior National bonus cut. Anthony added an 8th place finish in the 200 fly and dropped 3.72 seconds in the 400 free (4:12.19) to earn his 7th Sectional qualifying time.

12 year old Danning Hu won all 9 events she swam to win the prestigious high point award with 180 points for the 11-12 age group!! Along the way, Danning won the 200 IM in 2:26.49, which is just .03 off the state record. Danning also won the 400 IM (5:16.44), the 50 back (32.45), the 100 back (1:09.65), the 200 back (2:27.44), the 100 breast (1:20.10), the 200 breast (2:49.45), the 100 fly (1:07.28) & the 400 free (4:43.52).

12 year old Peter Carchia swam the butterfly leg on the Boys 11-12 4 x 50 Medley Relay which time of 2:06.67 broke the state record of 2:09.43 held by a group of boys (Sebastian, Katz, Dong & Hong) from a team called the Elite Swim Club! Peter placed 6th in the 50 fly (31.04), 15th in the 100 fly (1:12.57) and 16th in the 50 back (35.43).

16 year old Sarah Slepian won the 200 IM with her 2:24.11 performance. Sarah touched 2nd in both the 200 breast in 2:40.53 and the 100 breast (1:15.26). Sarah placed 4th in the 100 fly (1:05.17), 9th in the 100 back (1:08.13), 9th in the 400 IM (5:09.30) and 11th in the 200 back (2:28.18).

14 year old Marie Fagan placed in the top 16 in each of her 9 events, scoring 89 points. Marie placed 2nd in the 100 back with her 1:07.89 swim and was 4th in the 200 back (2:28.31). Her 2:15.95 200 free time was 6th best while she earned three 9th place finishes: 1) 9:48.98 in the 800 free (22 second drop) 2) 5:23.79 in the 400 IM and 3) 1:07.41 in the 100 fly. A 1:02.11 time in the 100 free was good enough for 11th as was Marie's 2:33.41 time in the 200 IM. Marie touched 12th in the 50 free with her 28.69 time. Marie's 100 free and 800 free were new Zone qualifying times.

13 year old Leighton Mayers rocked his 100 back to place 2nd with a 1:03.80 time. Leighton was also in the mix with his 100 fly, placing 3rd with a 1:01.18 effort. A 26.22 time in the 50 free was 4th fastest and his 2:06.84 time in the 200 free was a 7th place finish. In the 200 fly, Leighton placed 8th with a 2:22.73 time. Leighton added a 14th place finish in the 200 back (2:24.96) and a 16th place finish in the 400 free (4:42.55). Leighton contributed 75 points. Leighton's 100 free, 200 fly and 200 free swims were new Zone cuts.

16 year old Isabelle Malinowski totally rocked her 400 free swims, 1st dropping 6 seconds in prelims before dropping another 7 seconds in finals to erase 13 seconds in a single day. Her 4:28.91 time was a 4th place finish. Isabelle charged to a 3rd place finish in the 400 IM with her 6.97 second drop to 5:10.83. Isabelle collected a pair of 8th place finishes with her 1:06.30 time in the 100 fly and her 2:52.80 time in the 200 breast. Isabelle's 1:21.16 time in the 100 breast was 11th best and her 1:00.29 time in the 100 free was 12th best. Isabelle also added a 13th place finish in the 200 IM. Isabelle's 100 free, 400 IM and 400 Free swims were all new Sectional level swims!

14 year old Emily Peter finaled in 6 of her 7 events and placed 3rd in the 100 fly with her 1:05.64 time (new Sectional cut!). Emily followed with a 1:01.32 time in the 100 free (4th place), 2:33.96 time in the 200 fly (6th place), 28.31 time in the 50 free (new Sectional cut! & 6th place), 2:34.62 in the 200 IM (7th place) and 1:22.98 time in the 100 breast (10th place).

16 year old Chris Balbo touched 3rd in the 200 IM, dropping 2.28 from his best to a 2:13.18. Chris was 4th in the 400 IM with his 4:40.87 time and 5th in the 400 free with his 4:10.07 effort (2.49 sec drop). Chris touched 8th in the 200 back with his 2:17.61 time while he 12th in the 200 breast (2:34.74; 6.53 second drop & new Zone cut). Chris placed 14th in the 800 free (9:02.62) and 16th in the 200 free (2:02.85).

12 year old Erica Iizuka placed in the top 13 in five of her events. Erica earned 7th place with her 1:24.18 effort in the 100 breast and earned 8th place in the 200 breast (3:03.29). A 2:49.24 effort in the 200 fly placed Erica 11th while a 39.20 effort in the 50 breast was 12th overall. Erica finished with a 13th place finish in the 400 IM (5:54.78).

9 year old Karen Wu earned 20 points with her 8th place finish in the 50 back (38.89) and her 9th place finish in the 100 back (1:23.17). Karen's 100 back time was a Zone cut!

Three 11th place finishes and a 15th place finish earned Nolan Danus 20 points for the team. Nolan's 38.22 time in the 50 breast, his 3:00.68 time in the 200 breast and his 5:45.08 time in the 400 IM were all 11th place finishes. Nolan also added his 2:42.34 time in the 200 IM to place 15th. Nolan's 100 & 200 breast swims were new Zone qualifying times!

11 year old Luc Francis dropped 11.80 seconds in his 200 breast to a 2:58.61 time and a 7th place finish. Luc also grabbed 14th place in the 100 breast (1:23.28). Luc's 200 breast time is a new Zone cut!

15 year old Alicia Iizuka missed the 200 breast event due to illness but recovered soon enough to place 3rd in the 100 breast (1:16.47).

14 year old Megan Balbo placed 14th in the 1500 free (19:55.94) and was 16th in both the 400 free (4:56.01) and the 800 free (10:09.04).

14 year old Evan Ng dropped 9.57 seconds in the 200 fly (2:24.06) to earn 10th place. Evan's efforts in the 100 (1:05.37) & 200 fly were new zone cuts.

15 year old Emily Gorham clipped 1.25 off her 100 butterfly time (1:06.39) to touch in 7th place.

12 year old Jonathan Kao's 3.81 second drop in the 200 breast (2:54.11) placed him 12th. Jonathon also collected 16th place in the 100 breast (1:23.87).

12 year old Ben Campbell stroked to a 38.29 time in the 50 breast, which placed him 13th overall.

12 year old Monica Iizuka splashed to a 14th place in the 200 back (2:43.94).

12 year old Michael Lee sliced 2.31 off his 200 breast time to place 14th (3:02.46).

Officially finishing her Scarlet-Elite career, Caroline Watt churned to a 14th place finish in the 1500 free (19:07.03).

16 year old Danielle Peterson scored a 15th place finish in the 100 breast (1:22.81) and a 16th place finish in the 200 breast (2:56.68; 1.61 second drop).

13 year old Sydney Slepian earned 15th place in the 100 breast, with her 1:24.82 time (.44 drop).

12 year old Livia Maguire placed 16th in the 100 back with her 1:17.06 time (1.64 second drop) and tied for 16th in the 200 back with her 2:44.86 time (4.25 second drop). Livia missed a zone cut by .01 with her 35.50 time in the 50 back.

14 year old Claire Xu collected 16th place in the 100 breast, with her 1:25.55 time.

Full results are posted on the team website.

Swimmers who participated (# in parenthesis is number of best Scarlet-Elite LCM best times): Chris Balbo (6), Megan Balbo (3), Hannah Benn (2), Sarah Bernstein (2), Abbie Bigham, Ben Campbell (7), Peter Carchia (4), Elizabeth D'Altrui (1), Nolan Danus

(7), Quinn Danus (2), Amy Duren, Marie Fagan (7), Luc Francis (3), Emily Gorham (1), Danning Hu (6), Alicia Iizuka, Erica Iizuka (3), Monica Iizuka, Flora Jeng, Carolyn Kao, Jonathan Kao (3), Saverio Kaufman (2), Rachel Keselman (1), Michael Lee (2), Brandon Li (2), Matt Linz (3), Livia Maguire (4), Teddy Maguire (1), Isabelle Malinowski (8), Ryan Martynowicz, Leighton Mayers (11), Paige McBoyle (1), Reid McBoyle (2), Justin Mon (1), Will Nash (1), Evan Ng (6), Emily Peter (11), Kelly Peter (2), Danielle Peterson (1), Anthony Rizzo (4), Sarah Slepian (1), Sydney Slepian (1), Delaney Smith, Taylor Smith (1), Cullen Walsh (2), Caroline Watt (1), Karen Wu (6) & Claire Xu.

JULY TRYOUTS YIELD MORE TALENT!! **10 NEW SWIMMERS (PLUS PRE-ELITE!!)**

Tryouts for Scarlet Aquatics-Elite Division's Winter 2014-15 Training Session yielded 18 new swimmers to the competitive club and new swimmers to Pre-Elite.

Joining Scarlet-Elite this fall will be:

Wave Blacks: Aiden Auer, Samuel Hall, Valerie Houghton & Declan Lynch

Marlin Teals: Jack Bigham, Marin Bohlman, Katherine Hall, Dylan Mulligan, Liam Sweeney, Brandon Qiao

Also joining Elite in the Pre-Elite program, held Monday, Wednesday and Friday during Marlin Teals practice, will be Emma Batljan, Allison Downey, Leonardo Palescandolo, Nik Stellini and Roman Sullivan.

156 SWIMMERS PLUS 9 PRE-ELITES COMMITTED TO WINTER 2014-15 SEASON

156 Scarlet-Elite swimmers committed to return to train with the team during the Winter 2014-15 Season. In addition, 9 Pre-Elite swimmers have also committed.

RISING SENIORS: **AUGUST IS OFFICIAL COLLEGE ESSAY(S) MONTH!!**

Rising Seniors, August is official College Essay(s) Month.

With 1st semester Senior year being the most strenuous and stressful semester in a person's high school career, the smart Senior uses August to complete their college essay.

Faced with a continued strong academic workload along with college application preparation, possible college recruiting trips (or just visiting or revisiting schools) and possible SAT or ACT test review/tutoring, a swimmer who also wants to keep up on their training (no college coach wants to hear other priorities got in the way of training) needs

to use the “down” month of August to get the college essay(s) (and possibly the common college application form) completed so that it is one (rather large) thing to cross off the to-do list.

BAR RAISED TO 75% ATTENDANCE RATE NEEDED FOR PROMOTION CONSIDERATION STARTING WINTER 2014-15:

Head Coach Bill Deatly announces today that the minimum rate of attendance needed for promotion consideration during the Winter 2014-15 training session will be 75%.

Previously, the attendance rate was 70%.

At Scarlet-Elite, attendance is voluntary; there is never a required practice and swimmers can come and go as they please. However, promotions within the program are based upon transparent criteria: 1) attendance rate 2) where a swimmer trains (needs to be in the fastest lane) and 3) proper stroke technique.

Within an extremely competitive program, Coach Bill believes a swimmer whom wishes to be considered for promotion should choose to attend practice at least 3 out of every 4 practices.

Translating this change into real numbers, during the winter session a swimmer would need to come to practice as follows:

Wave Blacks: 6 more practices during the 7 month training cycle

Wave Teals: 5 more practices during the 7 month training cycle

Marlin Blacks: 4.5 more practices during the 7 month training cycle

Marlin Teals: 4.5 more practices during the 7 month training cycle

This is 1 more practice per month to be considered for promotion. However, the cumulative effect is that swimmers “gain” another week of training with a 7 month cycle.

Wave Golds already need to come to practice 80% of the time to be considered for promotion into the Senior Training Group (Seniors and Senior Preps are expected at practice 85% or more).

Scarlet-Elite encourages swimmers to come as often as possible and provides an Attendance Award to swimmers to attend practice at a 85% rate or higher at the annual awards dinner.

chair & a coach at Eastern Express, picked up the time when confirming all the current records.

HEY JUNIORS & SOPHOMORES!!
HERE IS A WEBSITE TOOL TO HELP YOU WITH YOUR
COLLEGE SEARCH (IF IT INCLUDES SWIMMING):

The website called LookForIt at lookforit.com is designed specifically for high school swimmers to help make the college analysis and selection process easier.

LookForIt compares a swimmer's best times against college times (all divisions) and it includes ranking one's time against the college team's swimmers. This tool might expedite the research process for our college bound swimmers.

SWIMMERS REMINDED OF LOST & FOUND LOCATED
IN COACHES OFFICE AT NEWARK ACADEMY:
PUT YOUR NAME ON IT!

Swimmers and parents are reminded that there is a lost & found bin in the coach's office at Newark Academy. Suits, clothing and equipment left at practice and at meets will be returned to the NA lost & found.

Swimmers and parents are also reminded that items with names on them can be easily returned. Scarlet Aquatics is over 800 swimmers strong; at many meets we will attend with our sister divisions so team uniforms can easily accidentally walk.

Recently, a team sweatshirt that had a name on it was returned to one of our swimmers by another division from summer JO's meet (10 weeks ago) because the name on the item was clearly evident.

WHEN IN DOUBT, CHECK THE WEBSITE:

If you have questions about Scarlet-Elite, your first source of information is Scarlet-Elite's website located at eliteswimclub.org. When in doubt, first check the website!!!