



The Stingrays Spark

March 2017

Metrowest YMCA Swim Team Newsletter

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- 2017 Age Group championships results
- 2017 District Y championship results
- 2017 New England Y championship results
- Off the pool: End of SCY season party.

Upcoming Events

- **01 APR, 2017**
Officials Clinic – Stroke & Turn, Starter
Metrowest YMCA
- **03 Apr, 2017**
Long Course 2017 season starts
- **08 APR, 2017**
End of the Season Party
Roller Kingdom, Hudson, MA

Short-course season ends...

Dear Stingrays families-

We hope you got a chance to enjoy some of the short course championship meets and watch your swimmer compete with other swimmers in the region. We wanted to bring you a few updates as our swimmers are savoring their much deserved break from practice by playing games in the pool. As you all know our team had a fantastic performance at both the Y and USA championships. We are proud of what our swimmers and coaches have accomplished. We provide a few glimpses of the championship results in this newsletter and you can explore our team website (teamunify) for detailed results.

Our long course practice begins next week. Practice schedule is posted on the team website. With a few swimmers taking a break and 8 new swimmers joining the team, we will have about 91 swimmers for the long course! Our team also found two new coaches. Anne Meisner already began earlier this month and Max Trojano is going to begin in May. Please welcome Anne, Max and all new swimmers to the MWYS family!

Please mark your calendar for our end of the season team party on April 8th. Check out the details below. It's going to be fun!

Also in this issue of the newsletter, find out the Stingrays who were born around this time of the year and wish them best on their big day!

Go Stingrays!

MWYS Stingrays Welcome New Coaches!

Anne Meisner: Anne has been coaching all levels of competitive swimming for over 20 years - from recreational teams to high school programs to USA club swim teams. Currently, Anne is the Varsity Head Coach of both the Natick High School Girls' (1 year) and the Ashland High School Girls' and Boys' (5 years) Swim and Dive Teams.

Max Trojano: Max will begin with MWYS in early May. He says that swimming taught him the important values of discipline and hard-work. He credits his success in swimming to his amazing coaches and teammates, who never stopped pushing him to become a better athlete and person. Max strives to pay these experiences forward to the swimming community here in MetroWest. He is most excited to play a role in the journey his swimmers. More tangibly, Max is eager to help the Stingrays swim fast!

• 06 May- 07
May, 2017

Leap into Long
Course LCM Meet,
Springfield

Useful
weblinks

MWYS
Stingrays
home page

NE Region
YMCA
Swimming

New England
Swimming

USA
Swimming

MWYS swimmers at SCY championships



Clockwise (from top left): Ava Wong with coach Sam after receiving the plaque for her 3rd place finish in 10 & under age group championship, Armen Abrahamian won the 13-14 boys 50 Free at the NE YMCA championship, Ashwina Bangari finished 3rd in 9-10 girls 100 Free at NE YMCA Championship, Laura Dube set a new MWYS record as she finished 9th in 11-12 girls 100 Breast event at 11-13 age group championship, MWYS team comprised of Michelle Li, Laura Dube, Sarah Shentu, Irene Yang and Ava Yablonski finished 3rd overall (girls) at the NE YMCA championship.

Photos: Judy Wang, Dan Dube, Kiran Rana

Contact Us

Comments, suggestion or newsworthy item for the newsletter can be sent to:

Dinesh Bangari at dsbangari@gmail.com



MWYS swimmers at various championships meets. All MWYS swimmers including 8 & under girls and boys as well as some of the Little Stingrays swum hard and also remembered to enjoy fun activities around the pool deck!

Photos: Coach Lavinia and Coach Annette

2017 Age Group Championships

This year the USA age group championship format was changed from 12 & Under' and '13 and Over' to '10 & Under', '11-14' and '15 & Over' format. MWYS swimmers had a good participation in 10 & Under and 11-14 championship meets. In **10 & Under group**, our team was tied for 6th place among 40 other USA teams that scored a point. Among girls in this age group, **Ava Wong** finished among the **top 3 NE swimmers**, and **Ashwina Bangari** finished at 29th place. Among boys, **Patrick Zhao** finished at 23rd place.

For the **11-14 age group** championships, the MWYS finished at 14th place among 58 USA teams that scored a point. Among girls, **Ava Yablonski** finished at 13th place, **Laura Dube** at 38th and **Irene Yang** at 62nd! Among boys, **Marcel Liu** finished at 15th place.

Congratulations to all swimmers and coaches! Well done, well deserved!

2017 Eastern Mass YMCA District Championships

There were 25 teams that were part of Eastern Mass YMCA district championships. Our team finished overall in 4th place! Not every team was able to score in the meet. MWYS swimmers did an excellent job in various events as reflected by our high finish in various age categories for both girls and boys. Table below shows our final rank in various categories. Well-done Stingrays!

Age group	Girls	Boys
8 & under	4 th	2 nd
9-10	3 rd	5 th
11-12	3 rd	2 nd
13-14	5 th	2 nd
15-18	-none-	9 th

2017 NE YMCA championships

Most impressive was our team performance at NE YMCA championships. This year our team finished **5th Overall**. Our past team best performance was 7th overall. There were about 80 Teams at the YMCA championships with 66 teams scoring at least one point. Several of our swimmers were among the top three finishers in multiple events. Notable among these accomplishment were 1st place finishes by **Armen Abrahamian** in 13-14 boys 50 Free and **Ava Yablonski** in 11-12 girls 50 back. Our team rank in various age groups is shown in the table below.

Age group	Girls	Boys
8 & under	4 th	2 nd
9-10	3 rd	5 th
11-12	3 rd	2 nd
13-14	5 th	2 nd
15-18	-none-	9 th

End of Short Course Season Party

MWYS Stingrays swim team parent committee invites all swimmers, coaches and team families to:



End of Season Party

Saturday, April 8, 2017

Location: Roller Kingdom

5 Highland Ave Hudson, MA 01749

We will be renting the entire facility from **6PM - 9 PM**. We will provide rental skates for the kids. Short course season awards will be given to swimmers. Bring the entire family to enjoy a great time!

Food will be provided.

Contact **Seta Abrahamian** for more information.

Happy Birthday Stingrays!

The following Stingray swimmers celebrate their birthday in **March** and **April**. We wish them happy birthday on behalf of the entire Stingrays swim team.

Abhijay Bangari

Angela Noyes

Ava Yablonski

Edward Gao

Ethan Pham

Irene Yang

Jeffery Zhang

Jiming Xu

Joseph Sun

Kevin Zheng



Nicholas Yablonski

Patrick Zhao

Pitiwat Tamvajar

Sabrina Torrijos

Sophia Wong

Tiara Ramesh

William Wang

Alexander Lu

Andre Foster