

CBR Barracudas March 2023 Wrap-Up



CBR Barracudas Month & One Week in Review

What a month and one week it has been!!!! The team competed in five championship meets since the start of March: PA YMCA Eastern District Championships, MidAtlantic Junior Championships, PA YMCA State Championships, MidAtlantic Senior Championships and YMCA Short Course Nationals.

The CBR Barracudas kicked off March with 64 individuals competing at the Pennsylvania YMCA Eastern District Meet, held at Swarthmore College. Everyone at the meet fought hard, showed remarkable grit and team spirit, resulting in some great swimming. Brothers Connor & Quinn Mangan set pool and meet records at the meet, while the Girls 200 Medley Relay of Freya Mottershed, Lina Hofmann, Sydney Petty & Grace Petrakis became the first Girls Relay from CBR to qualify for YMCA Short Course Nationals.

Out of the twelve teams competing at the PA YMCA District Meet, the CBR Barracudas finished in 4th place. The CBR Barracuda Girls finished in an outstanding 3rd place on the girls' side, and the CBR Barracuda Boys finished in 5th place on the boys' side. Special congratulations to the CBR Barracuda 11-12 year old Girls who placed 1st for their age group!!!!

When all was said and done, 15 Relays and 35 individuals qualified from Districts to compete at PA YMCA State Championship meet. With this year's State Meet being held in Morgantown, WV, we knew it was a big ask for families and athletes to make the trek, but despite the distance the team had a great representation. Six CBR Barracuda Relays placed in the top 8, reaching podium:

- 10&Under Girls 200 Medley Relay placed 4th (Martin, Parisi, Worby & Pellini)
- 10&Under Girls 200 Free Relay placed 8th (Worby, Martin, Murray & Pellini)
- 10&Under Boys 200 Free Relay placed 6th (Mangan, Mawson, Zuiderhof & Shackleton)
- 11-12 Girls 400 Freestyle Relay placed 3rd (Serban, Downey, Foff & Durant)
- 11-12 Girls 200 Freestyle Relay placed 3rd (Serban, Downey, Foff & Durant)
- 11-12 Girls 200 Medley Relay placed 2nd (Serban, Shaffer, Foff & Durant)

In the last YMCA Short Course Championship meet of the year, Lina Hofmann, Sydney Petty, Freya Mottershed, Grace Petrakis, Austin Wakefield, Aidan Maloney, Kade Cimasky, Connor Mangan, Blaise Hofmann & Richard Mahoney, represented the YMCA CBR Barracuda family with great success. The meet took place over 5 days with Prelim sessions in the morning and Final Sessions in the evening. Connor Mangan (200 Backstroke), Blaise Hofmann (100 Backstroke) & Grace Petrakis (200 IM), became the first CBR Barracudas to reach finals.

Congratulations to everyone on a successful Fall/Winter Season!!!!

Follow the team on Instagram & Facebook @ CBR.swimming

Junk In Junk Out

What we put into our bodies matters. The right foods help us do well in school, interact with our friends and compete at our best. Every month we will post an article or video here talking about what it means to eat right as a swimmer and as a student.

[Big Deal about Swimmers Nutrition](#)

So Cool

In March, not only were the CBR Barracudas competing at championship meets, but so were the top NCAA DI Mens and Womens swimmers.

The NCAA DI Women's meet was held first in Knoxville, TN, where 6 American Records, 7 NCAA Records and 9 NCAA Championship Meet records were set. One of the records set and one of the more exciting races at the meet, was the [Women's 200 Medley Relay](#), where Katie Douglas anchored UVAs relay splitting a 20.3.

At the Men's NCAA DI Championship meet Leon Marchand stole the show setting world and NCAA records left and right as well as some of the fastest relay splits ever recorded. One of his most electrifying races was the [Men's 200 Individual Medley](#), where Marchand was the first person to ever go below a 1:37 in the event.

Next Up for the Barracudas

Spring/Summer Long Course Season starts **Monday, April 17th**. The team will continue to follow its Fall/Winter Schedule. All athletes are expected to bring normal swim equipment (goggles, caps, bathing suit, towel, water bottle, equipment bag, etc....) to every practice along with sneakers, t-shirt, shorts & socks, as we will start to incorporate some out of the pool agility, reaction time and speed work to our practices.

As promised, we will be bringing back our Strength Training Program, **starting May 1st**. The full schedule will be released by April 20th.

The team currently has three scheduled Spring/Summer Long Course meets with plans to add more as summer meets and dates get released.

Please join us on **Sunday, April 30th from 3 - 6 pm at George M. Bush Park** for our End of Season team celebration. All family members are welcome. Please respond in TeamUnify by 4/21/2023 with a "yes" or "no". If attending, please include the number of attendees for your entire family, so we have an accurate headcount. At this event, food and beverages will be provided.

Important Upcoming Dates

April 11, 13 & 16	New Swimmer Evaluations
April 17	Start of Spring/Summer Season
April 30	Team Celebration/Banquet @ George M. Bush Park
May 6	Bucks County Strong 5K & Fun Run
May 20	Ridley Long Course Stakes Swim Meet
Jun 25	Steelman Open Water Swim
July 9	Fanny Fest Invitational

Follow the team on Instagram & Facebook @ CBR.swimming

Swimmer Spotlight

John Shackleton

John is a swimmer in our 10 and under group. He started swimming at the age of 8 and his favorite stroke is freestyle. His favorite event is the 50 Free. John's prep for swim meets involves eating a healthy dinner and healthy breakfast. His goal for the next season is to make top three in States!

What's John up to when he's not in the pool?

- He currently attends Jamison Elementary and is in 4th grade. At school, he recently received a golden ticket for kindness and is preparing to present at an invention convention for PEN. His favorite subject in school is Math.

On a Personal Note:

- John's favorite color is green. Something interesting about him is that he does multiple sports which include basketball, track, swimming, and he also plays the guitar. When he is not swimming you can find him playing with his friends and brother. His proudest non-swimming moment was when he got second place for his grade at the irun4life race last year. His favorite family vacation was when they went to Universal Studios.



Leighton Martin

Swimmer in our 11–12-year-old group. She started swimming at the age of 18 months old and started competitively swimming at the age of 6. Her favorite stroke is breaststroke and her favorite swimming event is the 50 Breast! Her swim meet prep involves eggs, biscuits, fruit and packing way too much candy (per her mom). Her swimming goal for the next season is to break one minute in the 100 free and to make it to districts.



What's Leighton doing when she's not in the pool?

- She attends Holicong Middle School and is finishing up 7th grade. She was recently cast as the Town Scribe and was a featured dancer in Holicong's production of Beauty and the Beast. The play was the same weekend as districts, and it was crazy busy, but it was a lot of fun! Her favorite subject in school is Language Arts

On a Personal Note:

- Leighton's favorite color is blue. An interesting fact about Leighton – she got to meet Caleb Dressel and Ryan Murphy at her old swim club in Florida. Her other loves, besides swimming, are singing, dancing, and reading. Her proudest non-swimming moment was when she found out she was a featured dancer in the song "Gaston" in Beauty and the Beast. Last, but not least, her favorite family vacation was when they went to Turks and Caicos.

George Dinka

George is a swimmer in the 13-14 age group. He started swimming at the age of 16 months when his parents took him to a program for new horns and toddlers. He loved the water so much that when he moved to Doylestown from Indiana, he used to go to the YMCA all the time to do his favorite thing; dive down to the bottom of the deep end of the pool and sit cross legged holding his breath. The lifeguards were not big fans of George's deep dives. George's favorite stroke is freestyle, and his favorite event is the 50 Free. His swim meet prep includes hydrating and eating a power bar with a bowl of berries; he calls it Berry Power! His swimming goal for the next season is to have a strong backstroke and work on mastering another stroke as well.



What's George up to when he's not in the pool?

- George is in 9th grade at Tohickon Middle school and can't wait to start 10th grade at CB West next fall. At school he is a member of the National Junior Honor Society (NJHS) for a second year in a row. He likes to participate in school musicals which included Newsies this year and Sound of Music last year. He is also a member of the school orchestra and chorus. George is also involved in high school sports that include CB West Cross Country Team, Swim Team, and Spring Track. His favorite subject in school is Science which has been his favorite ever since 1st grade. He also really enjoys Math.

On a Personal Note:

- George's favorite color is blue and an interesting fact about him is that he can remember a song even after hearing it only once. He also can recall an entire show, line by line from TV shows like Cake Wars even if he only watched that episode once; Amazing! When George is not in the pool, he can be found drawing, reading, and watching movies. His proudest non-swimming moment includes how he can balance keeping good grades and honors while playing sports and participating in school musicals. His favorite family vacation was when they went to Long Beach Island (LBI) and rented a huge house on the beach that had amazing views and ability to fit tons of family.

Madeline Cutting

Swimmer in our Senior Group (15+), Madeline has been swimming since a very young age but competitively since she was around 9 years old. Her favorite stroke is freestyle, and her favorite event is the 200 Free. Her swim meet prep includes stretching, rolling out, packing lots of snacks, and getting excited with her teammates. Her swimming goal for next season is to return to High School Districts and end her high school swimming career strong.



What's Madeline doing when she's not in the pool?

- She is an 11th grader at Central Bucks West High School. She just completed her third year on the varsity swim team. She also competed for the mock trial team and participated in 3 different national honor societies. Her favorite subject in school is history.

On a Personal Note:

- Madeline's favorite color is green, and her professional aspirations are to become a Civil Rights Attorney. She loves spending time with friends, watching movies, eating, and napping. Her proudest non-swimming moment is when she won Best Lawyer for her mock trial team! Her favorite family vacation is when they head to Martha's Vineyard every summer to enjoy time on the beach.

Parent Volunteer Committee Update

We are looking for parents across all the age groups to be part of the Parent Volunteer Committee. This is a great opportunity to get involved on the team and have your voices heard. The Committee meets once a month with the Coaching Staff to discuss concerns, suggestions, and opportunities to advance the team. If you are interested in getting involved, please contact Coach John Foff (jfoff@ymcabhc.org), for more information.

Current PVC Members

Sherry Petrakis
Mary Catherine Hofmann
Stephanie Downey
Aryana Hendrawan

CBR Barracuda Coaches

Tim Ryan
Associate Wide Dir. of Comp. Aquatics
Head Coach Upper Bucks Region
Coach Email: tryan@ymcabhc.org

John Foff
Dir. of Comp. Aquatics Doylestown
Head Coach Lead Senior/Pre-Senior
Email: jfoffiii@gmail.com

Mary Catherine Capizzi

Assistant Coach Lead Age Group Level Coach

Email: mcat.capizzi@gmail.com

Kevin Murray

Assistant Coach Age Group Level

Chip McElrath

Assistant Swim Coach

Tanya Barone-Durant

Swim Coach

John Baxter

Swim Coach

Eve Zucker

Swim Coach

Gretchen Booth

Swim Coach

Gabe Wingert

Swim Coach

<https://www.teamunify.com/team/macbfy/page/system/coaches>

Follow the team on Instagram & Facebook @ CBR.swimming