

# THE DRY SIDE



## MARY LYNCH

- Originally from TX
- Graduated from William & Mary in 1992
- Served in the Peace Corp in Papua New Guinea for four years
- Settled in Williamsburg in 1998.
- Parent (with husband Ted) of two 757swim "swammers" - Evan (c/o 2018) and Gina (c/o 2020)
- Has been involved with 757swim as a founder, parent, board member, and coach
- Loves working as Human Services Coordinator with Literacy for Life, an adult literacy nonprofit organization
- Enjoys masters rowing with Ted as part of Williamsburg Boat Club



## CONGRATULATIONS CLASS OF 2024!

We are so proud of all the accomplishments of our 5 graduating seniors this year - Lili, Louisa, Owen, Matthew, and Mia; and so grateful that 757swim has been part of their journey. Below our coaches and staff share memories and reflection, and each athlete shares the biggest lesson they learned from swimming.

### Lili Guerrero, Lafayette High School

*Coaches & Staff reflect:* Lili started 757 with tremendous talent, but not a long swimming background. Her first year of practice, she was constantly confused, always stopping to ask what was going on and improving everyday. Every year Lili got faster and faster, achieving Senior cuts by her Junior year. She is one of the best overall athletes we have with great body awareness and solid technique. Lili never takes things too seriously and has a beautiful smile, laugh and upbeat personality. We will all really miss her.

*Lili's Lesson:* The biggest lesson I learned is that being afraid of failure will lead to failure. Success is a mindset that you must push limits to achieve.

Lili will attend James Madison University in the fall, pursuing a degree in nursing.

### Louisa Lamerdin, Jamestown High School

*Coaches & Staff reflect:* I have watched Lou evolve through a pandemic in a new community and settle in. She is never afraid to be who she is (which is remarkable) and recognizes that her path is her own and is willing to search for it. Lou has a gift when working with younger swimmers practicing patience, laughter, joy and

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Lili Guerrero

## COACH'S CORNER WITH MARY LYNCH

### 5 questions, 5 answers with one of our assistant coaches:

**Mary was the Coach of the Month for May! Congratulations Mary!**

**Q: How did you get involved with coaching at 757swim? Can you tell us a little bit about the path that led you to coaching as well as how you first became involved with the team?**

**A:** I was never a competitive swimmer, but I married one and became a mother of two. My journey with 757swim began when I was the founding board president and swim mom. Meanwhile, around 2018, I agreed to help coach the "Hatchlings" for our summer league team, the Queens Lake Eagles. I thoroughly enjoyed it. Coach Morgan asked me to help with Copper Prep, and I've been an assistant coach with Copper Prep and Copper ever since.

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## CONGRATULATIONS CLASS OF 2024, CONT'D FROM PAGE 1



bringing fun. Not only is Lou a self-proclaimed Swiftie, but her love and passion for animals runs deep as she finds her joy with her horses. The compassion and gentle nature that Lou consistently leads with has made working with her and watching her "grow up" even more exciting. Wherever Louisa lands in her life, she will be successful and will certainly have a positive impact on others around her.

Lou, as a graduating senior, exemplifies what it means to be an extremely hard worker and a personifies our club values. Coaching her at 757 has been an absolute pleasure. Her dedication, perseverance, and positive attitude have been truly inspiring. Lou is so much fun and it has been an honor to coach her. She is dependable, hard working and a great teammate. I love that Louisa is such a good friend to all the swimmers. She encourages the younger ones and learned well from those who came before her. She has a neck/back problem that prevents her from swimming butterfly (poor girl) so she does lots of extra back and breaststroke. She loves her snorkel!!! She is patient and kind but races with fierceness and tenacity. She was a wonderful athlete rep for 757 to Virginia Swimming. Please, Lou, always know you have a special place back home at 757swim!!

**Louisa's Lesson:** One of the biggest lessons I learned from swimming was to follow your heart and your head. Swimming posed many challenges for me both in and out of the pool but taught me to trust my instincts and follow my heart. This lesson has never let me down.

Louisa will be pursuing a degree in International Affairs at Butler University in Indiana in the fall.

**Matthew Shnowske, Williamsburg Classical Conversations**

**Coaches & Staff reflect:** I have had to joy of watching him grow up in and out of the pool, observe him guide and lead by example and be amazingly well rounded. Matthew is always kind, accepting of others and encouraging. Matt has always been a joy to coach, he understands technique, gives 100% to every practice. He's very coachable, asks insightful questions and races intelligently. At big meets we would always say "Matt, get BIG!!!!" An encouragement to step up and swim like a big dog. "Can I do this set IM?" His question every time we explain a prime set and he works out a way to swim all 4 strokes. "Can we add in a bonus



:20 so the next round starts on the top?" Matt always figured out the math on the intervals of sets. And was one step ahead of us.

**Matthew's Lesson:** The biggest lesson I've learned from swimming is to never give up, if you're working hard, you will get there. I wasn't always the fast kid on the team, for most of my swimming career I didn't make the states team. But slowly and steadily I inched ahead of my competition, through the hours of practice with my teammates. And finally got to not only swim at states, but to get third in 200 free, and compete at the national level. And hard work is contagious! As you start to amp up your work ethic, so will your lane mates around you, and it's so much easier to swim when you have someone beside you. Matthew will continue his swimming career and academic pursuits at Davidson College this fall.

**Owen Sines, Jamestown High**

**Coaches & Staff reflect:** I met Owen in 2021 when my oldest son was hosting a Halloween party at our house. I will never forget that he was dressed as a minion, wearing a bright yellow Coast Guard Blue Dolphins t-shirt. I wondered who was this kid, wearing a Coast Guard shirt in our house?!? (LOL). A couple years later, he joined the 757swim family. Owen has a truly infectious person-



ality and is an excellent teammate. He has been an awesome addition to the team and will thrive at UVA. **Owen's Lesson:** The biggest lesson I learned from swimming is that improvement is much better than winning. You should always swim for yourself.

After a summer filled with beach trips and leading the Kingsmill Sharks in a good season (they're coming for the Flyers), Owen will be attending the University of Virginia to study biomedical engineering.

**Mia Weisiger, Tabb High School**

**Coaches & Staff reflect:** Mia joined us her Junior year and has been a terrific teammate and athlete. She is resilient, turning challenges into opportunities and personal achievements into triumphs. She is energetic and very friendly, reaching out to younger swimmers in her group. Mia is always pursuing excellence in what she does.

**Mia's Lesson:** My favorite lesson at 757 was to keep going when you make your biggest mistake. Mia will be attending Eckerd College in Florida, pursuing a degree in Marine Science, with a focus on biology, with a minor in Art.





## COACH'S CORNER WITH MARY LYNCH, CONT'D FROM PAGE 1

**Q. What is your favorite thing about coaching your athletes?**

**A.** I love the relationships with the swimmers. I thoroughly enjoy just being in their orbit and having fun with them. Also, it's so satisfying to watch them triumph over hard things. Swimming is unforgiving and provides countless opportunities to practice being resilient. I love to see their pride when they overcome a fear, work hard to develop a new skill, or bounce back from a disappointment. I hope I'm helping to lay a foundation where they'll have the grit, confidence, and passion it takes to enjoy athletics (or whatever they choose to pursue) for the rest of their lives. I'm grateful for the opportunity to enjoy their company and be part of their journey.

**Q. What are you most proud of regarding the 757swim organization as we've grown and evolved over the years?**

**A.** 757swim has an unwavering commitment to excellence. Staff members and parent volunteers work together to provide a high quality experience for every swimmer and family. Nobody has rested or gotten complacent. Running this organization is far more complex than most people realize. Change is inevitable as the organization grows, but there's an underlying passion and professionalism that guides everything. That hasn't changed, and there's no sign that it ever will.

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## SPOTLIGHT ON VALUES: INTEGRITY

Our highlighted value for June is INTEGRITY. Our families and athletes consistently demonstrate this value by being someone their teammates can depend on and doing their part to make everyone's experience at 757swim a positive one. Even our youngest swimmers show up for practice **respectful, responsible, and ready**. We're grateful for all our swimmers and families who look for ways to help, even without being asked, such as timing an extra shift at a meet to ensure that all swimmers have times. **Do the right thing when no one is looking.**

## DATES TO NOTE

- June 15-23 - U.S. Olympic Team Trials
- June 24-28 - Splash & Play Camp - Around the World in 5 Days
- July 15-19 - Splash & Play Camp - Underwater Adventures
- July 22-26 - Splash & Play Camp - Olympic Week
- July 26-August 11 - 2024 Olympic Games
- July 30 - Awards Banquet & Celebration Luau
- Sept 7 - Block Party Season Kick-Off

## TRYOUT DATES

**Spread the word!** Our tryout dates for this summer have been released and we are eager to welcome new families who are considering 757swim for their family! Please share the flier (found [here](#)) with your summer swim teams, friends, neighbors, and any other groups or clubs who may be interested.

## LONG COURSE TEAM HOTELS

Team hotel information for Long Course Age Group Champs is now on our website. Hotel accommodations for that weekend will fill quickly, so make your reservation now. You can cancel up to 24 hours before check-in.

## SUMMER CAMPS

Did you hear? For the first time ever, 757swim is offering fun summer camps! These are open to kids of all swim levels, ages 6-12. Each week is a different theme and each day will be filled with fun and a chance for each camper to improve their swim skills. Check out our website for more information - the first camp starts June 24 and space is limited!

## UNMET OBLIGATION CHARGES

Please note that any unmet volunteer hours will be billed July 1. Be sure to send all non-meet volunteer service to [volunteers@757swim.com](mailto:volunteers@757swim.com) as soon as possible. To view your service balance, go to your account, Account Info, Service Hours. A negative number indicates the requirement has been surpassed. All details can be found on the website under About Us, Policies.



*Clockwise, from top: Owen Sines - Halloween '21, Matthew Shnowske before he could swim, Louisa Lamerdin with brother Robert, and Lili Guerrero*

## BRAG TO US!

Has a swimmer you know accomplished something brag-worthy, whether in or out of the pool? Have you seen a 757swim parent or athlete living out our values? [Use this form](#) to tell us all about it! We love celebrating your accomplishments - it's part of our team values!

The form is available for your swimmers to use to share their pride in their own growth as well! The link can also be found in our "About" section on Facebook and in our IG bio. Brag often - we love to highlight it!

## SPREAD THE WORD!

One of our core values is PASSION and we all benefit from sharing our 757swim passion!! Did you know that **approximately 40%** of our organization's income comes from those NOT on the team? Lessons, Summer Prep Clinics, Summer Camps, and the other programming we offer have a tremendous financial impact - keeping costs lower for team parents while allowing us to have our own dedicated aquatic center. YOU CAN HELP by telling friends and neighbors about our programming options! Our Splash & Play camps and lessons are perfect for building swim skills this summer. Find camp information [here](#) and register [here](#). Lessons registration is open now through 6/20 [here](#).

## SCHOLARSHIP APPLICATIONS

Reminder: all applications for scholarships for Short-Course 2024-2025 season must be received by Aug. 1. Details can be found [here](#).

## BOARD OF DIRECTORS UPDATES

Minutes from April's meeting (as well as prior meetings) can be found when logged in to your Team Unify account on the website under About Us, By-laws and Minutes. The next meeting is scheduled for 6:30pm June 26 at 1607 Grill on Centerville Road.

## PAPA JOHNS

The next time you place an order with Papa Johns, use promo code "757swim" and 10% of your order will be donated back to our club!

## COACH'S CORNER WITH COACH MARY, CONT'D FROM PAGE 3

**Q. What's your favorite memory in each of the roles you've had?**

**A.** A few specific memories stick out in my mind, such as 757swim's first day of practice in 2015, when we hoped that 30 people might show up, but swimmers kept streaming in. I remember the joy when we won Short Course Senior States (small team division) our first year. I remember driving by a car with a 757swim magnet, not recognizing the driver, and thinking, "We've made it!" Beyond moments like those, though, it all comes down to relationships. As a parent, I had so much fun sitting with other parents, cheering for every 757swimmer, then playing dominoes into the wee hours, even though we had to get up at 5:30 a.m. the next day. I loved getting to know my kids' friends through driving carpool or "adopting" them for away meets if their parents couldn't attend. I loved catching glimpses on Instagram of my kids having an absolute blast during team travel meets. As a coach, I remember moments on deck when the kids were dancing or telling jokes, as well as "proud coach" moments such as supporting a terrified swimmer behind the blocks, then seeing their triumphant smile as they run up for a big wet hug after the race.

## IT'S ALMOST LUAU TIME!

Get your tickets now for our \*upgraded\* end of year celebration and luau! Important links: [invitation](#) [tickets](#)

## AWAY MEET VOLUNTEERING

Thanks to all the parents who have volunteered to time at away meets! As a reminder, timing at away meets is a requirement of the team who hosts the meet and is a condition of your swimmer's participation in that meet. Therefore, it is separate from 757swim volunteer requirements and empty slots will be assigned. Thank you in advance for signing up to time a shift at every meet where your child swims! You'll have the best view of the action!

## LC CHAMPS SHIRTS



**Back by popular demand!** The weathered 757swim sun has been our most beloved shirt design of all time, so we're partnering with Colonial Sports to reproduce it with an updated back design, just in time for LC Championship season! You don't want to miss your chance to get them for the whole family. Go [here](#) to order yours today!

## MEGA AUTO SPA

Visit our sponsor Mega Auto Spa, enter code 9043, and a portion of your wash total will be donated to 757swim! You'll get a sparkling car AND help your child's team!

**Q. What do you see in the future for the organization? What excites you about where 757swim is headed?**

**A.** As a startup, 757swim had a unique energy, which naturally evolves as the team grows. While change is inevitable, I have complete trust in 757swim's leadership to maintain the team's compass, commitment to excellence, and positive culture. The team has plans to engage parents in new ways, and I am hopeful that parents will take advantage of opportunities to be connected and to contribute to the team's culture and continued success. Meanwhile, I am excited about new possibilities as the organization grows. Through my work at Literacy for Life, I meet hundreds of local parents who are unable to provide swim opportunities to their children. Those kids lack a potentially lifesaving skill (not to mention the enjoyment of swimming). I am hopeful that 757swim will sustain and expand its outreach to underprivileged families. I can also imagine 757swim working with Special Olympians, Wounded Warriors, and others. It's difficult to maintain core services while branching out--but in my experience, 757swim can do anything.



## IN NEED OF:

Have extras?? Please consider donating any of these gently-used items you may have. We would be happy to provide a receipt for tax purposes and your donations help us minimize expenses! **Email [Info@757swim.com](mailto:Info@757swim.com) if you can help!**



As a non-profit, our coaches & staff use chairs even though they are falling apart, donate things from our own homes, and patch things instead of replacing them. We'd love your help with upgrading these items!

## ★ VOLUNTEER SUPERSTARS ★

Perhaps more than any other sport, swimming relies on dedicated volunteers. 757swim would like to extend a special thank you to our volunteer superstars!! Our officials work long shifts, sometimes when their athletes aren't even swimming, to run our meets. We are so grateful!

Officials - Jose Aponte - Officials Chair, Cassandra Lamerdin, Brien Davis, Shana Wilkins, Rich Wilkins, Vasu Ananthram, David Fly, Joe Dobrota, Mike Bermudez, Steve Arne, Michelle Burchett, Jeff Carstarphen, Mike Olds, Lisa Evans, Shi Qi, Guannan Wang, Rebecca Lofgren

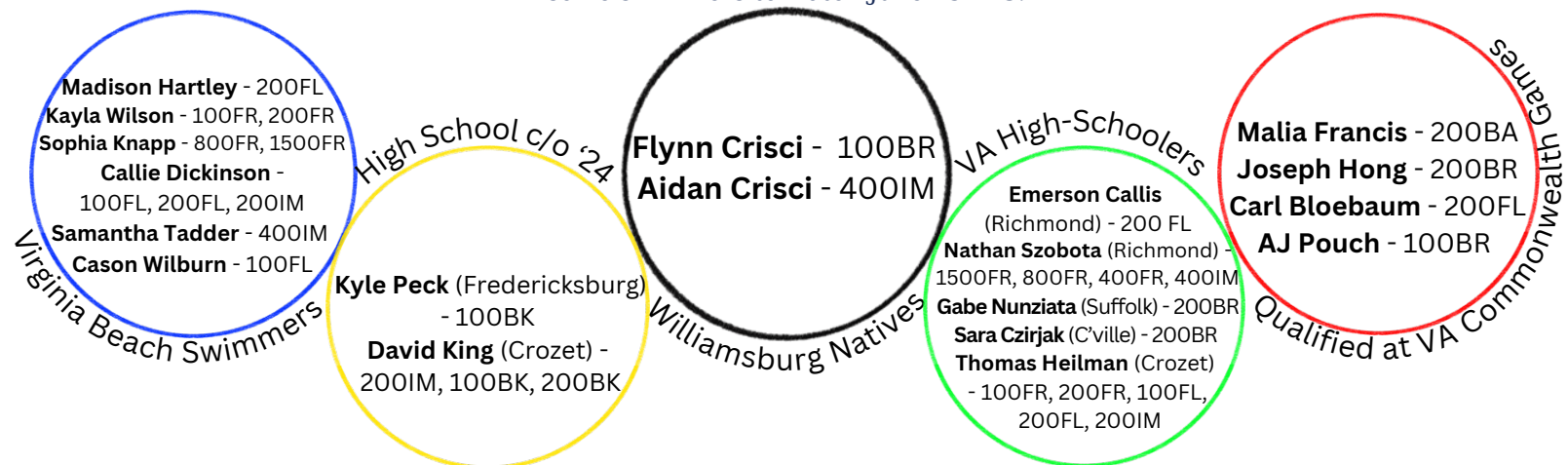
We'd also like to give a grateful shout-out to those who have logged the most home meet hours: Christina Scordo (225!), Jenny Jacobs, Shannon Hartig, Erin Shnowske, Amy Aponte, Kelly Treiber, Gabby McCormick, and Marybeth Shaffer!

## TYR TIP - 25% OFF ELITE SHOES

Need shoes? Check out TYR's wide selection of via our team portal! Your 25% discount extends to their CXT-1 Trainer, which was recently ranked as best for cardio and lifting by fitandwell.com and best Cross-fit Shoes for Workout of the Day by gearjunkie.com. Be sure to also check out the Tyr Sport Valkyrie Elite Carbon Runner - a "Top Super Shoe of 2024" according to Footwearnews.com. To see the full selection of TYR footwear, go to [Teams.TYR.com](https://Teams.TYR.com) code 757SWIM25

## OLYMPIC TEAM TRIALS - WHO TO WATCH FOR!

Whether you swim for fun & friendship, exercise, or are serious about competing, the Trials and Olympics are always a **MUST WATCH!** It's even more fun when you can cheer for athletes from our town and surrounding areas! Here are some swimmers to watch June 15 - 23.



Also keep an eye out for UVA swimmers Gretchen Walsh, Alex Walsh, Tess Howley, Cavan Gormsen, Colin Bitz, Zoe Skirboll, Ella Nelson, and Jack Aikins; VT swimmers Emily Claesson, Ethan Maloney, Brendan Whitfield, Will Hayon, and Landon Gentry; as well as William & Mary swimmer Aidan Bond and alum Missy Cundiff! The Trials psych sheet can be found [here](#).

## SPONSOR OF THE MONTH

We are so grateful for the support of our sponsors! Iron Sheepdog has been a valued sponsor of 757swim for the past two years. If you're looking to maximize efficiencies when it comes to dump truck hauling, give them a call!

Iron Sheepdog is building the nation's largest broker network utilizing our fully integrated dispatch and fleet management solution. Our software creates reliability, efficiency and transparency in dump truck hauling. The platform provides brokers complete dispatch, 24 hour subhauler payment, digital ticketing and invoicing services. The same technology provides contractors and materials companies with tools to track, cost code and manage trucking in real time.

**IRON SHEEPDOG**



Owen Sines (top), and Mia Weisiger as young swimmers