



The

Stingrays Spark

March 2019

Metrowest YMCA Swim Team Newsletter

Upcoming Events

- **March 8-10, 2019**
15-18 USA Age Group Championships
WPI, Worcester, MA
- **March 15-17, 2019**
Silvers USA Meet
WPI, Worcester, MA
- **March 22-24, 2019**
NE YMCA Championships
MIT, Cambridge, MA
- **April 1, 2019**
Start of the MWYS long course season
- **April 1-5, 2019**
YMCA National

2019 Short Course Championships

Dear Stingrays families,

Hope you have been enjoying the short course championships season for the MWYS swimmers. What a fantastic season we have had so far! Our teams had a pretty good participation and performance at the Y districts, regional USA, 10 & Under USA, and 11-14 USA championships. We improved upon our performance at each of these meets in almost all categories. Several of our swimmers scored big wins, many swam their personal best times, and most of them scored points to get high finishes for the team, and all had fun!

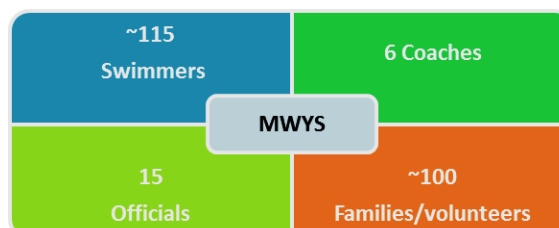
Congratulations to all swimmers, coaches, parents, officials, timers and volunteers for making this happen. Our team's performance is noticed by other teams and we receive compliments for awesome races by our swimmers, dedication of our coaches, punctuality and diligence of our swim officials, and ready to go attitude of our cheerful parent volunteers. We all should be proud of being part of such a team. In this issue, we highlight results of these championship meets, acknowledge some of the top swimmers, and present some information about upcoming events including the end of short course party.

We wish all the swimmers a great finish of the short course season and for those going to the 15-18 Age Group Championships, Silvers USA Championships, and New England YMCA championships.

Go Stingrays!

During this swimming season.....

- Our swimmers broke team records for **66 events** (individual and relay): a total of 46 girls and 20 boys new records were made by our swimmers. For more information, go to 'Records' in our teamunify webpage.
- The MWYS team consisted of swimmers, coaches, parent officials, and volunteers. It's the contributions of all these members that enable the team to succeed!



Championships

Greensboro, NC

• **April 13, 2019****End of Short
Course Season
Party**Forekicks
Complex,

Marlboro, MA

Contact Us

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

dsbangari@gmail.com**Eastern MA District Championships**

A total of 41 MWYS swimmers (22 girls and 19 boys) participated in the championship meet. Everyone did a great job. Forty one swimmers scored points for the team by finishing in top places. A total of 22 YMCA teams participated; 18 teams scored at least one point. MWYS scored 1189 points and finished in the top three with YNS (1966.5 points) and BYB (1515.5 points).

Marcel Liu (13) and *Evie Gao* (8) were the top point scorers with 48 points apiece.

Our 8 & under boys were the 2019 Champions!

Congratulations to all swimmers for a great championship meet.

MWYS in 2019 Eastern MA District YMCA Championships

| Age group | Group | 2017-18 | 2018-19 | |
|----------------------|-------------|----------|----------|---|
| 8 & under | Girls | 4 | 2 | ↑ |
| | Boys | 5 | 1 | ↑ |
| 9-10 | Girls | 4 | 5 | |
| | Boys | 5 | 3 | ↑ |
| 11-12 | Girls | 5 | 3 | ↑ |
| | Boys | 2 | 4 | |
| 13-14 | Girls | 3 | 2 | ↑ |
| | Boys | 2 | 3 | |
| 15-18 | Girls | 6 | 5 | ↑ |
| | Boys | 17 | 10 | ↑ |
| Overall | Team | 4 | 3 | ↑ |

MWYS swimmers who scored points at 2019 Y Districts

| Points | Girls | Boys |
|--------|---|---|
| 40+ | Evie Gao (8) | Marcel Liu (13) |
| 35-40 | Ava Yablonski (14), Laura Dube (14), Ashwina Bangari (12) | Edward Gao (13), Kevin Jia (10), Abhijay Bangari (8), Evan Jiang (8) |
| 30-34 | Sarah Doherty (18), Ava Wong (12) | Brandon Liu (11), Jack Galalis (8) |
| 20-29 | Irene Yang (14), Michelle Li (14), Sichen Wang (12) | Ethan Lu (12) |
| 11-19 | Juliana Gorman (10), Caroline Ho (10), Caroline Specht (8) | Jeffrey Zhang (14), Alexander Lu (10) |
| 6-9 | Norah Yang (8), Alexi Wong (16), Heather Villeda (8), Sophia Wong (15), Ayla Lin (10) | Finan Gammell (11), Rex Li (10), Daragh Gammell (9) |
| 1-5 | Kyra Torrijos (8), Marie Scanlon (12), Jenneke de Haan (14), Sabrina Torrijos (11), Sarah Shentu (14) | Jason Wong (13), Christopher Pan (8), Jacob Pierson (16), Willem de Haan (14), Benjamin Sawatdiphong (10), Maxwell Qi (10) |

10 & under and 11-14 Age Groups

MWYS swimmers competed at the 10 & Under USA Challenge and 11-14 Age Group championship meets. The following swimmers participated in these championship meets.

| | |
|-----------------------|--|
| 10 & Under | Daragh Gammell, Kevin Jia, Rex Li, Kevin Li, Alexander Lu, Benjamin Sawatdiphong, Evie Gao, Julian Garman, Caroline Ho, Ayla Lin, Serena Loo |
| 11-12 | Finn Gammell, Brandon Liu, Ethan Lu, Zack Zhang, Arpi Abrahamian, Ashwina Bangari, Marie Scanlon, Sicheng Wang, Ava Wong |
| 13-14 | Edward Gao, Marcel Liu, Willem de Haan, Jeffery Zhang, Laura Dube, Michelle Li, Ava Yablonski, Irene Yang |

Congratulations to all the swimmers! Well done!

Evie Gao- 3rd place; 95 points
 Kevin Jia- 14th place; 31 points
 Brandon Liu- 79 points
 Ava Wong- 106 points
 Marcel Liu- 28 points
 Ava Yablonski- 7th place; 141 points

| Rank of MWYS in Age Group USA Championships | | | | |
|---|----------|-----------|----------|---|
| MWYS in 2019 Short Course USA Championships | | | | |
| Age group | Group | 2017-18 | 2018-19 | |
| 10 & under Challenge | Girls | 12 | 6 | ↑ |
| | Boys | 15 | 11 | ↑ |
| | Combined | 13 | 7 | ↑ |
| 11-14 Age Groups | Girls | 22 | 8 | ↑ |
| | Boys | 6 | 9 | |
| | Combined | 11 | 6 | ↑ |

15-18 USA Age Groups

Best wishes to all MWYS swimmers who will be swimming at the USA Age group championships for 15-18 years old swimmers.

MWYS Swimmers at Age Groups

Our Top
14& under
Swimmers this
championship
season

MWYS
Mixed Relay Teams
finished
among the
Top 3
at 2019
USA Age Group
Championships



Photo contributions: Mei Gao, Peter Liu, Patrick Gammell, Dan Dube, Dinesh Bangari

The MWYS host 'Safe Sport' at Regional USA Meet

Thank you so much for all the parents and swimmers who helped during the Regional Meet at the Safe Sport Table! It was our first time hosting the table but because of your help everything went well. *Special thanks to Dan Dube* who initiated the safe sport heat/heat winner prizes idea and led other volunteers/officials. We hope everyone had fun hosting the table! Thanks to our swimmers *Ashwina Bangari, Laura Dube, and Michelle Li*, who volunteered to staff the Safe Sport table, and *Evie Gao, Nora Yang, Makoto Lee and Kyle Zhang* for ringing the bell before Safe Sport heats at the meet. Thanks also to *Edenia Giang* and other parents who helped at the event.



Now that we have done the Safe Sport Workshop, Safe Sport Self-Assessment (during the parent committee meeting) and hosted a Safe Sport Table, **our next step is to get our team the Safe Sport Recognition from USA Swimming.** Our team will receive grant money from New England Swimming when we get the Safe Sport Recognition. All USA Swimmers and parents, we need your help achieving the Safe Sport Recognition. Our team will receive points based on how many parents and swimmers have completed the online Safe Sport course.

Please go to www.usaswimming.org/learn to take free online courses for yourself and your swimmer. The courses are called "Safe Sport for athletes" and "Safe Sport for Parents". If you have multiple swimmers, you will need to log in separately in order for each swimmer to receive credit. If you need assistance taking the course, please reach out to [Haruru Lee](#). You may take this course on your phone, so it's a great way to kill your time while waiting for your swimmer at the practice. Our website coordinator, *Jessie Lu* has updated our teamunify website with safe sport information s. It is located under Resources. Thank you, Jessie!

All Parents, we are in need of new mission statement which will include child protection, club's commitment to provide safe, healthy and positive environment for athletes. If you have ideas, please contact *Patrick Gammell*.

Contributed by: Haruru Lee (MWYS Safe Sport Coordinator)

Photo contributions: Haruru Lee, Dan Dube, Dinesh Bangari

MWYS Swimmer to Swim for Univ. of Vermont

Congratulations to our graduating senior swimmer **Sarah Doherty**! Sarah will continue the sport when she joins University of Vermont this fall.

Best wishes to Sarah!

Here is an excerpt of a related news story from the Swimming world website (www.swimmingworld.com).



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by **CHANDLER BRANDES**

27 December 2018, 06:53am



NEW COMMIT: The University of Vermont has earned a new commitment for the fall of 2019 from Natick, Mass. native **Sarah Doherty**.

Doherty does her club swimming with the Metrowest YMCA Stingrays and most recently competed at the New England Senior Championships where she finished 19th in the 100 back. Also representing Natick High School, Doherty is a six-time Massachusetts DII State Championship finalist. She was the runner-up in the 100 back and took seventh in the 50 free as a senior after placing seventh and tenth, respectively, in those events during her junior season.

She told *Swimming World*:

"I'm so excited to be apart of the UVM swimming and diving family! The entire team has been beyond welcoming and I am really looking forward to joining this talented group!"

Her best times include:

- 100 back – 58.78
- 50 free – 25.24
- 100 free – 54.36

When she arrives in Burlington as a member of the class of 2023, Doherty will join a backstroke group led by **Morgan Montgomery** and a sprint group that includes **Sierra Sexton** and **Kira Parker**. She would've scored in the B-final of the 100 back at the 2018 America East Championships where the Catamounts finished third overall in the team standings.

Got Ideas?

Swimmers, parents, coaches

Do you have any ideas or stories that you would like to share with the team via our team newsletter? We know our swimmers talent is not limited to the pool! We will be delighted to hear your ideas and include in the newsletter. Please reach out via email: dsbangari@gmail.com

End of 2019 Short Course Season Party

Join fellow YMCA Stingrays to celebrate our fantastic achievements for short course season with a night out of games & awards ceremony!

WHERE: ForeKicks Complex
[219 Forest Street, Marlborough, MA 01752](https://www.forekicks.com/marlboro/)



<https://www.forekicks.com/marlboro/>

WHEN: Saturday, April 13, 2018
Games (dodgeball etc.) from **5:00-6:30pm**
Dinner & Awards Ceremony 6:30-8:00pm

WHAT: Games on the indoor turf courts with Fellow Stingrays, organized by age groups All athletes **REQUIRED** to bring water bottles (labeled) to ensure well hydrated
Parents + siblings welcome to join in with RSVP!
Food included & drinks can be purchased on site for regular menu pricing but not included.

PLEASE RSVP on our Teamunify site so we know how many people are coming and we can set up game teams

We need a few parent volunteers to organize and collect pictures from this season and to create slide show.

If you would like to help, or need more information, please contact [Seta Abrahamian](#)

MWYS Swimmers make Y National Championships Cuts

Congratulations to the following MWYS swimmers who made cut times for the YMCA National Championships to be held during April 1-5 in Greensboro, NC.

Jiming Xu, Anthony Xue, Marcel Liu
Ava Yablonski, Sarah Doherty

It is the largest number of MWYS swimmers making it to this prestigious meet. In the past, we have had just 1 or 2 swimmers making these cuts every year.

Well done Stingrays and best wishes for Y nationals!

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