

NEWSFLASH

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January 2009

HAPPY 2009!

Welcome back to the pool. Hopefully you've all had a wonderful and restful break and are ready to get back into swim mode. If you haven't done so, please look over this year's swim schedule. It looks like a very busy year, but not all of these meets are set in stone. Coach Lucy will keep us updated as to which meets Lakewood will be participating in. There are three mandatory meets, one on February 21-22 (Metro-JO Max Section

Champs) one on August 8-9 (Metro JO Max LC Champs) and one on December 5-6 (Metro-Blue Max Section Champs).

Long course meets are ahead which makes practicing at the Cerritos pool on Saturdays a must to prepare swimmers for the upcoming challenges.

Parents are encouraged to attend team meetings to en-

sure everyone is on the same page to help make Lakewood Aquatics a positive and successful experience for all swimmers. Our next parent meeting will be held at the Cerritos pool Saturday January 24th at 9a.m.



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SWIM CLINICS

Swimmers: do you want to improve your technique? Maybe drop more time? Reach new goals? Lakewood Aquatics will be offering two swim clinics in March. The first session is on March 7th for swimmers 12 years and under. The second session will be held on

March 21st for swimmers 13 years and up. The Clinics will focus primarily on form, technique and building up speed. The cost is \$10 per swimmer and will include lunch. The swim clinics will be held at Cerritos College, from 7:30am-11 am. All swimmers



are encouraged to attend in order to set new goals and acquire the skills necessary to meet their goals for 2009.

SWIM FESTIVAL 2009

After the Winter Age Group Champs, Southern California Swimming Officials chose 32 girls and boys from each age group to participate in the SCS All Star Swim Festival. The swimmer must have placed in the top 16 of any one event at either the Winter Age Group or Senior Champion-

ship meets in December. The swim meet gives swimmers from all teams in Southern California Swimming a unique opportunity to swim together as a team. The swimmers are separated into 4 "Swim Teams" and a head coach is assigned to them.

The Swim Festival was held

on Saturday, January 11th at the City of Commerce Pool.

Four Lakewood Aquatics Swimmers were invited to attend:

*Maryssa McArthur,
Derek Ahmed,
Josh Anatolio, and
Daniel McArthur.*

NEW RECORDS FOR LAKEWOOD

Congratulations to the following swimmers who have broken swim records and some more than once! Well done, all your effort had paid off.

Age Group	Event	times	date	swimmer	Meet Name
15 & O	200 Fly	2:01.10Y	11-Jan-08	David McArthur	SOUTHERN CALIFORNIA SWIMMING Q MEET
9-10	50 Back	31.61Y	12-Jan-08	Daniel McArthur	2008 SCS All Star Swim Festival
9-10	100 Free	1:00.35Y	26-Jan-08	Daniel McArthur	Barracuda Aquatic Club Metro Comm B,R,W Meet
11-12	200 Free	2:02.98Y	1-Feb-08	Maryssa K. McArthur	SCS & GWSC 2008 JO'S
9-10	200 Free	2:02.87Y	1-Feb-08	Daniel McArthur	SCS & GWSC 2008 JO'S
9-10	100 Back	1:06.30Y	1-Feb-08	Daniel McArthur	SCS & GWSC 2008 JO'S
9-10	100 Fly	1:03.77Y	1-Feb-08	Daniel McArthur	SCS & GWSC 2008 JO'S
9-10	100 IM	1:09.25Y	1-Feb-08	Daniel McArthur	SCS & GWSC 2008 JO'S
9-10	200 IM	2:22.24Y	1-Feb-08	Daniel McArthur	SCS & GWSC 2008 JO'S
15 & O	100 Fly	53.25Y	1-Feb-08	David McArthur	SCS & GWSC 2008 JO'S
11-12	200 Back	2:39.94L	23-Feb-08	Derek A. Ahmed	Oasis at the Coliseum B,R,W LC Meet
15 & O	400 IM	5:20.74L	23-Feb-08	David McArthur	Oasis at the Coliseum B,R,W LC Meet
11-12	400 IM	5:58.74L	5-Apr-08	Maryssa K. McArthur	Cerritos Aquatic Club B,R,W LC Meet
9-10	50 Free	31.50L	17-May-08	Daniel McArthur	La Mirada Armada May BRW LC Meet
9-10	100 Free	1:05.35L	19-Jun-08	Daniel McArthur	SCS June Age Group Invitational
9-10	200 Free	2:19.71L	19-Jun-08	Daniel McArthur	SCS June Age Group Invitational
9-10	100 Back	1:14.98L	19-Jun-08	Daniel McArthur	SCS June Age Group Invitational
9-10	100 Fly	1:13.37L	19-Jun-08	Daniel McArthur	SCS June Age Group Invitational
9-10	200 IM	2:38.13L	19-Jun-08	Daniel McArthur	SCS June Age Group Invitational
13-14	100 Back	1:09.13L	19-Jun-08	Derek A. Ahmed	SCS June Age Group Invitational
13-14	400 IM	5:28.86L	19-Jun-08	Josh Anatolio	SCS June Age Group Invitational
7-8	50 Breast	44.91Y	12-Jul-08	JESSICA S. SALIBA	Lakewood Aquatics RW Meet
8 & U	50 Breast	50.45L	19-Jul-08	JESSICA S. SALIBA	La Mirada Armada July BRW LC Meet
13-14	400 Free	4:55.01L	30-Jul-08	Maryssa K. McArthur	2008 SCS "RED" SUMMER JOS at CANY
11-12	100 Back	1:13.64L	30-Jul-08	Daniel McArthur	2008 SCS "RED" SUMMER JOS at CANY
13-14	200 Back	2:29.29L	30-Jul-08	Derek A. Ahmed	2008 SCS "RED" SUMMER JOS at CANY
13-14	100 Breast	1:15.07L	30-Jul-08	Josh Anatolio	2008 SCS "RED" SUMMER JOS at CANY
13-14	200 Breast	2:42.01L	30-Jul-08	Josh Anatolio	2008 SCS "RED" SUMMER JOS at CANY
15 & O	100 Breast	1:10.50L	30-Jul-08	CHRIS V. LUU	2008 SCS "RED" SUMMER JOS at CANY
15 & O	200 Breast	2:35.40L	30-Jul-08	CHRIS V. LUU	2008 SCS "RED" SUMMER JOS at CANY

NEW RECORDS *continued*

15 & O	200 IM	2:18.49L	30-Jul-08	CHRIS V. LUU	2008 SCS "RED" SUMMER JOS at CANY
15 & O	800 Free	9:40.17L	9-Aug-08	Michael A. Owens	Metro Committee Summer LC Championships
15 & O	1500 Free	18:21.78L	9-Aug-08	Michael A. Owens	Metro Committee Summer LC Championships
13-14	50 Free	25.47Y	25-Oct-08	Kamy Isaacs	2008 Armada Senior Short Course Meet
13-14	1650 Free	18:33.65Y	25-Oct-08	Maryssa K. McArthur	2008 Armada Senior Short Course Meet
13-14	100 Breast	1:04.27Y	25-Oct-08	Josh anatalio	2008 Armada Senior Short Course Meet
15 & O	50 Free	22.18Y	25-Oct-08	David McArthur	2008 Armada Senior Short Course Meet
7-8	50 Free	32.39Y	14-Nov-08	Fion Quach	2008 CA LKWD/DWNY Dual Meet
11-12	500 Free	5:22.80Y	14-Nov-08	Daniel McArthur	2008 CA LKWD/DWNY Dual Meet
13-14	500 Free	5:16.05Y	15-Nov-08	Derek A. Ahmed	2008 CA - SCS Senior Developmnet Meet
6 & U	25 Back	22.37Y	22-Nov-08	Lulu Marvel	Cerritos Aquatic Club Fall SC Meet
11-12	1650 Free	18:28.13Y	22-Nov-08	Daniel McArthur	Cerritos Aquatic Club Fall SC Meet
11-12	400 IM	4:50.98Y	22-Nov-08	Daniel McArthur	Cerritos Aquatic Club Fall SC Meet
6 & U	25 Free	18.41Y	6-Dec-08	Lulu Marvel	2008 CA Metro Committee-Max Championship
6 & U	25 Breast	25.40Y	6-Dec-08	Lulu Marvel	2008 CA Metro Committee-Max Championship
6 & U	100 IM	1:41.87Y	6-Dec-08	Lulu Marvel	2008 CA Metro Committee-Max Championship
13-14	500 Free	5:28.10Y	12-Dec-08	Maryssa K. McArthur	2008 CA SBSC WINTER AGE GROUP CHAMPS
13-14	1000 Free	11:09.52Y	12-Dec-08	Maryssa K. McArthur	2008 CA SBSC WINTER AGE GROUP CHAMPS
11-12	200 Back	2:10.29Y	12-Dec-08	Daniel McArthur	2008 CA SBSC WINTER AGE GROUP CHAMPS
13-14	1650 Free	18:16.40Y	12-Dec-08	Derek A. Ahmed	2008 CA SBSC WINTER AGE GROUP CHAMPS
13-14	100 Back	58.83Y	12-Dec-08	Derek A. Ahmed	2008 CA SBSC WINTER AGE GROUP CHAMPS
13-14	200 Back	2:05.89Y	12-Dec-08	Derek A. Ahmed	2008 CA SBSC WINTER AGE GROUP CHAMPS
13-14	200 Breast	2:20.80Y	12-Dec-08	Josh anatalio	2008 CA SBSC WINTER AGE GROUP CHAMPS
15 & O	1650 Free	17:43.43Y	12-Dec-08	Michael A. Owens	2008 CA SBSC WINTER AGE GROUP CHAMPS
13-14	400 IM	4:35.37Y	18-Dec-08	Josh anatalio	2008 SCS Winter Invitational
15 & O	100 Free	49.07Y	18-Dec-08	David McArthur	2008 SCS Winter Invitational
15 & O	400 IM	4:24.97Y	18-Dec-08	David McArthur	2008 SCS Winter Invitational

Short Course Relay

Age Group	Event	times	date	swimmer
13-14	200 Free Relay	1:47.76	12-Dec-08	K. Isaacs, K. Wood, M. McArthur, M. Bell
13-14	400 Free Relay	4:00.98	12-Dec-08	M. Bell, M. McArthur, K. Isaacs, K. Wood
13-14	400 Medley Relay	4:32.92	12-Dec-08	M. Bell, K. Wood, M. McArthur, K. Isaacs
8 & U	100 Free Relay	1:19.43	6-Dec-08	M. McDermott, R. Beeghly, E. Magalong, J. McArthur
13-14	200 Free Relay	1:40.88	12-Dec-08	J. Anatalio, E. Saliba, B. Saliba, D. Ahmed
13-14	200 Medley Relay	1:52.00	12-Dec-08	D. Ahmed, J. Anatalio, E. Saliba, B. Saliba
13-14	400 Medley Relay	4:04.36	12-Dec-08	D. Ahmed, J. Anatalio, E. Saliba, B. Saliba
15 & O	200 Free Relay	1:37.64	1-Feb-08	C. Elrich, M. CAPRILE, M. Owens, J. McArthur
15 & O	200 Medley Relay	1:52.42	1-Feb-08	M. Owens, J. McArthur, M. CAPRILE, C. Elrich

Long Course Relay

Age Group	Event	times	date	swimmer
8 & U	200 Free Relay	3:26.21	9-Aug-08	J. SALIBA, G. Arnsparger, J. Liebzeit, F. Quach
8 & U	200 Medley Relay	3:59.97	9-Aug-08	J. Liebzeit, J. SALIBA, F. Quach, V. Quach
11-12	400 Medley Relay	5:34.66	19-Jun-08	B. Peterson, A. Loya, M. McArthur, D. Falencik
13-14	200 Free Relay	2:01.61	30-Jul-08	M. Bell, M. McArthur, A. Dominguez, K. Isaacs
13-14	400 Free Relay	4:29.34	30-Jul-08	K. Isaacs, M. McArthur, A. Dominguez, M. Bell
13-14	800 Free Relay	10:19.58	30-Jul-08	M. McArthur, K. Isaacs, A. Dominguez, M. Bell
8 & U	200 Free Relay	3:15.40	9-Aug-08	C. Quach, A. Martinez, D. NGUYEN, C. Schuller
13-14	200 Free Relay	1:53.82	30-Jul-08	D. Ahmed, J. Anatalio, E. Saliba, E. Runas
13-14	400 Free Relay	4:11.12	30-Jul-08	D. Ahmed, J. Anatalio, E. Saliba, E. Runas
13-14	800 Free Relay	9:25.65	30-Jul-08	E. Runas, J. Anatalio, E. Saliba, D. Ahmed
13-14	200 Medley Relay	2:05.46	30-Jul-08	D. Ahmed, J. Anatalio, E. Saliba, E. Runas
13-14	400 Medley Relay	4:36.01	30-Jul-08	D. Ahmed, J. Anatalio, E. Saliba, E. Runas

JANUARY BIRTHDAYS

The following swimmers celebrate their birthdays in January:

Caitlin Aluna
 Maggie Barker
 Nick Bustamante
 Allison Dominguez
 Lucinda Marvel
 Hannah Melvin
 Asha Pluton
 Christopher Quach
 Estephen Saliba
 Lucus Saliba
 Kody Siemensma
 Riley Woolvett



CONTACT INFORMATION

Head Coach	Lucy Moore: 866-1896
Assistant Coaches	Jessenia Gonzalez: 879-6528 Frankie Ibarra: Jon Moore: 866-1896 Rolando Ochoa: 630-7732
Team Manager	Rebecca McArthur: 421-9632
Team Officers	
President	Kirsten Dominguez
1st Vice President	Sue Beeghly
2nd Vice President	Ruth Anatolio
Treasurer	Barbie Broder
Communication Secretary	Sara Mata Amrhien
Ex-Officio Member	John De La Torre

CALENDER OF EVENTS

Date	What & Where
Feb. 6-8	Older JO's (13 & up) Belmont, Long Beach
Feb. 14-15	Senior Meet - La Mirada
Feb. 21-22	Metro-JO Max Section Champs - Downey
Feb. 25 - March 1	Sectionals - Las Vegas
March 7	Swim Clinic 12 & under - Cerritos
March 14	Dual with ZAP - All swimmers
March 21	Swim Clinic - 13 & up - Cerritos - Mandatory for all swimmers
March 28	Relay Meet - To be announced - Relays-for-fun
April 4-5	Cerritos BRW Meet - long course
May 2-3	Downey BRW - long course
May 16-17	Lakewood RW - short course
May 30	Swim-A- Thon - Cerritos - Mandatory for all swimmers