

September 2009

The Manatee Monthly

Long Course Wrap Up

MPSC Places 3rd at the SC State Open Water Championship

The Mount Pleasant Swim Club traveled to Clemson, SC in June for the SC Open Water State Championships. Jon Lierley placed second in the 5 K and Zach Lierley placed third. Our younger swimmers (Katie, Michael, Elena, and Nicole) swam 2k or 3k swims with Katie Frame placing fifth. They did awesome and the Manatees finished 3rd overall!

MPSC Places 4th at the SC State Long Course Meet

At the 2009 Long Course State Meet, Zach Lierley swam up with the senior boys and won the high point award. Dirk Bell placed 2nd in the 13/14 boys age group. Additionally, MPSC swimmers in almost every age group set new team or state records. They are as follows:

9-10 Girls:

Chloe Stapleton – team record 400 free

C. Stapleton, J. Martin, A. Poulnot, A. Burton – team record 200 medley relay

11-12 Girls:

Laura Brotherton – 7 team records – 50, 100 free, 50, 100, 200 fly, 200 400 IM

L. Brotherton, K. Ryan, K. Hughes, K. Brannigan – 200 free relay

L. Brotherton, K. Hughes, K. Brannigan, B. Radenbaugh – 200 Medley Relay

13-14 Girls:

Allie Buechele – 4 team records – 100, 400, 800, 1500 free

Chase Muller – 2 team records – 100, 200 back

A. Buechele, K. King, H. Hanling, C. Muller – 400 free relay

C. Muller, H. Hanling, k. King, A. Buechele – 400 medley relay

15-18 Girls:

Hanna Humphreys – 1 team record – 200 breast

9-10 Boys:

Michael Jessup – 2 team records – 100 free, 100 back

Mark Mulder – 4 team records – 200, 400 free, 100 Fly, 200 IM

M. Mulder, W. Frame, C. Brzezinski, M. Jessup – 200 free relay

13-14 Boys:

Dirk Bell – 4 team records – 100, 200, 400, 1500 free

Zach Lierley – 2 state records – 200 breast, 400 IM; 5 team records – 100, 200 back, 100 breast, 200 fly, 200 IM

D. Bell, B. Hillebrand, M. Stapleton, Z. Lierley – 400 free relay

D. Bell, B. Hillebrand, M. Stapleton, Z. Lierley – 800 free relay – [State Record](#)

A. Bagley, Z. Lierley, C. Brown, D. Bell – 400 medley relay – [State Record](#)

MPSC 2009 Zone Team

At the 2009 Age Group Zone Championships, Zach Lierley dominated the 200 breaststroke and broke the **state record** by over 3 seconds, broke the **zone meet record**, swam the **fastest 200 breaststroke time in the nation** for boys his age in 2009, and **qualified to swim at Junior Nationals** in Seattle. Other MPSC swimmers at Zones included Dirk Bell, Laura Brotherton, Hanna Humphreys, and Danielle Morrin. Dirk Bell led the zone team on Day 1 of competition with a lifetime best swim in the 1500 meter freestyle with a time of 16:56 (his best by 14 seconds) placing 7th overall. On Day 2 of competition, Hanna Humphreys went a best time in the 200 breaststroke with a 2:47.06. Danielle Morrin and Laura Brotherton swam well right on top of their best swims this year.

Jr. Nationals

In August, Jonathan and Zach Lierley headed to the Jr. Nationals in Seattle, WA. Jonathan set a new State record in the 100 fly and broke team records in the 200 breast and the 200 fly. Zach experienced his first taste of National level swimming.



Please check out our new website!

www.mountpleasantswimclub.com



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August and September Birthdays

August:

Henry Adams - 15	Tanner Crunelle - 12
Samuel Beall - 11	Jonathan Lierley - 17
Ethan Bradley - 10	Caitlin Maher - 10
Elizabeth Burton - 14	Madeline McQuillan - 11
Anne Chapman - 11	Delaney Shellnutt

September:

John Adams - 13	Garrett DeSantis - 11
Chandler Anderson - 13	Mary DesJardins - 12
James Bell - 14	Priyanka Fernandes - 10
Mills Buxton - 13	Skyler Fox - 14
Madeline Conway - 13	Sarah VanBrunt - 13
Aaron DeSantis - 11	

Important Dates...

09/13/09 – Team picnic
– Wild Dunes Beach
House

09/15/09 – Parent's
meeting – PW 7:30 PM

09/25/09 – Registration
for Grand Prix #1 Ends

Speedo Tip of the Month

The Speedo Tip of the Month comes from
Kathleen Woolf, Correspondent

"As a competitive swimmer, many of your meals will be eaten on the road. Plan ahead and make good choices, so you stay well fueled while away from home.

Bring food with you in your suitcase. Pack healthy snacks that are easily transported and don't need refrigeration. Good choices include sports bars, dried fruits, pretzels, crackers, breakfast cereals, and canned fruits. By bringing your own food, you ensure that you are eating familiar items. Because the risk of dehydration increases while on the road, bring water and commercial sports beverages with you.

Although restaurant choices are not always the most healthful, you can make good choices to ensure you are ready for competition. Avoid foods high in fats which may lead to stomach upset. Ask your server how foods are prepared and choose steamed, baked, boiled, grilled, or broiled selections. Mayonnaise, butter, cream-based sauces, and salad dressings should be ordered "on the side" so that you can control the amount added to your food.

As an athlete, you should eat three healthy meals a day plus snacks to ensure you have the fuel for your sport. "

2009 SC Swimming Select Camp

The following MPSC swimmers qualified to attend the select camp in Myrtle Beach September 26-27. It will feature head coach Joe Bernal and Olympian Kaitlin Sandeno. Congratulations swimmers!

Allie Buechele
Dirk Bell
Matt Adams
Ben Hillebrand
Hannah Humphreys
Danielle Morrin

MPSC Facilities and Contact Information

R.L. Jones Center
391 Egypt Road
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