



# The *Stingrays Spark*

September 2017

MetroWest YMCA Swim Team Newsletter

## Upcoming Events

- **20-22 October 2017**  
SSYS USA meet, Quincy, MA
- **29 October 2017**  
YMCA Virtual meet, Regis College
- **10-12 November 2017**  
Andover Invitational USA meet,
- **18 November 2017** Dual meet with Newton YMCA Newton, MA
- **20 November 2017** Swimathon Fundraiser, Regis College
- **26 November 2017** Hockomock Pentathlon YMCA-USA meet, Milford High School

## Welcome to the 2017 Short Course Season

Dear Stingrays families-

Hope you and your family had a great start of the short course season. As you may know, the MetroWest Y Stingrays swim team began its new season earlier this month. Our team grew up a little and we now have over 110 swimmers in the team. The team has 8 practice groups namely- **Little Stingrays**, Juniors, **Orange, Red, Blue, Green, Yellow**, and Seniors. Check out this edition of newsletter to learn about our team's rankings in recent championships and swimmers who were top scorers at these events. Catch up on what else our swimmers and coaches have been involved in beyond the pool. Fill any knowledge gaps that you may about YMCA or USA swim clubs. Learn about upcoming swim meets and our important team fundraiser swimathon. We are eagerly looking forward to begin the championship season in a few weeks.

*Go Stingrays!*

## MWYS Coaches

Lavinia Albu- **Head Coach**  
Amanda Guy  
Anne Meisner  
Max Trojano

Annette Robertson  
Wendy Habeski  
Sam Morin  
Meghan Robertson

- Aquatics Director: Ashley Phoenix

## MWYS Swim Officials (parent volunteers certified by USA Swimming)

- *Dan Dube, Alex Wong, Xiaoren Chen, Lucy Chen, Ramesh Ganesan, Bin Jia, Peirong Ju, Haruru Lee, Bo Li, Yimin Shen, Bingming Shentu, Jingsong Wang, Sue Hur and Mark Grothman*

## MWYS Stingrays: Recent Rankings and Top Swimmers

The Stingrays swim team had a fabulous finish to both short course and long course seasons earlier this year. We are happy to see the progress that our team has made and are even more excited for another short course season with a bigger and stronger team. Here are our team's rankings in various YMCA and USA championships. In the next page, we have highlighted some of our top ranking swimmers from the last two championship seasons.



4<sup>th</sup>

in 2017 YMCA Districts

5<sup>th</sup> for

2017 YMCA New England Championships

14<sup>th</sup> for

2017 11-14 USA Age Groups

Among the **top 2 YMCA teams**  
at the LCM Age Groups

**Marcel Liu** made Eastern Zones – broke the New England USA record in 50M Fly - placed **1<sup>st</sup> in both 50 and 100 M Fly**, and # 7 in National rankings.

**Ava Wong** finished **3<sup>rd</sup> overall in 9-10 girls** at the 2017 SCY Age group championship.

[Contact Us](#)

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

Dinesh Bangari  
dsbangari@gmail.com

Group	Event	Swimmer (time)	Championship Meet
<b>Men Age 11</b>	100 SCY Breaststroke	<b>5th</b> Marcel Z Liu 1:13.00	2017 NE ABF 11-14 Championship 3/10/2017 3/11/2017
	100 SCY Butterfly	<b>1st</b> Marcel Z Liu 1:00.72	
	100 SCY Individual Medley	<b>5th</b> Marcel Z Liu 1:04.25	
	200 SCY Individual Medley	<b>5th</b> Marcel Z Liu 2:17.60	
	50 SCY Butterfly	<b>1st</b> Marcel Z Liu 27.25	
	100 SCY Breaststroke	<b>10th</b> Jiming W Xu 1:04.50	Barbara Damon Eastern Mass YMCA 1/28/2017
<b>Men Age 13-14</b>	200 SCY Freestyle Relay	<b>11th</b> Anthony Xue; Pitiwat Tamvajar; Allen H; Cheung; Armen G Abrahamian 1:35.29	NE YMCA SWIM Championship 3/18/2017
	200 SCY Medley Relay	<b>6th</b> Anthony Xue; Jiming W Xu; Pitiwat Tamvajar; Armen G Abrahamian 1:43.34	
<b>Women Age 11-12</b>	200 SCY Medley Relay	<b>14th</b> Ava E Yablonski; Laura J Dube; Irene Yang; Sarah Y Shentu 1:58.98	2017 NE ABF 11-14 Championship 3/12/2017
	400 SCY Medley Relay	<b>9th</b> Irene C Yang; Laura J Dube; Sarah Shentu; Ava E Yablonski 4:26.27	
	100 SCY Individual Medley	<b>7th</b> Ava E Yablonski 1:03.67	
	50 SCY Butterfly	<b>7th</b> Ava E Yablonski 27.54	

### Marcel Liu - New England Swimming Record Breaker!

Marcel Liu broke record in the **50M FLY** at the Eastern Zone Long Course Championship with a time of **28.16**. The previous record was 28.96 by Landon Him (Blue Fish).

Marcel won **first place** at the Eastern Zone Championship in both the 50 FLY and 100 FLY Events.

## MWYS Swimmers at 2017 New England Kids Triathlon

Twenty one MWYS swimmers participated in annual New England Kids Triathlon held at the MIT campus in Cambridge on July 16, 2017.

*Ashwina Bangari, Abhijay Bangari, Laura Dube, Evie Gao, Edward Gao, Brandon Liu, Aila Lee, Rex Li, Rachel Liu, Angela Noyes, Ryan Pat, Jonathan Pat, Derek Qi, Alison Sham, Jonathan Shen, Joesph Sun, William Wang, Irene Yang, Will Yin*



Several of these swimmers have done this race in the past. Special congratulations to **Laura Dube** who was among the top 3 finishers for the 13 year old girls. Three senior MWYS swimmers (**Edwin Gao, Annie Lam and Ethan Lu**) volunteered at the event. *Well done Stingrays triathletes and volunteers!*

## YMCA AND USA PROGRESSIONS

**YMCA League** - Metrowest YMCA belongs to the Eastern Massachusetts League which is a makeup of 21 teams. The Eastern Mass league is made up of four divisions. This coming year we have moved up to Division 1.

**YMCA New England** - This league contains all states within the New England Region - Vermont, New Hampshire, Rhode Island, Connecticut, Maine and Massachusetts.



### Progressions for YMCA

- Eastern Mass District Championships - hosted in Somerville MA (Jan/Feb)
- YMCA New England Championships - hosted at Harvard MA (March)
- YMCA Nationals - hosted in Greensboro NC (April)

**USA Swimming** - There are about 53 Local Swim Committees (LSC) in the USA. Our team belongs to the New England Swimming LSC. There are four Zones within the USA (Eastern, Southern, Central and Western). New England swimming belongs to the Eastern Zone which has 12 LSC. Michael Phelps is part of the Eastern Zone.



New England Swimming makes up the following states: Vermont, Rhode Island, New Hampshire and Massachusetts. Connecticut and Maine have their own separate LSC. USA New England swimming and YMCA New England do NOT cover the same states - which can add to confusion.

### Progressions for USA

- Regionals - hosted in Framingham (Mid Feb)
- Silvers Championships - hosted at Wellesley College for us (Following week of Regionals)
- Age Group Championships - hosted at Vermont (End of Feb)
- Eastern Zone Championships - hosted in Virginia (Early August) LCM only
- NE Seniors Championships - any age - hosted at WPI for SCY and Brown for LCM
- Eastern Zone Sectionals - any age - hosted at Ithaca College and Buffalo NY
- Junior Nationals - 18 and under - location various and there are multiple meets
- Nationals- any age - location varies and there are multiple meets
- Olympic Trials - any age - occurs prior to summer Olympics



## MWYS Swim Coach at Local Charity Event

Our own Stingrays coach, **Wendy Habeski**, was

the Event Director for **Devin's Dash**. There were over 1000 runners for this event. Wendy did a great job directing this tremendous event. Well done! We are so proud to recognize how MWYS Team personnel reach out to help other families in need.



Devin's Dash aims to raise money to support Devin Suau. Devin is an incoming 1st grader in the Framingham Public Schools. During his Kindergarten year, Devin was diagnosed with Diffuse Intrinsic Pontine Glioma (DIPG), a very rare and aggressive cancer most often found in young children. While there is no known cure for DIPG, Devin's family is fighting hard for him to be the first to be cured.

## MWYS Team Goes Apple Picking

On Sunday, September 24<sup>th</sup>, a number of MWYS swimmers and their families gathered at the Honey Pot Hill orchard in Stowe, MA for apple picking. Apples were a bit hard to find in the beginning but eventually all of the pickers were able to fill their bags with fresh juicy apples. Special thanks to **coach Lavinia** for coordinating the event.

