

# (( ( THE ECHO) ))

## Character - Community - Excellence

YFD's First Open Water Championship



Hello YFD Swimmers and Families! This is our first newsletter of the year, so we want to start by saying welcome and thank everyone for helping us start this season off on the right foot.

We will use the newsletters to highlight the performances of our team members, recap our swim meets, and bring you all what we hope is useful information for swimming! Parents please take a moment and review the newsletter and we encourage you to print it off and show it to your swimmers.

This beginning phase of the season is such a critical building block to a successful year. All groups are laying the technical and aerobic foundation on which we will build through the year. There is a lot of teaching happening

Swimmers use the first set of meets in October and November as an opportunity to learn which race strategies are working and which need some tweaking. Where are your strengths and where do we need to improve? Keep working on both! For many of our younger swimmers, these are their first meets ever! Make sure to give each race 100% effort and talk to your coaches before and after each race to learn what we can work on. Then bring those suggestions to practice. Make sure we are forming good habits- the longer we practice bad habits, the harder they will be to break. Lastly, have some fun and enjoy the friendships you make. We all know that's one of the best parts of the sport!



### UPCOMING EVENTS

**NOV. 7**

TYR Tech Suit Fitting

**NOV. 7- 18**

Parent-Coach  
Conferences

**NOV. 13**

BGNW- 8 and Under

**NOV. 18- 20**

IMX Condors

**NOV. 24- 27**

Thanksgiving Break

**Dec. 8- 11**

CRA Boston Champs

**Dec. 17-18**

Tri Winter

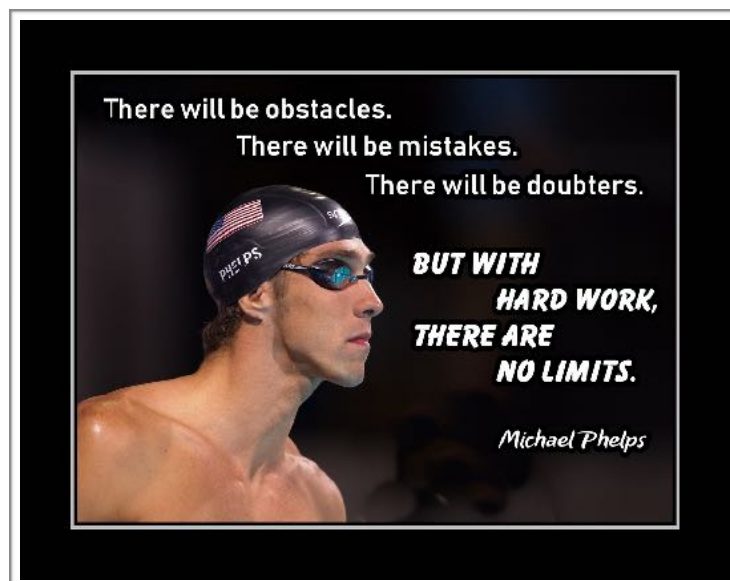


YFD started off the season with a bang by bringing 15 YFD swimmers ages 10-16 to Metro's Open Water Championship. Congratulation to Alexander Argeros (10), Julia Draven (11), Eliana Matasar (11), Eden Bressler (11), Cate Masella (11) Sofia Causone-Fong (12), Nikhil Varshney (12), Nina Durkovic (12), Warren Kasman (12) Spyros Argeros (13), Lily Ramirez (13), Alex Masella, Annri Katoh (13), Jessie Draven (15) and Audrey Alexander (16) for completing their first open water swim!



The next day 100 swimmers showed up to Eisenhower Aquatic Center ready to shake off the racing webs from the summer. In our first short course meet of the season, YFD saw great swims all across the board. We learned a lot and went back to practice to put in some good work.

In mid October at the LIE Octoberfest meet YFD dominated in every age group having top 8 finishes all across the board, and a bunch of qualifiers for the winter CRA Championship in Boston. Several swimmers showed up to swim 100 percent best times. Congratulations to: Warren Kasman, Nikhil Varshney, Ali Wright, Vladimir Shibalov, Spyros Argeros, Caroline Karellas, Auden Sorensen, Lucy Lee, Lina Linares, Melia Murphy, Ava Smith, Ilene Cohen, Cadie Park, Ashlyn Kiley, Willa Simmons, Allie Bartoletti, Emme Strongin, Ryan Yang, Tyler Yi, Atticus Fogarty, Henry Arnall, Ivana Zecar, Maya Clare, Celestina Uhler, Adam DeWalle, Aerin Healy, Luc Pelletier, Lincoln Kim, Rhys Nguyen, Misha Debrah, Adger Smyth, Eli Trinnel, Nora Ye, and Justin Chiang. Keep up the good work!



Special shout out to the following swimmers for bringing home the gold. Lily Ramirez- 500 free, Cadie Park - 50 Fly, 100 Breast, 100 Fly, 50 Breast, and Audrey Alexander- 200 Back, 100 Back.



LIE Octoberfest also brought the first attack on the record boards. Congratulations to brothers, Spyros and Alexander Argeros who took down 3 records:

Spyros broke the 100 breaststroke 1:04.00—> 1:02.94 and 200 breaststroke records 2:20.51—> 2:16.92.

Alexander broke the 200 backstroke record that has been standing for 10.5 years 3:18.83—> 2:36.43



The same weekend as Octoberfest, AG 1 made some noise at the Middies Meet in White Plains. 30- 8 and under swimmers collected racing experience, heat winning duckies, and a bunch of best times. Congratulations to all the 8 and under who swam!!!

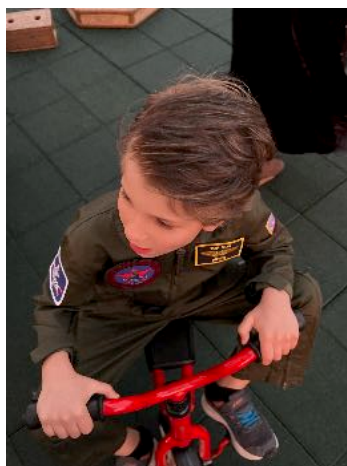






YFD finished off the month of October with a costume party to celebrate the spooky season. Pizza, music, candy, and fun games were all part of the celebration!

Thank you to all who joined us!  
And a big thank you to the Karellas family for the yummy cupcake treats!





Looking forward to a great season, filled with fast swimming and special moments!

-Amine, Iliana, Hervay, Vic, David, Manny , Tim , Naomi, Beatrix, Zach, Nelson, and Susan



### **Coaching Philosophy and Mission Statement**

Our mission is to develop abilities in our young people that will inspire and empower them to achieve excellence in life through a positive competitive swimming experience. We believe that our sport teaches fundamental life skills that are invaluable beyond the pool. By molding, teaching, and instructing our athletes, we aim to develop them the self-discipline, personal responsibility, physical fitness, and personal excellence necessary for success in competitive swimming and beyond.