

## BISC NEWSLETTER – DECEMBER 2009

### BEST ATTENDANCE AT WORKOUTS FOR NOVEMBER:

#### Level 1

Emma Sellers  
Grace Ande  
Oliver Huber

#### Level 2

Daisy Bell  
Elizabeth Kopelansky  
Georgia Sauermann

#### Level 3

Kayleigh Sinopole  
Kelsey Sinopole  
Samantha Sinopole  
Hannah Tonsmann

#### Level 4

Candice Rosen  
Julia Lapin  
Mikelle Ackerley

#### Level 5

Spencer Alpaugh  
Anna Peirano  
Kim Williams  
Geneva Levy

#### NTG

Andrew McCarthy  
Spencer Alpaugh  
Anna Peirano

**ATTENDANCE AT SWIM MEETS:** One of the best ways to measure your swimming improvement is performance at swim meets. Learn how to deal with the pressure of competition by experiencing it. Records show that swimmers who avoid swim meets are the competitive swimmer drop outs.

**BISC RECORD BOARD:** Our team record board will be up-dated the first of January after the PNS Age Group Champs & Washington Open.

**WINTER BREAK PRACTICE:** The BISC practice schedule is on the team board.

**AGE GROUP NATIONAL TOP 10 PERFORMANCES:** Congratulations to Kim Williams for her honor of placing in the US Top 10 National Standings for her 11-12 age group in the following events: 1<sup>st</sup> Place in the 1000, 1650 Free, & 200 Breast, 2nd Place in 400 IM, 4<sup>th</sup> in 500 Free, 7<sup>th</sup> in the 200 Free & 200 IM, 8<sup>th</sup> in the 100 Breast, & 9<sup>th</sup> in the 100 IM.

**A SAD DAY FOR BOB MILLER:** “A few days after the PNS Age Group Champs and perhaps one or two days of Washington Sr Champs, I will be leaving from Federal Way to Green Valley, AZ. I will miss you all and look forward to hearing from you via email. Let me know how you are doing. You can reach me at ‘Retiredcoachbob@aol.com’. Swim fast and work hard for your new coach”. Signed: Your Ole Retired Coach Bob

**DECEMBER 4<sup>TH</sup> :** Retirement party to honor Coach Bob Miller at Island Center.

**MEET & GREET OUR NEW HEAD COACH:** Charlie Root December 10<sup>th</sup> @ 6:30 pm at the Bainbridge Island Aquatic Center.

**NEXT BISC BOARD MEETING:** DEC 8<sup>TH</sup> @ 7 PM.