

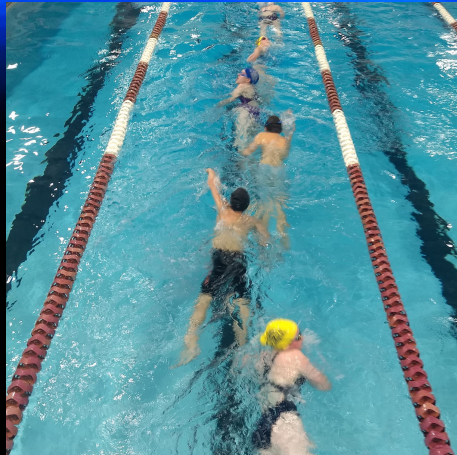


MEETS



TURKEY BURN

PRACTICES



Ice Breakers

DECEMBER 2021 NEWSLETTER

Johnson

Swimmers of the Month

Development - Harrison Young has taken on every challenge this season with a smile and his streamline demonstrates great focus and attention to detail.

Amazing Swim-A-Thon energy!

Junior A - Maysa Long is one of our many dedicated double sport swimmers, xc skiing before jumping in the pool. She has continued to organize and refine her movements in all her strokes to lead her group with boundless energy!

Junior B - Z Irwin began middle school Nordic Ski team this week and has been pulling double practices some days! They have continued to strive for improved flip turns, keep up the great efforts!

PreSenior & Senior - Lila Meyer is our only High School Senior this year. She is balancing AP classes, student council, school board presentations, early morning lifts with her track team and swimming 3 nights a week at Johnson then joining Norwich practice on Thursday. She was accepted to Tufts University early decision this week and we are not surprised at all! **A huge congratulations to Lila!**

Norwich

Swimmers of the Month

Junior A - Hailey Newara was creative with her strokes during the swim-a-thon, accomplished much more than her goal, and had fun. Nice work Hailey!

Junior B - Case Phinney is making steady progress in swim skills, dove boldly to compete in his first 3 meets, & rises to new challenges.

PreSenior - Kellen Robtoy is a quiet leader, working hard while focusing on his skills.

Senior - Grace Cannella practiced hard last month and had 7 out of 7 time improvements at the Winter Classic. Way to go Grace!

Pentathlon

January 16, 2022

Coaches will choose events in partnership with your swimmers.

Parent volunteerism is mandatory for this meet.

Specific jobs will be posted for sign up early January.

We have a meet committee as well who is working on all the details, you are welcome to join and learn more!

For more information contact
cvscoboard@gmail.com



The Swim-A-Thon is off to an amazing start! Swimmers have until early January to keep collecting and turning in funds of online donations and in person cash/ check.

We would LOVE to surpass the \$4,000 goal to make up for last year's missed fundraiser. Thank you swimmers for your hard work and diligent efforts to support the team.

Practice Changes for Johnson

Johnson does not practice 12/27-12/29. We are back in the pool on January 2, 2022.

Johnson swimmers are invited to attend Norwich pool practices. Please check with your coaching staff for the correct group on the correct practice night!

