



**LIFE TIME  
MID ATLANTIC  
OCTOBER '18**

# *STREAMLINE*

## Upcoming Meets:

### USA Meets-

Winter Storm Travel Meet  
12.08-09.2018  
All Ages  
Registration Deadline: 10.10.2018

November Open  
11.9-11.2018  
9 & Older  
Registration Deadline: 10.18.2018

Swim & Rock  
11.16-18.2018  
9 & Older  
Registration Deadline: 10.16.2018

Pilgrim Mini  
11.18.2018  
10 & Under  
Registration Deadline: 10.18.2018

### HWOL Meets-

October Meet  
10.20.2018  
Registration Deadline:  
10.13.2018  
November Meet  
11.3.2018  
Registration Deadline:  
10.28.2018

### October Birthdays: \*Swimmers

moving up to the next age group

- |                      |                    |
|----------------------|--------------------|
| *Kira Bantell-2      | Alec Agayan-24     |
| *Julia Nishanian-3   | Markos Gedion-26   |
| Dylan Pachano-3      | Hailey Lubliner-26 |
| Davis Hadassah-5     | Coach Julie-29     |
| Emma Lapointe-7      | Harsha Krishnan-31 |
| Jamie Putman-7       |                    |
| Aarnav Trivedi-7     |                    |
| Henry Pham-9         |                    |
| Aaron Newberry-10    |                    |
| *Pragya Verma-10     |                    |
| Madhuri Hosakere-14  |                    |
| Coach Ian-15         |                    |
| *Lucia Gonyea-16     |                    |
| Parmal Soni-16       |                    |
| Justin Thomas-17     |                    |
| *William Giddings-18 |                    |
| Patrick Narcio-19    |                    |
| Martin Neykov-21     |                    |

## Coaches Corner

Coach Andrea is from our Gaithersburg Team. She is a registered nurse and also coaches Girls on the Run as well as MSI soccer. We are happy to have her on our team!



How long have you been a swim coach?

*I have Coached ST for several years. Coaching is my passion, and I love mentoring athletes as they challenge themselves and Coaches as they grow in their roles. I work fulltime as a Registered Nurse, so I am a part time Head Coach for Gaithersburg and rely on our amazing Coaching team. Team work makes the dream work :)*

What is the best advice you could give swimmers who are brand new to our team?

*Of course someone new to a team will always feel a little nervous. I like to reassure our swimmers that we are one big family. My expectation is that each swimmer challenge themselves to be their personal best, and not focus on how they perform in comparison to others on the team.*

If you could only eat one food for the rest of your life what would it be and why?

*First of all, I would probably die, as I love so many different foods! I would probably choose sushi..??*

What do you think is the hardest stroke to coach and why?

*Breaststroke is the most technical stroke to me, so that makes it challenging for a swimmer to master.*

What was your favorite race to swim?

*Backstroke and IM were my best events. I played water polo during college at University of Maryland and have completed a few triathlons, so I definitely love the distance swims!*

Swim meets wouldn't be possible without our amazing parents volunteering and becoming officials! Please contact Pat Kerrigan ([pkerrigan@lt.life](mailto:pkerrigan@lt.life)) to become part of our team of official!

## Tips from Coach Priya

Writing down season goals and displaying those goals in a place you will see them every day is a great way to see those goals realized. Just like we practice our techniques over and over again, we need to remind ourselves of the reasons we train.



Coaches from the whole Northeast Region got the opportunity to go to the Eastern States Coaching Clinic in New Jersey. Education and community are highly promoted amongst our team nationwide.