



Nina Wysocki qualified for Eastern Zones in 9-10 girls 50 Breaststroke with a time of 44.17!

**LIFE TIME
MID ATLANTIC
SEPTEMBER '18**

STREAMLINE

The *Streamline* newsletter will be our way to communicate events and announcements for our team. Making this newsletter interactive for everyone involved in our amazing program is a priority. Parent and swimmer submissions for recipes and photos will be featured in upcoming issues of *Streamline*. Please send any submissions or article ideas to Coach Priya at pbeasley@lt.life.

VOLUNTEERS WANTED!

Do you want a front row seat for your swimmers events? The best way is to become a USA Swimming official or a timer! For more information contact Pat Kerrigan at pkerrigan@lt.life.

September Birthdays: *swimmer is moving up to the next age group

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|--------------------------|---------------------|------------------------|-------------------|--------------------|-------------------|
| Carly Carr-1 | Elizabeth Ortiz-6 | Max Deutschman-12 | Eliana Lund-6 | *Hannah Dearman-21 | Leah Dolan-27 |
| *Nihar Patibandla-1 | Coach Kiani-7 | *Isabella Robertson-12 | *Alex Chang-18 | *Daniel Kalan-21 | Shiv Paul-27 |
| *Samuel Garcia Hacek-2 | Matthew Luraschi-7 | Ridvik Singh-13 | Ethan Kim-19 | Sam Leal-21 | *Peter Popenko-27 |
| Sophia Akhavan-4 | Jenna Rush-7 | Daria Slowinska-13 | Maria Kirk-19 | Braydon Sun-22 | *Korde Songo-27 |
| *Chad Howard-4 | Shaurya Wadhvani-10 | *Alistair Son-13 | Lia Maizlin-19 | Akhil Desai-23 | |
| *Elijah Main-4 | Anahita Jaribion-11 | *Tessa Draminski-14 | Kylie Warzecha-19 | Zayne Harrison-25 | |
| *Daisey Lin-5 | Aarush Seelam-11 | *Peyton Robinson-15 | *Jeet Metu-20 | Sophia Williams-25 | |
| Siddarth Yalamanchilli-5 | Adam Slowinski-11 | *Nikita Kresin-16 | *Maddie Allen-21 | *Zain Baig-27 | |

Coaches Corner

A brief interview with Loudoun's new Head Coach: Ian Brown.

How long have you been a swim coach?

I've been coaching for roughly 5 years.

What is your fondest memory from your time as a coach?

Watching one of my swimmers go from development to one of the top swimmers in the state of New Jersey. Being a part of his journey is one of the things that I live for as a coach.

If you could describe yourself as an animal, what animal would it be and why?

I'd say a dog because of their loyalty.

What is your favorite event to watch?

It's tie between the 100 fly and 100 breast.

What is your goal for the team this year?

My overall goal is for my swimmers to get better and develop a deeper love for the sport.

Thank you Ian for the interview. We look forward to an exciting season with you!

UPCOMING MEETS:

USA Meets-

October Open
10.12-14.2018
9&Older Bronze-Platinum
Registration Deadline
9.16.2018

Rock Hopper
10.28.2018
10&Under Bronze-Gold
Registration Deadline
10.1.2018


Healthy Way of Life Meets-

October Meet
10.20.2018
Registration Deadline
10.13.2018

Please remember that coaches have final say in all event choices made by parents or swimmers.

"When I feel tired, I just think about how great I will feel once I finally reach my goal."

-Michael Phelps



Michael Johnson (8) Finishing off the summer season in great streamline!