



www.cvacswimming.org

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Catawba Valley Aquatic Club

HILLBILLIES VS FLATLANDERS Blue Ridge Swim League vs. East Carolina Swim League



The top 16 BRSL (Blue Ridge Swim League) champions in each age group met the ECSL (East Carolina Swim League) champions in an All-Star Meet on April 23 & 24 at the Mecklenburg County Aquatic Center. The 18 CVAC swimmers who joined other champion swimmers to form a team from the BRSL were



Cole Chance, Katie Choate, Nicholas Gibson, Katie Hoyle, Brandon Lindler, Johnny Lok, Meredith McBride, JC Moebius, Ben Penley, Katherine Penley, Alec Reitzel, Rebecca Smith, Rick Smith, Craig Watts, Leah Catherine Watts, Karl Wold, Becky Yates, and Brian Yates. Several stingrays swam to one of the top three places in an event. Katie Choate took two 1st places. Rick Smith placed 1st in one event, 2nd in three, and 3rd in one. Johnny Lok came in with two 2nd places and one 3rd. Meredith McBride scored 2nd in one event. Alec Reitzel swam to 3rd place in two events. Leah Catherine Watts placed 2nd in one and 3rd in two events. Out of 142 events swam by stingrays 103 were best times, and there were 3 new times. One new team record in the 100 Breaststroke was made by Katie Choate. Every BRSL swimmer received a navy and white All-Star Meet T-shirt and swim cap, and all of the ECSL swimmers wore red and white. The meet was exciting for our swimmers to attend. The relay events were great because they had a chance to swim with others in the area. The BRSL took most firsts in these events. Our kids had an opportunity to swim against and communicate with champions swimmers from all parts of the state. All CVAC representatives did an exceptional job swimming for the Blue Ridge Swim League. The BRSL triumphed over the East Carolina Swim League. Way to go Hillbillies!



New Individual Team Records



CVAC Boosters Meeting Friday, May 13 7:00 p.m. Please be there!

Katie Choate (13-14 Female) 100 M Breaststroke

1:23.34

former record holder Candace Biglow, 1999

"Opportunities are usually disguised has hard work, so most people don't recognize - Ann Landers

Warning!

'Tis the Season



for the painful Swimmer's Ear!

Time to ward off this common ailment by getting a fresh little white bottle of Swimmy or Swim Ear from the local pharmacy.

Two drops in each ear after swimming and these over-the-counter ear drops can help protect and dry ear canals.

Prepare now for the summer season!

Read more about it at http://kidshealth.org/kid/ill_injure/aches/

03 **Matysen Setzer Abigail McRea** 11 13 Alec Reitzel 13 William Tsang 20 **Tara MacIver Ashley Sigmon** 21 24 **Craig Watts** 30 Nikkita Gibson Meet

May 6-7 MOM Meet Fri-Sat Huntersville

June 7 WCSA Dual Meet Tues. Tues TBA

June 10-12 SAC Open Fri-Sun Shelby City Park

June 14 WCSA Dual Meet
Tues TBA

June 21 WCSA Dual Meet Tues TBA

June 28 WCSA Dual Meet Tues TBA

July 8-10

Fri-Sun

Lenoir Open

William B. Stronach Aquatic &

Fitness Center, Lenoir

July 22-24 J.O. Qualifier Fri-Sun Shelby City Park

July 28-31 J.O.s Thurs - Sun City Lake Park, High Point

Aug 5-6 WCSA Championships Fri-Sat TBA

 $\stackrel{\wedge}{\Rightarrow}$ **CVAC SHORT COURSE** $\stackrel{\wedge}{\Rightarrow}$ BANQUET $\stackrel{\wedge}{\Rightarrow}$ AND ☆ **BLOCK DEDICATION** $\stackrel{\wedge}{\Leftrightarrow}$ $\stackrel{\wedge}{\Rightarrow}$ ☆ ☆ Saturday, May 21 $\stackrel{\wedge}{\Rightarrow}$ $\stackrel{\wedge}{\Longrightarrow}$ 3:00—6:00 p.m. $\stackrel{\wedge}{\Rightarrow}$ $\stackrel{\wedge}{\boxtimes}$ $\stackrel{\wedge}{\Rightarrow}$ **Lenior-Rhyne Gym** ☆ $\frac{1}{2}$ ☆ $\stackrel{\wedge}{\square}$ The dedication will be held $\stackrel{\wedge}{\Rightarrow}$ ☆ in the pool area. $\stackrel{\wedge}{\Rightarrow}$ The awards banquet $\stackrel{\wedge}{\Rightarrow}$ $\stackrel{\wedge}{\Rightarrow}$ will be in the gym. ☆ **We are looking into** $\stackrel{\wedge}{\Rightarrow}$ ☆ catering the event, and the ☆ college will provide tables $\stackrel{\wedge}{\Rightarrow}$ and chairs. $\stackrel{\wedge}{\Rightarrow}$ $\stackrel{\wedge}{\Rightarrow}$ ☆ $\stackrel{\wedge}{\Longrightarrow}$ ☆ $\stackrel{\wedge}{\Rightarrow}$ $\stackrel{\wedge}{\square}$