

Swimmers from the entire North East Region came together for the Winter Storm Meet in New Jersey!



LIFETIME MIDATLANTIC DECEMBER 2018

STREAMLINE

14 & Under Junior Olympic Qualifiers!

Congratulations to these Rock Stars! They have worked really hard and hope to see more of their teammates join them in March!

Lucy Choe (11)

50 Back

Victoria Santino (12)

100 Free
200 Free
50 Back
100 Back
200 Back
100 IM
200 IM

Duke Guyton (10)

50 Free
100 Free
200 Free
50 Back
100 Back
50 Breast
50 Fly
100 Fly
100 IM

Hudson Kelly (10)

50 Free

DECEMBER BIRTHDAYS

*Swimmers are moving up to the next age group

*Isabel Lotz-1	Kayla Harvy-19
Andrew Randall-2	Ami Raithathatha-19
Grason Lawrence-3	Ted Shin-19
Gautami Gumpena-4	AJ Hanswirth-21
Summar Mostafa-4	*Abby Howard-22
*Zachary Saccone-4	*Aarav Mithani-22
Sydney Yamada-6	McKenna Witte-22
Elena Hunt-Galbis-7	Avani Mall-23
Sadie Cox-8	Michael Stroud-23
*Michael Gregory-9	Chris Thomson-24
Nolle Koh-9	Hala Younes-24
Jennifer Mattos-9	*Alejandro Giraldo-27
*Maryam Menkara-10	Jacob Wootton-27
Shveni Parekh-11	*Alessandra Rivero-29
Shrihan Sathish-11	Liam Fee-31
Lauren Gumila-13	Cameron Pavelko-31
Caelyn Jones-13	Sanvika Santhosh-31
Anu Usukhbayar-13	
Ava Yasrebi-13	
Braulio Lobo-14	
Krishiv Chandra-16	
*Tristan Daley-16	
Farooq Khan-16	
Bennett Mall-16	
Mika Ernst-17	
Nick Guyton-17	
Jacob Kurenbin-17	



COACHES CORNER

This month's Coaches Corner is very special because we are featuring our Eastern Zone Regional Swim Coach, Pat Kerrigan. She is the one who has been emailing you all and helping us coordinate for meets. Pat has been an amazing coach and mentor to all of us on the coaching staff. We couldn't do it without you!

1. What is your position with Life Time and how long have you been with the company?
I am the Eastern Zone Regional Swim Coach. At this time I oversee the swim teams at 19 Life Time locations in MA, NY, NJ, PA, MD and VA. I have been with Life Time almost 5 years.
2. In your opinion, what makes Life Time's swim team different from all other teams?
Life Time's swim teams are unique in many ways which makes my job challenging yet fun. At Life Time, within one LSC (Local Swimming Committee) there are multiple practice sites that all come together as one unified team at meets and social gatherings "One Team, One Family". Our coaches meet regularly to discuss the team as well as monthly coach education calls. This sets us apart since we all work together for one common goal to teach, mentor, and guide young swimmers to become the best athletes and young adults while also having fun.
3. Is there any advice you wish you had gotten when you were a young swimmer?
Hmmmmmm that was a long time ago. I was very fortunate to have caring and dedicated coaches who gave awesome advice, but if I had to think of something it would be "don't ever give up, no matter how hard something seems. There is truly a pot of gold on the end of the rainbow."
4. For the parents new to swimming, what do you feel is most important to remember?
Parents should always remember that their child should be having fun. Having fun doesn't mean they aren't working hard. Also, winning and what place your child comes in at a meet isn't the most important thing. What is important is did they improve on something? Possibly a best time? That skill that they have been working on at practice? Did they have the best turns the coach has ever seen? Not all successes are measured in numbers or places. Success is knowing you gave it your best... That meet... That day... That event.
5. Is there anything else you would like our swimmers and parents know about you?
I am an avid kayaker! I love to support open water swimmers during marathon swims. I have kayaked around Manhattan Island (28.5 miles) 43 times. I have also kayaked many other waters in the USA. I also love gardening and cooking. I am happy to be here as a support to our swimmer's, families, and coaches and to be a part of this magical thing we call competitive swimming.



Swimmers racing in the hotel pool before the Winter Storm Meet