



# Between the Bubbles...

June, 2005

www.cvacswimming.org

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## Catawba Valley Aquatic Club

### CVAC-LRC Block Dedication

Coach Paul Schiffel opened the dedication by welcoming all the guests, parents and swimmers to the ceremony. Special invited guests attending were the Milholland family, Dr. Don Bias and family, and Lenoir-Rhyne representative Todd Lawing. The coach then prayed and delivered scriptures from I Corinthians 9:24-27 that related to the event. As he read the inscription on special plaques he gave them to the special block donors who were present - the Milholland family and the Bias family. Other recipients who were not in attendance were St. Stephens High School Swim Team, St. Stephens Swim Boosters, Cass and Donna Ballenger and Unifour Anesthesia Associates. The inscription on the on the Keonna Milholland memorial plaque now mounted in the pool area was read, and the coach talked about Keonnas inspiring qualities. Coach Schiffel told the story of the orange M & M's and spoke about the importance of team spirit. He read a poem to Keonna Milholland written by Melissa Schiffel on the one-year anniversary of Keonna's death. Paul then talked about the history of the need for new and relocated blocks to the deep end of the pool to comply with U.S. Swim sanctions for meets. Hopefully, Lenoir-Rhyne will begin a women's swim team in the next few years.



John Milholland cut the ceremonial ribbon to open the new blocks for the pool. Several CVAC swimmers volunteered to make ceremonial starts and swim the length of the pool: Tyler Huynh, Phillip Corsi, Rick Smith, Brian Yates, Craig Watts, Ben Penley, Brandon Lindler, Carson Lindler, Katherine Penley, Leah Catherine Watts, Nikkita Gibson, Becky Yates and Nicholas Gibson.

Coach Schiffel closed the ceremony by thanking everyone for being there and inviting everyone to a meal and refreshments in the gym area.

### CVAC AMAZING AT THE A-MAY-ZING MEET

The 43 stingrays who swam in the A-May-Zing Meet in Huntersville May 6 - 7 did really great. There were 109 best times and 28 new times for a total of 137. Scoring 100% best times were: Michaela Beatty, Natalie Bolick, Nicolas Chance, Andrew Cline, Caitlyn Ebert, Stephanie Hammond, Katie Knecht, Kirby Patton, Lauren Schultz, Greer Taylor, and Kendra Travis. Two new team records were set, as well as, two new team relay records. Many swimmers shaved time in this first meet of the long course season. It was a good season opener for our team!



### New Individual Team Records

Leah Catherine Watts (10 & Under)

100 Free	1:15.59	former record holder Katie Hoyle, 2000
400 Free	5:56.44	former record holder Leah Catherine Watts, 2004



### New Relay Team Records

Male 13-14	200 M Free	1:58.98	Rick Smith, Brian Yates, Alec Reitzel, Craig Watts
Male 13-14	200 M Medley	2:18.52	Rick Smith, Carson Lindler, Brian Yates, Alec Reitzel

*"Why not go out on a limb? Isn't that where the fruit is?" -Frank Scully*

## CVAC ENDS THE 2004-2005 SHORT COURSE SEASON!

Coach Paul Schiffel opened the CVAC Short Course Awards ceremony by thanking everyone for being there. He thanked the boosters for providing a delicious catered meal of barbeque, buns, slaw, potato chips, and beverage. There were many homemade desserts provided by attending parents. Many thanks go to Jennifer Chance, Angie Reitzel, Karla Yates, and Noel Penley for arranging the banquet.

Coach Schiffel remarks included that he thought that it was a good short course season. That there were no shortcuts to good times—only hard practices and good attendance equaled good times made at meets. The team did well at practice and at meets, and he was pleased with their progress. Todd Lawing at Lenoir-Rhyne College has been wonderful to work with.

The coach looks forward to a great long course season. All age levels are practicing well. He is looking forward to the dual meets on Tuesday nights in June and the June 10-12 meet in Lenoir. He asked that families please email him to let him know when swimmers will be out of town on vacations so that he can plan the individual and relay entries in the forthcoming summer meets. He needs to know who will be available to swim and make sure that they are registered.

In the Orange M & M Contest (guessing the correct number of orange m & m's in a jar) - the winner was Katherine Penley who winning guess was 955. There were 961 in the jar.

The awards are given to honor the accomplishments of the season. Even though there are always many deserving swimmers only a few are given, and it is always a difficult decision. Coach Paul called all CVAC swimmers up to the front by age groups to receive a certificate of participation and applause for their participation in the short course season.

The Swim-a-thon towels were given out. The swimmers who received monogrammed towels, a pin and a certificate from U. S. Swimming swam 200 laps and/or or 2 hours, solicited pledges and turned in \$150.00 or more each. They were: Katelyn Ebert, Lauren Ebert, Patrick Moser, Gota Miyazaki, Kirby Patton, Michelle Beatty, Michaela Beatty, Katie Knecht, Carson Lindler, Brandon Lindler, Kirsten Consing, Katie Hoyle, Sarah Moebius, Nicholas Gibson, Hayley Townsend, Katie Choate, McKenna Starnes, Nicholas Chance, Andrew Cline, Rick Smith, Rebecca Smith, Karl Wold, Craig Watts, Noah McRea, Kendra Travis, Tara McIver, Johnny Lok, Maci Dula, Cole Chance, Amber Romeo, Lurne Schaltz, Natalie Bolick, Gabby Consing, Meredith McBride, Jacob Hoyle, Tyler Hunyh, Susie Wold, Nanami Miyazaki, Leah Catherine Watts, and Samantha Choate. All participants will receive a t-shirt in the near future.

Sam Choate announced short course team records and best times. CVAC swimmers recorded 1,403 best times. Eighteen team records were made in this season. Leah Catherine Watts set 2 new records. Katie Choate made 2 new records. Samantha Choate scored 5 new records. Katie Hoyle swam to 6 new records. Johnny Lok made 2 new team records and received a CVAC stingray record patch for a first time winner. Meredith McBride set 2 new team records and received a CVAC stingray record patch.

The next two awards are given in order to encourage swimmer to swim longer events and to recognize two swimmers who have cut the most number of seconds in all events in the short course season. The female recipient is Katie Choate who shaved 207.91 seconds, and the male recipient is Brian Yates who shaved 237.5 seconds.

The Merit Awards are chosen by the coaches and given to swimmers who exhibit good attendance, practice well, attend meets, etc. The female winners are: Katherine Penley, Leah Catherine Watts, Becky Yates, Meredith McBride, and Rebecca Smith.. The male winners are: Cole Chance, Brian Yates, Brandon Lindler, Craig Watts, Carson Lindler, and Rick Smith.

The Keonna Milholland Performance Awards go to a female and male swimmer who made an outstanding swim during the season. The female winner is Katherine Penley, and the male winner is Craig Watts.

Coach Schiffel indicated that swimming personal best times is what we are about, and that is what is obviously happening. Jean Hoyle confirmed that the CVAC Boosters ordered more B, BB, A, AA, AAA, AAAA patches than ever before. He would like team members and parents to recruit more swimmers.

At the conclusion of the awards ceremony, the senior swimmers presented Paul with an autographed picture indicating their support and love. The question Coach Schiffel had asked the group previously was " Who motivates the coach?" The senior swimmers wanted to let him know that they want to be the ones who motivate him because he motivates them.

# Meet **SCHEDULE**



**JUNE  
BIRTHDAYS**

**07 Amber Romeo**  
**10 Nanami Miyazaki**  
**15 Katie Choate**  
**15 Kathryn Knecht**



## Swimmers' Spotlight

**Caitlyn Ebert**—Kindergarten diploma & Character Education For At Home Reading, Music Achievement.

**Lauren Ebert**—Citizenship Award, School Spirit Award, Cheerleader for EOG Pep Rally, STAR Team Hall Monitor, 5th Grade Battle of the Books, Social Studies Achievement Award, Art Award, Music Award, A/B Honor Roll for the year.

- June 7** Tues WCSA Dual Meet Tues. Shelby City Park
- June 10-12** Fri-Sun Shelby Invitational Shelby City Park
- June 14** Tues WCSA Dual Meet William B. Stronach Aquatic & Fitness Center, Lenoir
- June 21** Tues WCSA Dual Meet Shelby City Park
- June 28** Tues WCSA Dual Meet Morganton City Park
- July 8-10** Fri-Sun Lenoir Invitational William B. Stronach Aquatic & Fitness Center, Lenoir
- July 22-24** Fri-Sun NCS Western Qualifier Shelby City Park
- July 28-31** Thur - Sun NCS J.O.s City Lake Park, High Point
- July 14-17** Thur-Sun USS Sectionals Auburn. AL
- Aug 5-6** Fri-Sat WCSA Championships William B. Stronach Aquatic & Fitness Center, Lenoir

## LONG COURSE PRACTICE SCHEDULE

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SENIORS</b> <i>DL-Dry Land PR-Practice</i>	9:30-11:00 am DL 11:00-12:00 am PR  5:00-7:00 pm PR	8:30-10:30 am PR  5:00-7:00 pm PR	9:30-11:00 am DL 11:00-12:00 am PR  5:00-7:00 pm PR	8:30-10:30 am PR  5:00-7:00 pm PR	8:30-10:00 am DL 10:00-12:00 am PR  5:00-7:00 pm PR	7:30-9:30 am PR
<b>PRE-SENIOR</b> <i>DL-Dry Land PR-Practice</i>	9:30-11:00 am DL 11:00-12:00 am PR  7:00-9:00 PM PR	8:30-10:30 am PR  7:00-9:00 PM PR	9:30-11:00 am DL 11:00-12:00 am PR  7:00-9:00 PM PR	8:30-10:30 am PR  7:00-9:00 PM PR	8:30-10:00 am DL 10:00-12:00 am PR  7:00-9:00 pm PR	7:30-9:30 am PR
<b>*AGE GROUP</b> <i>PR-Practice</i>	11:00-12:00 pm PR	10:30-12:00 pm PR  7:00-9:00 pm PR	11:00-12:00 pm PR	10:30-12:00 pm PR  7:00-9:00 pm PR	10:30-12:00 pm PR  7:00-9:00 pm PR	9:30-11:00 am PR
<b>**RAYS &amp; MITES</b> <i>PR-Practice</i>	11:00-12:00 pm PR  7:00-8:30 pm PR	10:30-12:00 pm PR	11:00-12:00 pm PR  7:00-8:30 pm PR	10:30-12:00 pm PR	10:30-12:00 pm PR  7:00-8:30 pm PR	10:30-12:00 PR

**\*Age Group** T, Th, F 7:00-9:00 pm OR M & W 11:00-12:00 pm  
**\*\* Rays & Mites** M, W, F 7:00—9:00 pm OR M & W 11:00—12:00 pm

Contact Becky Smith with your information by emailing her at [smithbecky@charter.net](mailto:smithbecky@charter.net), calling her at 294-0205, or seeing her at the pool. We need announcements, accomplishments, suggestions, quotes, etc.

- anything that will contribute to the team.