

DRAGON DISPATCH

WINDERMERE LAKERS NEWSLETTER

JULY 2023

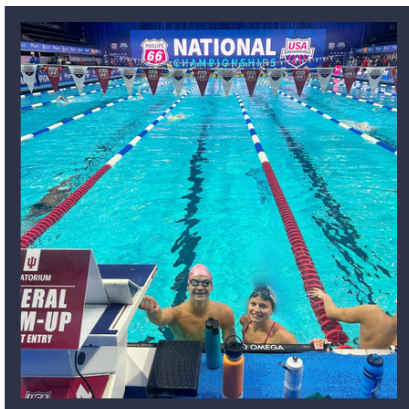


LAKERS MAKE A SPLASH IN INDY

This past week, the nation's most elite swimmers gathered in Indianapolis to fight for coveted spots on Team USA at the 2023 Phillips 66 National Championships. Representing the Windermere Lakers were Ryan Erisman (16) and Addison Reese (17).

On Wednesday, Ryan competed in the 200 Meter Freestyle, while Addison took on the 50 Meter Butterfly. Both athletes secured spots in the Wednesday night finals based on their impressive preliminary swims. At finals, Ryan delivered an outstanding time of 1:50.64, improving upon his morning swim of 1:51.15 and securing him 29th place overall. Addison achieved an impressive time of 27.65, surpassing her preliminary time of 27.87 and earning her 28th place in the 50 Meter Butterfly.

On Thursday, Addison continued her success by securing a finals spot with a preliminary time of 1:00.75 in the 100 Meter Butterfly. In the finals, she placed 26th with a time of 1:00.31. Ryan competed in the 400 Meter IM on Thursday morning, finishing with a time of 4:30.64 (48th overall). He also showcased his skills in the 400 Meter Freestyle on Friday at both prelims and finals, clocking an impressive time of 3:54.08 & securing 26th place Friday evening. Ryan finished off the week for the Lakers demonstrating his prowess in the 800 Meter Freestyle, where he placed 40th with a time of 8:15.10.



We are incredibly proud of Ryan and Addison for their exceptional performances at the National Championships. Their unwavering dedication, relentless training, and exceptional results continue to inspire their fellow Lakers. We eagerly anticipate witnessing their continued growth, training, and future successes.

Videos of all Preliminary and Finals sessions for the 2023 Phillips 66 National Championships can be found on the [USA Swimming YouTube channel](#).

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NEW! Dragons of the Month - June 2023

Admin Updates, Monthly Spotlights, & More!



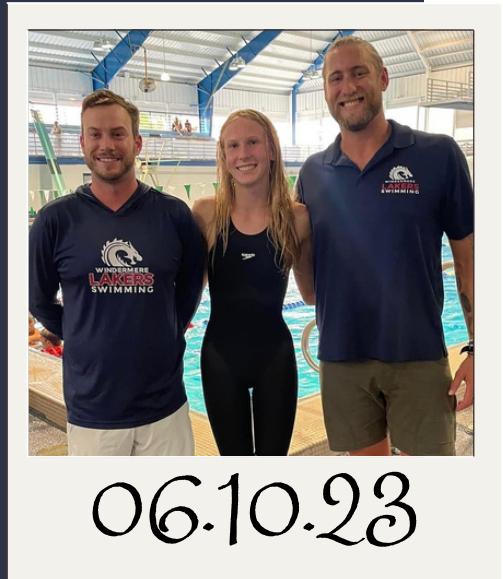
RAFC SUMMER SOLSTICE HIGHLIGHTS

More than 50 Dragons competed June 8th through 11th during the RAFC Summer Solstice meet, hosted by the Rosen Aquatic & Fitness Center (aka, our second home!!). From our visiting college students to our smallest of Orange swimmers, it was a weekend of big swims, new records, and cuts all around.

Another congratulations to the following swimmers for fighting their way to additional championship cuts:

- Addison Bitel, Summer Junior Nationals Cut in 100 Meter Breaststroke
- Amelia "Mimi" Schmutzler, FLAGS cut in 100 Meter Breaststroke
- Lilliana Kristolic, Futures Cut in 100 Meter Butterfly
- Ryan Erisman, World Champs Trials Cut in 200 Meter Freestyle
- Rylee Erisman, Summer Junior Nationals Cut in 200 Meter Individual Medley
- Tristan Bonnet-Eymard, Futures Cut in 200 Meter Freestyle

Way to shine, Lakers! We are so proud of you!



Emma B (7/1) - Taeyoung K (7/1) - Mason D (7/3) - Collin M (7/4)
 Manu S (7/4) - Emersyn M (7/5) - Grady S (7/5) - Ali D (7/6)
 Fernando V (7/8) - Henry A (7/11) - Autumn K (7/11)
 Alexander H (7/13) - Alexa M (7/14) - Jeff L (7/17)
 John E (7/21) - Liam G (7/23) - Nicole L (7/25)
 Matias D (7/26) - Lydia W (7/27) - Zayaan Z (7/27)



2023 SLAC Last Chance to Dance
 2023 FLAGS Championships North
 2023 Summer Senior Champs
 2023 Futures Championships
 2023 Area 2 Championships
 2023 Summer Juniors

July 8th - July 9th
 July 13th - July 16th
 July 20nd - July 23rd
 July 26th - July 30th
 July 29th - July 30th
 July 31st - August 4th

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

dragons of the month

JUNE 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 Collin and Penelope, who have been selected as the June Dragons of the Month!

Beyond being one of the fastest swimmers in senior group, Collin is also a remarkable role model outside of practice. His notable participation in the University of Florida's Gator Swim Camp this month earned him the Gator Award among the 93 athletes in his session. Collin's passion for swimming extends beyond his own training, as he actively shares his love for the sport with his fellow team members. He willingly contributes to coaching our younger groups and will continue to make a positive impact by teaching lessons to the smallest of our dragons throughout the summer. Collin's dedication, mentorship, and commitment to fostering a supportive team environment make him an exceptional Dragon of the Month recipient.



Collin Magnus



Penelope Moss



At just nine years old, Penelope has already amassed an impressive list of achievements on our team. Penelope represented Orange group at the 2023 RAFC Summer Solstice meet, delivering outstanding performances in all five of her events. Notably, she secured an impressive 15th place finish in the 100 Meter Backstroke. In practice, Penelope leads by example, consistently tracking intervals for her teammates and demonstrating her strong work ethic. Penelope ended the month of June by attending her first practice with Discovery. Her dedication and commitment to continuous improvement, make her an easy fit for Dragon of the Month.



SPOTLIGHT OF THE MONTH: COACH ANNIE



Q&A

Memorable Coaching Moment: "Watching a swimmer I coached from the start of their swimming career achieve high point!"

Highlight of the Month: "Taking time to unplug and live my life, instead of watching life happen -- oh yeah, and GETTING ENGAGED!"

- Number of Years Coaching: Sooooo many! (9)
- Number of Years Teaching Swim Lessons: 15
- Favorite Stroke to Swim: Freestyle
- Favorite Swim Meet Snack: Egg Noodles & Fruit Snacks
- Favorite Team Tradition: Team Bonding Experiences
- Favorite Drill: Dolphin Kick / Breaststroke Arms
- Favorite Part of Coaching: Watching the "lightbulb moments"
- Random Fun Fact: She's been to 38 out of 50 US states!
- Words of Inspiration/Affirmation: "To the lovers of learning, life is pure adventure shared with adventurers." -Pearl S. Buck



Want your swimmer to be featured in Lakers social media? Any pictures taken can be sent to info@lakersswim.com.

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

Waiting for practice to start and have a few minutes to spare? Visit our [NEW LINKTREE](#) for some Lakers-themed fun!



Have an idea for an article or spotlight for a future Dragon Dispatch? Please send your ideas to info@lakersswim.com!

THIS MONTH, BE ON THE LOOKOUT FOR:

- More options for providing feedback
- Website updates, including a LIVE version of our Lakers calendar

