FORT WAYNE SWIM TEAM

August 2022

NCSA MEET RECAP

By: John Gibson

FORT had 5 swimmers compete in the NCSA Junior National Meet this past weekend at the IU NAT in Indy.

There were over 820 swimmers and 75 teams from all over the country, the swimmers representing FORT were:

Autumn Bruns, Addy Burrough, Owen Dankert, Kirsten Lee, and Abbey Richardson.

FORT ended up as the 33rd place team. Congrats to each of these athletes, you represented FORT well.

Upcoming Events

Open House

Aug 16th and 17th

5:30-7:00

Practices Begin

High School- Aug 15th

Middle School- Aug 16th

Elementary School- Aug 17th

IN SENIOR STATE MEET RECAP By: John Gibson

FORT had a wonderful showing at the IN Swimming Summer Senior Champs Meet at IU in Bloomington July 14-17. FORT ended up as the 7th place team at this highly competitive meet, which included many college swimmers from IU, Purdue, IUPUI, Notre Dame, etc as well as college swimmers on their club teams at home for the summer. Highlights include:

Christina Barranda: 200fly-29th

Autumn Bruns: 200Br-14th, 100Br-19th, 400IM-16th

Addy Burrough: 200Ba-12th, 200Ba-19th, 100fly-29th

Evan Bushong: 100Ba-19th, 200Ba-26th, 50Fr-27th

Owen Dankert: 200Fly-4th, 1500Fr-5th, 200Fr-7th, 400Fr-16, 100Fly-15th

Catherine Greenlee: 200Fr-30th, 800Fr-30th, 1500Fr-31st

Kirsten Lee: 200Fr-11th, 100Fr-19th, 400Fr-22nd, 1500Fr-22nd

Cameron Luarde: 200Br-2nd, 100Br-4th, 200IM-4th, 400IM-7th

Natalie Marshall: 50Fr-21st

Nate Marshall: 400Fr-31st

Adam McCurdy: 200IM-13th, 400IM-12th, 100Fly-19th, 100Br-32nd

Peyton O'Connor: 200IM-13th, 400IM-13th, 100Fly-22nd, 400Fr-27th

Demetri Panagiotou: 100Br-20th, 200Br-28th

Ellie Parrish: 100Fly-16th

Abbey Richardson: 100Br-30th

Girls 200Free Relay: 5th Lexi Jankowski-Kirsten Lee-Addy Burrough-Natalie Marshall

Girls 200Free Relay: 18th Ally Kneller-Alaina Brooks-Peyton O'Connor-Ellie Parrish

Girls 400Free Relay: 7th Natalie Marshall-Lexi Jankowski-Catherine Greenlee-Kirsten Lee

Girls 400Free Relay: 20th Peyton O'Connor-Ally Kneller-Ellie Parrish-Addy Burrough

Girls 800Free Relay: 5th Natalie Marshall-Catherine Greenlee-Lexi Jankowski-Kirsten Lee

Girls 200Medley Relay: 5th Addy Burrough-Autumn Bruns-Ellie Parrish-Natalie Marshall

Girls 200Medley Relay: 12th Alaina Brooks-Abbey Richardson-Lexi Jankowski-Kirsten Lee

Girls 200Medley Relay: 24th Ally Kneller-Christina Barranda-Peyton O'Connor-Catherine Greenlee

Girls 400Medley Relay: 8th Addy Burrough-Autumn Bruns-Lexi Jankowski-Kirsten Lee

Girls 400Medley Relay: 16th Alaina Brooks-Abbey Richardson-Ellie Parrish-Natalie Marshall

Boys 200Free Relay: 13th Evan Bushong-Adam McCurdy-Ryan Kneller-Cameron Luarde

Boys 400Free Relay: 8th Adam McCurdy-Evan Bushong-Owen Dankert-Cameron Luarde

Boys 800Free Relay: 5th Owen Dankert-Adam McCurdy-Evan Bushong-Cameron Luarde

Boys 200Medley Relay: 17th Adam McCurdy-Demetri Panagiotou-Nate Marshall-Mason Crews

Boys 400Medley Relay: 7th Evan Bushong-Cameron Luarde-Owen Dankert-Adam McCurdy

The More You Know

As you break between seasons, this is a good time to check swimsuits to see if they are in need of replacement. Suits stretch and thin out throughout the season and having a properly fitted suit is important for a quality workout and is essential for meets. If you are a family new to the sport, it is easy to misjudge how a suit should fit for maximum comfort and movement. It can be even more surprising how quickly they wear out. Swimsuits are more than a means to cover your skin, competitive swimwear is a piece of sports equipment. Wearing an incorrectly sized swimsuit could hinder athletic performance.

Here are some things to look for before your athlete heads back to the pool this month:

*Suits should never have bagging or wrinkling in any spot.
*Jammers should be snug at waist and knee.
*The open part in the back of a women's suit should not lift from the body.
*There should be no scooping at the neckline.
*The straps should not lift more than an inch from the shoulders, less for a competition suit.
*The suit should not cut off circulation or hinder range of motion.

Finally, if you are investing in a tech suit for the first time, I encourage you to speak to your athlete's coach or head down to Elsmore and have a suit fitting to ensure the best fit possible.

At-home challenge.

We challenge you and your athlete to a Murph family relay! The Murph challenge consists of:

One Mile Run
300 Squats
200 Push-Ups
100 Pull-Ups
One Mile Run

Split up the work, do it all together, or break it apart over a week's time. However you choose to complete it, be sure to do it together! Send us a picture and tell us how you did it!

August Birthdays

Charlotte Linnemeier

Lillian Linnemeier	Ava Harrah
Parker Lothamer	Autumn Bruns
Bianca Roussel	Isaac Bushong
Delaney Lenhart	Madilyn Abbott
Emma Shirk	Delaney Sandberg
Kyla Krouse	Neha Sud
Jonah Barranda	Emma Colclasure
Insley Dommer	William Snyder
Paige Jennings	Georgia Allen
Gabe Taylor	Karis Taylor
Benson Gustin	Raiden Hartman
Aubrey Blackman	Benjamin Leming

HAPPY BIRTHDAY from your FORT family!!

GAIN

Last month we challenged the kids to share part of our WUTS at home. Do you know what WUTS is? Warm Up To Swim is part of our daily routine where we warm up our bodies on land before getting into the water. Ten to fifteen minutes of intentional movement before hitting the water can give our swimmers a more well-rounded warm-up than a lengthy warm-up in the pool can do. This also allows us to get into the workout more quickly! WUTS is what you see us doing out on the sidewalk before practice and in the corners of the pool at meets. All training levels do very a similar WUTS routine. In contrast, dryland days are a full workout building strength, agility, felxibililty, and mobility. Our dryland workouts are written specifically for each individual training group, just as a their swim workout is. Both of these activities require athletic shoes everyday for the safety of your athlete.