

FCA's Swimmer of the Month: January 2020

Novice

This swimmer is a hardworking member of the Novice squad. She always pays attention and listens attentively to her coaches during practice. She also never misses a moment to challenge herself when she pushes off the wall. At the York Meet, she dropped 8 seconds in the 100 Free and qualified for Silver Champs in the 100 Back!! To boot, she has mastered the flip turn--keeping her head under the water until she pushes off in streamline position. All of the coaches are excited to see her continue to excel. Please congratulate **Lucy Rellosa** for the January Swimmer of the Month!

Practice Kudos

Max Behling , Jack Chletsos, Ned Damrauer, Grace Wang- 14

David Bauml, Simeon Kohler, Eyal Schori, - 13

Junior

This young man is *always* ready to go at the start of practice. He listens, takes direction, and is willing to make adjustments to his stroke. This quality combined with his hardworking drive is a recipe for success. At the FCA Distance Challenge, he did the 500 Free for the first time, and at the York Meet, he dropped 7 seconds in the 100 Free! More sweet dividends are around the corner, and we are very excited to see what will happen when this swimmer jumps off the blocks at UDAC! Please congratulate **Jakub Orybiewicz**—he is the Junior Swimmer of the Month!

Practice Kudos

Junior Gold

Oskar Bauriedel, Mathilde Reliquet - 21

Penelope English - 20

Junior

Molly Doyle – 17

Clara Chen - 16

Chase Rose, Conor Scott- 15

Senior

If your water bottle is mysteriously relocated just before the start of practice, you might want to find the tall swimmer with the strawberry blonde hair and the Cheshire grin hiding behind the dry erase board over by the Endless Pool. She never misses a moment to keep the levity level up on deck with her spirited shenanigans, but when the whistle blows it is GO time. And that is exactly what she did at the York meet--racking up 8PRs, including a 9+ second drop in the 200IM. Keep us laughing, and keep us amazed **Ella Kesler**, you are the Senior Swimmer of the Month!

Practice Kudos

Octavio Melendez - 27

Chloe English - 26

Andrea Melendez - 24