

# DRAGON DISPATCH

WINDERMERE LAKERS NEWSLETTER

OCTOBER 2023

## COACH KYLE: INSPIRING LAKER EXCELLENCE

In this edition of the Dragon Dispatch, we begin by highlighting one of our own, Head Coach Kyle Goller. His journey over the past year is nothing short of remarkable.



Last June, Coach Kyle achieved a significant milestone by earning his American Swimming Coaches Association (ASCA) Level 4 Coaching certification, an accolade that underscores his drive for helping swimmers in the Orlando area reach their full potential. Later in the summer, Coach Kyle's dedication earned him a coveted spot among ASCA's Top 50 Age Group Coaches of 2022. This recognition is a testament to his exceptional coaching prowess, consistently inspiring greatness in our young athletes.

Fast forward to the present, and we're thrilled to announce that Coach Kyle has been named Florida Swimming's 2023 Age Group Coach of the Year. This prestigious honor further highlights his relentless dedication and exceptional coaching skills.

Coach Kyle's journey is a true reflection of the Lakers' spirit - dedication, hard work, and inspiring our swimmers to reach new heights. Congratulations, Coach Kyle, on this well-deserved recognition and an incredible year!



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**ON OCTOBER TWENTY-NINTH, TWO THOUSAND TWENTY THREE...**

**...THE LAKERS WILL  
CELEBRATE HALLOWEEN!**



**WINDERMERE LAKERS  
ANNUAL PUMPKIN MEET**

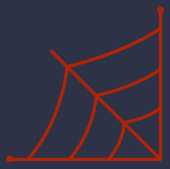
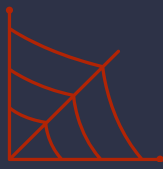
Dive into the Halloween spirit at our annual Pumpkin Meet! Expect traditional races and pumpkin-themed competitions and activities for our swimmers in Red group & above. Don't forget to come dressed in your costumes/spooky attire!



**DRAGON SWIM ACADEMY  
KICK-OR-TREAT SWIM MEET**

Join us for our first-ever Kick-or-Treat Swim Meet! Dragon Swim Academy members can use this opportunity to race, compete, and have a ghoulishly good time. Come in your favorite costumes and make a splash at this exciting event!

**Sign-ups & event details will be available soon on  
TeamUnify/the OnDeck Application!**



# SEPTEMBER MEET HIGHLIGHTS

In September, our Lakers faced down a stormy challenge to come out shining in the pool. Over eighty dedicated Lakers showcased their talent and determination at our first Developmental swim meet, racing across distances from 25 to 500 Freestyle. We were thrilled to see 75 Lakers participate in the 2023 Elizabeth Kazeck Fall Sprint Carnival, where they secured 33 top-three finishes and achieved countless personal best times. Additionally, our high school-age swimmers displayed their competitive spirit in various dual, tri-, and conference meets, with the FHSAA Swim Championship series still on the horizon. September was a month of triumphs and personal bests, showcasing our Lakers' unwavering commitment to excellence in the water. Congratulations to all our incredible swimmers on their outstanding achievements!



- Sebastian A (10/1) - Anne V (10/5) - Margaret V (10/5) - Matheus G (10/6)**  
**Addison R (10/7) - David Y (10/7) - Juliana D (10/7)**  
**Tristan BE (10/8) - Christian M (10/11) - Joseph B (10/13)**  
**Chase B (10/14) - Solomon S (10/15) - Chloe G (10/17)**  
**Alfonso F (10/18) - Rovani I (10/18) - William K (10/18)**  
**Koda M (10/19) - Hollace S (10/19) - Maria V (10/20)**  
**Joana A (10/21) - Ethan S (10/23) - Siddhartha N (10/25)**  
**London E (10/27) - Isabela L (10/27) - Jade T (10/27) - Henry B (10/28)**  
**Lilliana K (10/28) Lily H (10/30) Holland L (10/30) - Carolina S (10/31)**

Happy  
**BIRTHDAY**



FHSAA Swim Championship Series	Oct 16th - Nov 11th
Laker's Annual Pumpkin Meet	October 29th
NEW! Kick-or-Treat Meet	October 29th
2023 RAFC Almost Turkey Invitational	Nov 17th - Nov 19th
2023 US Open	Nov 29th - Dec 2nd
2023 RAFC Winter Classic	Nov 30th - Dec 3rd

For more details regarding these competitions & official registration deadlines, please refer to Team Unify/the OnDeck application.

# dragons of the month SEPTEMBER 2023



At Windermere Lakers Aquatics, we embrace three core principles: "Think like champions," "Act like champions," and "Swim like champions". Each month, we will select two exceptional swimmers - one aged 13 and above, and one aged 12 and below - who exemplify the spirit of the Dragon.

Selected for their champion's mindset, resilience, and positive attitude, our Dragons of the Month inspire their teammates both in and out of the pool. They exemplify our team's core values and help to foster a culture of growth and excellence.

Please join us in celebrating these extraordinary athletes and their remarkable achievements. Stay tuned for the future monthly announcements of our Dragons of the Month, and their stories of success.

**Congratulations to Willa and Fabiana, who have been selected as the September Dragons of the Month!**

At the start of this season, fifteen-year-old Willa Fitzpatrick transitioned into our Senior I group, where she has fearlessly embraced every new challenge with grit and determination. A 10th grader at Windermere Prep and a member of the WP Varsity swim team, Willa's level of commitment to the sport of swimming is remarkable; she consistently demonstrates dedication and rarely misses a practice, setting a high standard among her peers. Just two weekends ago, after a three-hour AM practice, Willa volunteered at our first developmental meet for our youngest Lakers (including her sister, Violet!). We're eagerly anticipating Willa's achievements both in the rest of the varsity swim season and beyond.



## Willa Fitzpatrick



## Fabiana Rodriguez



Ten-year-old Fabiana Rodriguez showcases consistency and dedication during every practice, but it was her remarkable results this month that resulted in her nomination. During our developmental meet, Fabiana fearlessly tackled the 500 freestyle and achieved an impressive time of 7:15.58. At the 2023 Elizabeth Kazeck Fall Sprint Carnival, Fabiana further demonstrated her determination by dropping time in all eight of her individual events. Additionally, she contributed to our 5th-place finish in the 10 & under 200-yard freestyle relay and 3rd-place finish in the 200 medley relay. Fabiana's accomplishments this month are a source of immense pride for all of us, and we are excited to see her continue to shine!





## SPOTLIGHT OF THE MONTH: COACH GRACE



**Memorable Coaching Moment:** "Seeing the kiddos I taught in lessons move to swim team and now race in swim meets!"

**Highlight of the Month:** "The Developmental Meet was such a blast! I loved seeing the joy on the kiddos' faces after their races."

**Number of Years Coaching & Teaching Swim Lessons:** 2.5

**Favorite Stroke to Swim:** Breaststroke

**Favorite Swim Meet Snack:** PB & J

**Favorite Team Tradition:** Team Cheer!

**Favorite Drill:** Butterfly Chest Press

**Favorite Part of Coaching:** "Being part of the team that teaches the sport I love so much to the next generation!"

**Fun Fact:** Grace has been involved with Lakers since its founding, first as a member of senior group, before graduating high school & transitioning to our lessons & coaching staff

**Words of Inspiration/Affirmation:** "Practice Makes Progress."



Want your swimmer to be featured in Lakers social media? Any pictures taken can be sent to [info@lakerswim.com](mailto:info@lakerswim.com).

**NOTE:** Per Safe Sport guidelines, photos must not be taken from behind the blocks.



Looking for more treats to add to your Halloween collection? Visit our [LINKTREE](#) for some Lakers-themed fun!

**THIS MONTH, BE ON THE LOOKOUT FOR:**

- New tracks of our Dragon Swim Academy groups
- Lakers sporting their Halloween best on the Prep pool deck, 10/29!

Have an idea for an article or spotlight for a future Dragon Dispatch? Please send your ideas to [info@lakerswim.com](mailto:info@lakerswim.com)!

