

Group Descriptions for Fall/Winter 2010-11

These are only guidelines and should not be considered all-inclusive.

IF YOUR NAME IS NOT SHOWN BELOW PLEASE CONTACT COACH CASEY ASAP

Lyons Swim Club is dedicated to improving your swimmer, and constantly challenge them. For that reason, after the Pride and Classic meets, swimmers that meet the time requirements of the next higher group will have the option to move up. Also, swimmers who want to move from Gold 4 to Gold 6 will have the option then as well. This is not mandatory, and will be evaluated on a case-by-case basis. There will be a fee associated with this.

White – This group will consist of swimmers 8 years old and younger as of March 20th of the following year. This is the entry level group for Lyons Swim Club. Swimmers in this group should be able to, but it is not a requirement, swim all four strokes, plus compete in the two Lyons Swim Club invites, end of season Conference championships, and any dual meets that might be scheduled. Any 8 year old with two Regional times or better are not eligible for this group. The focus of this group will be roughly 90% technique, with the rest developing the swimmer for the next group. This group will be limited to 65 swimmers and will meet three times a week. **Lead Coach: Nelly Musso**

Ahrens, Isabelle S
Casella, Keegan
DeCesare,
Amanda L
Dillon, Megan
Ferguson, Maura
Higney, Corinne
Jacobs, Emily E
Land, Charlotte
McGee, Kate
Mitchell, Megan R
Sandt, Elizabeth D
Schneider, Kathryn
Scudder, Margaret
Shanley, Quinn
Tuerk, Eleanor M
Ward, Mary E

Red – This group will consist of swimmers 9 years old as of March 20th, or swimmers that are 8 with Regional times. This group is also considered an entry level group for Lyons Swim Club. Any 9 year old with two Regional times are not eligible for this group. Swimmers in this group should be able to swim a 100 IM and a 200 free, plus compete in the two Lyons Swim Club invites, and the end of season championship season. The focus of this group will be roughly 70% technique, with the rest developing the swimmer for the next group, along with the beginning of race strategy. This group will be limited to 65 swimmers and will meet four times a week. **Lead Coach: Nelly Musso**

Atseff, Theodore L
Brown, Martin P

Callahan, Lauren E
Cannon, Gretchen

Claeson, Hayden
Cowan, Savannah
Dillon, Katherine J
Dold, Joseph A
Dunn, Callahan M
Evans, Katherine
Evans, Katherine E
Good, Hanna
Heffner, Stephanie
Hess, William
Hess, William H
Kolosh, Nathan
Kral, Julia A
Lynch, Benjamin
Lynch, Mariclaire E
MacDonald,
Michael J
Markey, Eric L
McDermott,
Katherine K

Musso, Lilly J
Nelson-Sandall,
Linnea M
Pendleton,
Elizabeth g
Racanelli, John M
Rodgers, Nicole M
Rogers, Nina
Ross, Kathleen
Schodrof, Andrew
Skrip, Holly F
Tabisz, Elizabeth K
Vear, Elizabeth A
Wanless, Halle G
Ward, Ian M
Wehling, Madelyn
Weibel, Emily P
Wing, Caroline J

Blue – This group will consist of mainly 10 and 11 year olds, as of March 20th, along with 9 year olds with two Regional times. This is a more advanced group then Red and White, with the swimmers being expected to be able to swim a 200 IM and a 500 free. Swimmers should compete in both Lyons invites, plus any other invite that Lyons Swim Club attends, and any championship meets that the swimmers qualify for. Eleven year olds with three Regional times are not eligible for this group. The focus of this group will be roughly 50% technique, with the rest being training yards, and developing the swimmer for the next group. Race strategy, goal setting, tapering, and many other aspects of competitive swimming will be covered as well. This group will be limited to 125 swimmers and will meet five times a week.

Lead Coach: Mel Walker

Ahrens, Abigail j
Ahrens, Nora A
Ashby, Grace K
Atseff, Thomas Q
Barney, Margaret G
Berley, Olivia R
Besacon, Kieran
Best, Emily K
Beumer, Katherine
Bloedorn, Emily E
Blouin, Jennifer M
Bradbury, Allison P
Burr, Jacob J
Burriesci, Nicholas
Caruso, Allison L
Casella, Kathleen K

Cho, Yoonje E
Chopp, Danielle G
Christian, Ronald L
Cicciarelli, Robert J
Claesson, Henry A
Conneely, Anna J
Copp, Camille J
Courier, Madigan J
Cowan, Cameron P
Craig, Elizabeth S
Cummings,
Elizabeth E
Cunningham, Luke
Cvengros, Cassidy A
Daniels, Harper R
DeCesare, Gary M

DeCesare, Thomas J
Del Giudice, Jack N
Devine, Mary C
Dillon, Sam J
Doyle, Jacquelyn M
Egan, Riley
Elliott, Jenna L
Fink, Emma C
Fryzel, Julia M
Gannon, Mary C
Ganzel, Nicholas P
Garvin, Claire M
Gibbons, Delaney E
Gomez, Kevin R
Gordon, John R
Gresge, Olivia M

Griffin, Clare M
Grimes, Melissa A
Hangsterfer, John D
Hansen, Sydney G
Harders, Charles J
Hart, Mary H
Hayes, Grace H
Herr, Magaret J
Higney, Caroline G
Hughes, Caroline E
Isaacson, Lucas J
Johnston, Grace C
Juracic, Elizabeth G
Kagel, Max
Kapp, Peyton M
Kessler, Katherine E
Kimberling, Laura S
Koerner, Grace M
Komsthoft, Rhyan
Korechan, Michael
Land, Samantha C
Landman, Claire R
LaVoie, Katherine R
Luxem, Grace K
Lynch, Daniel B
Lynch, Nicole C
Mahon, Liam M
Markey, Greta L
Mavon, Charles G
McCarter, Francis M
McDonnell, Kelly M
McGee, Jane W
Meyer, Katherine M

Miller, Joseph D
Mitchell, Katherine
Molenda, Jane O
Molenda, Leah M
Moore, James t
Moore, Katherine M
Nelson, Caroline
O'Donnell, Claire E
O'Donnell, Emily E
Ostrowski, Alison L
Panos, Georgia M
Peake, Ryan M
Prendergast, Grace
Rak, David
Reichert, Julia A
Reilly, Grace K
Reynolds, Charles V
Rfannkuche, Eric
Rice, Braden D
Roche, Daniel F
Roe, Stephen
Rutkowski, Joseph B
Sandt, Thomas J
Schopp, Morgan M
Scudder, Michael R
Shanley, Ryan P
Shannon, Conor R
Skolba, Paul A
Smeltzer, Naomi R
Stuba, Kaysie R
Tabisz, Caroline T
Tamez, Emilio E
Terpstra, Morgan F

Theiss, Stefan
Tobin, Matthew J
Valentino, Andrew T
VanDusen, John
(Jack) P
VanDusen, Megan K
Vear, Adelaide G
Wackerman, Grant
Walkowski, Molly
Rose
Walls, Allison E
Walls, John W
Wanless, Madison L
Williams, Madelyn J
Wisthuff, Isaac N
Wyckoff, Christina
Zator, Max J

Gold – This group will consist of mainly 12 and 13 year olds, as of March 20th, along with those 11 year olds with three Regional times. This is currently the highest level of age group swimming on Lyons Swim Club. Swimmers will be expected to swim the 400 IM and the 1650. Swimmers should compete in both Lyons invites, plus any other invite that Lyons Swim Club attends, and any championship meets that the swimmers qualify for. This group will not have any 8th graders. The focus of this group will be roughly 30% technique, with the major emphasis on training yards, and all other aspects of competitive swimming. This group will be limited to 115 swimmers. Due to limited pool space, this group will be broken down into two sub-groups for the upcoming season. The only difference will be an attendance commitment for one.

Gold 6 – Swimmers will practice Monday thru Saturday with an attendance requirement of at least 4 times a week. Swimmers who sign up for this group, and do not make the required attendance will be moved to Gold 4. Swimmers who cannot make the necessary attendance commitment should swim in Gold 4.

Gold 4 – Swimmers will practice Tuesday, Thursday, Friday and Saturday. This group is for those swimmers who have commitments other than swimming. There will be nothing different from Gold 6 in this group other than the attendance requirement. There will be no attendance requirement for Gold 4.

Lead Coach: Casey Hnatiuk

Arnold, Owen T
Ashby, Thomas G
Atwater, David J
Berley, Anthony P
Best, Andrew M
Beumer, Megan M
Bradbury, Hannah
Breitenbucher,
Benjamin
Brennan, Seamus
Cannon, Meghan
Cardone, Adam J
Carpenter Samantha
Casella,III, Bernard
Clark, Robert D
Cogelja, Alexander
Cole, Margaret M
Coleman, Hallie M
Condon,Christopher
Cooper, Eleanor C
Cowan, Marisol E
Credit, Weston R
Cummings, Michael
Denning, Avery K

Donovan, Hailey S
Dontes, Ilsa L
Ducham, Alec A
Duelm, Jessica R
Dufficy, Mary F
Dufficy, Therese T
Dulla, Jack M
Eckert, Tommy R
Everett, Catherine
Ezsias, Benjamin h
Ferguson, Margaret
Finn, Kevin P
Fritzsche, Brenna
Furlan, David A
Garcia, Kevin a
Garvin, Margaret E
Gilger, Michael J
Gomez, Mark D
Gove, Meghan D
Groya, Henry R
Guagenti, Taylor G
Hangsterfer,Timothy
Hayes, Lenore M

Heffner, Francesca
Hletko, Cooper B
Hughes, Zachary
Januska, Elizabeth
Johnston, Benjamin
Kapp, Sydney L
Kappas, Matthew
Kiley, Peter C
Konstant, Caroline
Kotil, Megan M
Kral, Brian R
Lamb, Colleen B
Land, Olivia M
Lange, Emily T
Linden, Matthew S
Lynch, Maeve C
Lynch, Margaret G
Macdonald, Kelly
Madigan, Timothy
Mcdermott, Maggie
McGill, Gavin O
McHugh, Ryan M

McKenna,
MaryClaire T
McLean, Mattis C
McLean, Sarah J
McTigue, Sara E
Meehan, Lucy O
Mitchell, Paige E
Molenda, Claire E
Moore, Annika j
Norbut, Kyle
O'Connell, Carolan
O'Connell, Colleen
Oconnor, Claire
O'Connor, Mark D
Perez-Wellford,
David J
Pethokoukis,
Sophia n
Pettrak, Matthew T

Pfannkuche,Andrew
Phillips, Christopher
Prendergast,
Madeline N
Purcell, Claire E
Reilly, Quinn E
Reynolds, Caroline
Roe, Caroline
Rogan, Molly F
Rogers, Nicholas J
Scudder, Erin E
Shafer, Sean M
Siegelman, Grace
Smeltzer, Chloe W
Smith, Philip B
Sovcik, Elinor E
Swinehart, Maeve
Szczepaniak, Sam

Valentino, Alison M
Van Tassel,Roland
Veome, Julia M
Vlahos, Hallie M
Wackerman,Grace
Walker, Spencer A
Walsh, Caroline J
Ward, Ellen M
Wilson, Abigail L
Wing, John R
Zahorik, Michael B
Zembower,Nicholas

High School Group – This group will consist of 8th graders and above. This is currently the highest level on Lyons Swim Club. Swimmers will be expected to swim all events, and swim in all meets. The main focus of this group will be training, along with technique, and all other aspects of swimming. This group will have nine practices a week, and will be limited to 115 swimmers.

Lead Coach: Casey Hnatiuk

Ashburn, Colin E
Balch, Andrew K
Berzanskis, Edvinas
Bobrowski, Jake B
Bonneville, Nicholas
Brock, Marissa C
Brown, Andrew j
Brown, Michael w
Bruton, Elizabeth K
Buzzell, Katherine J
Callahan, Mary
Carlson, Steven A
Caruso, Jr., F W
Cepeda, R.Daniel
Cipra, Allison E
Clark, Elizabeth A
Cogelja, Abigail C
Cohen, Julia M

Cole, Madeline M
Cordell, Sarah E
Craig, Madelon T
DaDan, Ella M
Daly, Colin j
Dangles, stephanie k
Deneen, Elizabeth A
Devitt, Grace C
Donatelli, Brian C
Ducham, Jack D
Dufficy, Shea B
Duffy, George L
Duheric, Almasa N
Elias, Daniela G
Enrietti, Francesca E
Everett, Elizabeth M
Farrell, Madison C

Fehser, Tyler J
Flaherty,Tthomas m
Foran, Katherine C
Foran, Katie
Gabriel, Kimberly J
Gallucci, John A
Garrow, Jack M
Garrow, Kelley E
Good, Grace G
Greenlee, William C
Groya, Benjamin H
Groya, Genevieve L
Hackett, Louis
Hennessy, Joseph j
Hickey, Megan M
Hill, Michael C
HIrt, Joshua
Hlavin, Allison A

Hoak, Sebastian A
Hoffman, Anna L
Hoffman, Louisa J
Hopwood, Blair C
Hughes, Haley M
Humphreys, Mark
Hunter, Paul
Husfield, Elizabeth
Kappas, Michael J
Kaptur, Kirby L
Kaptur, Thomas W
Kline, Adam G
Korechan, Thomas
Kosin, Elizabeth I
Kowalski, James C
Krol, michael w
Kurth, Allison M
Land, Meredith C
Leo, Daniel J
Lichtenauer, Andrew
Linden, Bradley M
Linehan, John
Lipchik, Andrew W
McCarter, Edward J
McDonnell, Molly E
McGill, Katherine I
McGrath, Margaret

McGuinness, Daniel
McLean, Andrew P
Merrion, Eric W
Moeller, Madeleine
Mohler, Daniel R
Mulroy, Megan M
Murphy, Elizabeth A
Nacht, Carrie L
Naughton, Anne K
Naughton, Madeline
Newman, Peter w
O'Connell, Madeline
O'Connor, Matthew
Patrak, Filip R
Perez-Tamayo, Peter
Perez-Wellford
Gabrielle
Riedl, Stephen E
Roche, Rose M
Rogan, Lucy A
Roggensack, Kevin a
Rosenberger, Kristine
Rosenberger, Lauren
Rowley, Andrew T
Schafer, Ryan t
Schoneman, Zachery
Schopp, Rachael S
Sekula, David V

Skolba, Elizabeth M
Smetko, Samuel E
Smith, Elaine B
Smith, Matthew B
Sovcik, Nolan J
Stuba, Emma L
Swanson, Peter J
Sylvia, Patricia J
Szczepaniak, Erin V
Theiss, Lauren
Wantuck, Lindsay A
Ward, Evan A
Waters, Thomas M
Weibel, Brendan A
Weigand, Hillary L
Weigand, Jennifer L
White, Henry L
Wiegmann, Conorj J
Williams, Robert
Wilson, Molly A
Wing, James M
Withington,
Christopher T
Wittenberg, Jessica J
Young, Kristen A
Zahorik, Marie T