



# MAY 2014

## for McCallie/GPS Aquatics

### Short Course Southeasterns

It may seem like Southeasterns was a long time away, but a big congrats to all the swimmers who competed in the meet!! We had **31** swimmers qualify.



Special shout out to **Grayson Payne & Ellie Taliferro** for placing **1st overall** in an event!!! First place in the entire Southeastern region!

**Grayson - 50 Back**

**Ellie - 50 Free**

EVENT	Girls 10&U 50 Yard Free Age Group
59	10:19 AM
	6 heats   41 swimmers
Finals - Results	(Unofficial)
Completed	
PLACE	Ellie Taliaferro
1	MCC-SE   10
	Dropped: - 0.43
	28.60
	TIME



### Meet Stats

**31** top-8 finishes

**25** top-16 finishes

**2** 1st place finishes

Our 15 & Over girls tied for **4th** place (114 points)  
our highest age group finish

McC/GPS placed **10th** overall (620.5 points)

### Top 3 finishes

Jake Luke Rachel Susanna Grayson Ellie



## Top 8 finishes

### Jake Marcum (13&14)

3rd 200 Back  
4th 1000 Free, 1650 Free  
8th 400 IM

### Rachel Dover (15&Over)

2nd 200 Fly  
5th 100 Fly

### Grayson Payne (11&12)

1st 50 Back  
3rd 100 Back  
6th 100 Free  
7th 1000 Free, 100 Fly



New Championship team caps!

### Reece Gallagher (11&12)

7th 50 Breast, 100 Fly  
5th 100 Breast

### Luke Massey (13&14)

3rd 100 Breast  
5th 200 Breast

### Susanna LaRoche (15&Over)

2nd 200 IM  
6th 100 Breast, 400 IM  
7th 200 Back

### JonPat Ransom (15&Over)

1650 Free



### Ellie Taliaferro (10&Under)

1st 50 Free  
2nd 50 Fly, 50 Back, 100 IM  
4th 100 Back, 100 Free

### Laura Jennings (11-12)

8th 50 Free

### Sam Powe (10&Under)

5th 100 Fly  
6th 50 Fly



## Top 16 finishes

### Evan Moeller (13&14)

11th 1650 Free  
14th 1000 Free

### JonPat Ransom (15&Over)

16th 1000 Free

### Jake Marcum (13&14)

10th 100 Back

### Gabriel Johnosn (13 & 14)

10th 200 Breast

### Grayson Payne (11&12)

10th 200 Free  
15th 500 Free

### Rachel Dover (15&Over)

13th 500 Free

### Aidan Shaw (10&Under)

10th 50 Fly

### Sam Powe (10&Under)

9th 100 Free  
10th 500 Free  
12th 50 Free, 200 IM  
13th 200 Free

### Ethan Bevil (13&14)

9th 1650 Free  
15th 500 Free

### Jacob McDaniel (10&Under)

11th 50 Back

### April Forsthoffer (15&Over)

12th 200 Fly  
13th 200 IM, 100 Fly



### Susanna LaRoche (15&over)

10th 100 Back  
13th 200 Breast

### Reece Gallagher (11&12)

9th 200 IM  
11th 100 Back  
12th 100 IM

### Max Ransom (13&14)

16th 1650 Free



**Team Records** To end the short course season (at Southeasterns) in Nashville, we had 9 new records broken, by 5 swimmers. Way to go out with a bang!

## Rachel Dover

200 Fly - **2:01.75**

100 Fly - **55.78**

## Grayson Payne

500 Free - **5:32.08**

## Ellie Taliaferro

50 Free - **28.60**

100 Free - **1:03.08**

100 Fly - **1:08.75**

100 IM - **1:09.62**



## Jake Marcum

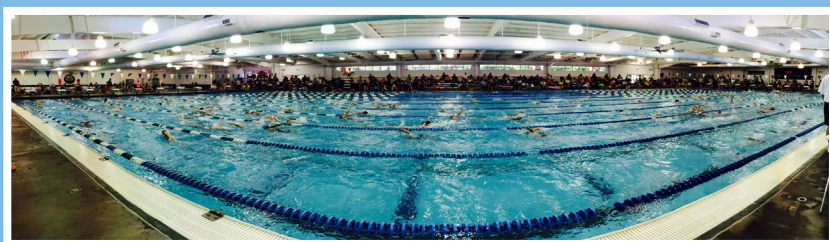
200 Back - **2:19.19**

## Susanna LaRoche

200 Back - **2:05.35**

## Rays LC Meet

The team traveled to Marietta for our **first** long course meet of the 2014 season, hosted by the Stingrays swim club, and it was a huge success! The coaches are so proud of our new swimmers for swimming in their 1st ever long course meet, as well as all those other swimmers who made Southeasterns cuts.



### Swimmers of the Meet:

**Abi Austin & Jacob McDaniel**

**Southeastern CUTS** are determined by the times THIS season. We had **66** cuts, and it was only the first meet. So proud of our swimmers and for those who made their first LC cuts.

**Abi Austin - 5**

**Aidan Shaw - 5**

**April Forsthoffer - 2**

**Ava Whited - 2**

**Ben Bevill - 1**

**Ellie Taliaferro - 6**

**Emma Scruggs - 6**

**Emma Kate White - 2**

**Emme Richey - 2**

**Ethan Bevill - 3**

**Gabriel Johnson - 2**

**Grayson Payne - 6**

**Jacob McDaniel - 6**



**Jake Marcum - 3**

**Julie Bryant - 1**

**Luke Massey - 1**

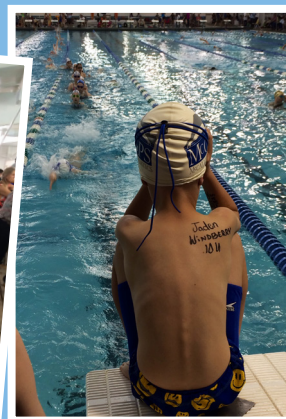
**Peter Dyr - 1**



**Reece Gallagher - 6**

**Sam Powe - 3**

**Susanna LaRoche - 3**



## Team Apparel

Don't forget to order your team apparel for the summer long course season.

### ITEMS

- women's/girls athletic shorts
- competition dome caps
- men's/boys mesh shorts
- TEAM SUITS!
- team parka
- blue team t-shirt
- team swim backpack

### PRACTICE ITEMS

- paddles
- fins
- pull buoy



**COMING SOON...** TANK TOPS! Be on the lookout for more information.

They will be great for the summer season outside - and to sport at CASL meets!

<http://www.swimandtri.com/scripts/prodList.asp?idCategory=1191&idAff=33601>

## UT Coaches Clinic



Saturday, May 3rd, our coaching staff traveled to Knoxville to have a coaches clinic with University of Tennessee Head Coach Matt Kredich. They learned a

great deal from the Vols coaching staff, and hope to incorporate new perspectives on strokes & teaching the strokes into our club. What a great asset to have a DI powerhouse program available to our club like this. This long course season is off and running!

## Year End LAKE PARTY

Our annual Lake Party will be **Thursday, May 22th at the McCallie Lake, from 6:00-7:30p.m.**

For the coaches to order food, the registration deadline is May 16, 2014. On our homepage, click on "Team Functions" and you will see the Lake Party. Please let us know how many in your family will be attending (in the comments box.)

Each family will be asked to bring some food for the party.

**A-I - Sides**

**J-S - Dessert**

**T-Z - Drinks (Tea, Soda, Lemonade)**



This is a really fun event for our entire team to get together & celebrate.

**Hope to see you there!**

We will celebrate our seniors and have team presents for everyone.



## Upcoming meets - Here's a look at our upcoming meets for this summer LC season.



**NIKE Long Course Invitational**  
hosted by Nashville Aquatic Club  
**May 17-18**  
at the Centennial Sportsplex



**Bull Frog Open**  
hosted by Baylor Swim Club  
**May 31 - June 1**  
Baylor Natatorium  
*Entry deadline to commit is May 13th.*



**Richard Quick Invitational**  
hosted by Auburn Aquatics  
**June 27-29**  
at Auburn University  
*Entry deadline to commit is May 12th.*



**SE Long Course Championships**  
hosted by TN Aquatics  
**July 17-20**  
at University of Tennessee  
*must qualify*

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## Long Course details

- The long course practice schedule is posted on our website, under "Program Information"
- For Southeastern qualifying times, look at our website, under "Achievements"
- Summer LC practice schedule is below:

### Superstars

AM at Warner Park - Mon-Thurs 8:15-9:15 a.m.  
PM at McCallie - Tues & Wed 6:00-7:00 p.m.

### Silver

AM at Warner Park - Mon-Fri 8:00-9:15 a.m.  
PM at McCallie - Tues & Wed 5:30-6:45 p.m.

### Blue

AM at Warner Park - Mon-Sat 7:30-9:15 a.m.  
PM at McCallie - Tues & Wed 5:30-7:00 p.m.

### Senior

AM at Warner Park - Mon-Sat 7:00-9:00 a.m.  
PM -Mon & Thurs 3:00-4:30 p.m. - Location is TBA  
Tues & Wed 3:00-5:30 p.m. at McCallie

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## BLUE vs. WHITE

It's what everyone has been waiting for... Our May totals are in, and...

**BLUE ????**

**white ????**

Just kidding, we will announce the 2013-2014 team winner at the Lake Party on May 22nd.  
Here's a hint... the winning team is one of our colors...

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• If you have any questions, please contact  
Coach Roger at [rdalhke1@bellsouth.net](mailto:rdalhke1@bellsouth.net)

• Have pictures from meets, practices, or trips  
sporting your McC/GPS apparel?  
E-mail Coach Kendall at [kjacobs@gps.edu](mailto:kjacobs@gps.edu)