



“INFORMATION- MOTIVATION- RECOGNITION”
NADADORE NATION
Monthly Newsletter of the North Texas Nadadores

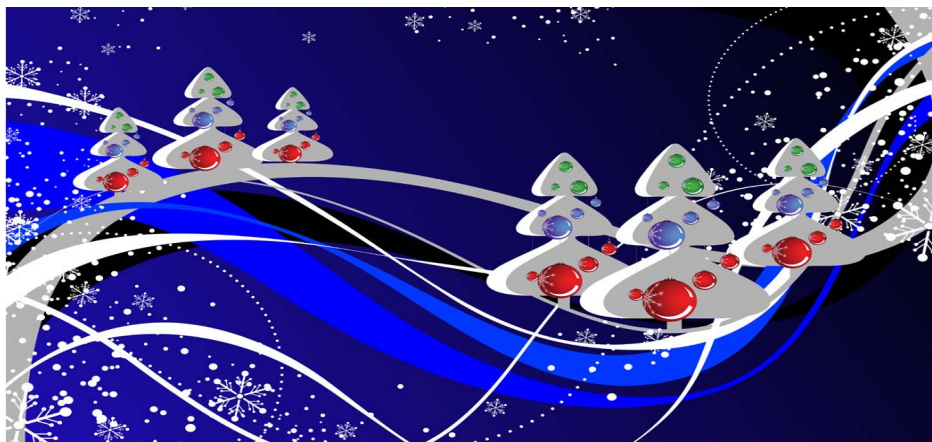
December, 2009

Priceless!

Head Coach Report

It is the middle of December and before we know it, the championship season will be here. NTN considers the championship season to be when it the last opportunity to swim fast before Spring Break. We need every NTN Swimmer to put his or her championship meet on the calendar. One, it is required that all NTN swimmers attend the appropriate season ending meet. Consider like the final exams for swimming. Two, the coaches start to gear their workouts for maximum performance for the final exam. Coaches make sure the swimmers are at the fittest point along with making sure technique is fine tuned. However it is like the old adage, you can lead the horse to water but you can't make them drink. It is similar to swimming, if the coach takes the time to review the turn, the swimmer must want to improve the turn. So when December turns to January and we get within weeks instead of months, remember to focus and prepare for maximum performance.

The North Texas Nadadores is a year-round competitive swim club. Competitive is the key word. The coaching staff believes that to get the most positive experience for your child, they have to go to USA Swimming meets and compete. By going to meets, the athlete learns how to handle competition, perform in pressure situations, and develop goal setting skills. Meets give the swimmers a purpose for attending practices. They develop reasons for wanting to get better. If the athlete desires to improve at the next meet then they try better in practice. Swimmers that do not attend meets, tend to drift. They do not have any direction. It is like trying to teach a student Calculus but never giving them a test. Calculus is too hard to learn unless you use a test as an incentive. It is the same for swimming. Swimming is too hard to do without tests. If your swimmer is a part of NTN, the coaching staff wants your swimmer to attend meets. NTN has several swimmers wanting to move-up groups or move off the waiting list. If a swimmer goes all season without attending a swim meet, NTN would like to use that spot for a swimmer that will attend meets.



Christmas Training Schedule

December 21st to January 2nd

NTN by Practice Group

Days are for both weeks.

Copper

Monday, Tuesday, Wednesday – 5:30 to 6:30 pm

Thursday and Friday – No practice

Saturday – 11:30 am to 12:30 pm

Bronze (both groups)

Monday, Tuesday, Wednesday – 4:15 to 5:15 pm

Thursday and Friday – No practice

Saturday – 11:30 am to 12:30 pm

Silver (both groups)

Monday, Tuesday, Wednesday – 5:15 to 6:30 pm

Thursday and Friday – No practice

Saturday – 11:30 am to 12:30 pm

Gold

Monday, Tuesday, Wednesday, and Saturday – 10 to 11:30 am

No practice on Thursday and Friday

Platinum

Monday, Tuesday, Wednesday, and Saturday – 10 to Noon

Monday and Wednesday – 5:30 to 7:15 pm

No practice on Thursday and Friday

Senior 1 Prep

Monday, Tuesday, Wednesday, and Saturday – 8 to 10 am

Monday, Tuesday, Wednesday – 3:30 to 5:30 pm

No practice on Thursday (the 24th) and Friday

Senior/National

Monday, Tuesday, Wednesday, Thursday and Saturday – 8 to 10 am

Thursday, December 31st – 8 to 10 am

Monday, Tuesday, Wednesday – 3:30 to 5:30 pm

No practice on Thursday (the 24th) Friday

Senior 2

Monday, Tuesday, Wednesday – 3:30 to 5:30 pm

Thursday, Friday, and Saturday – No practice



Meet Schedule – NTN By levels

December 2009 to March 2010

*to see the whole North Texas Swimming Schedule go to www.ntswwim.org

“B/C” Meet Schedule

Novice 12 & Unders swimmers from the Copper, Bronze, Silver and some Gold Groups

<u>DATE</u>	<u>MEET</u>	<u>OTHER</u>
December 19 to 20	NTN B/C Invite	NTN hosts at CISD
January 22 to 24	TRS B/C Invite	GCISD
February 12 to 14	LAC B/C Invite	LISD in The Colony
March 5 to 7	B/C Champs	LISD in The Colony

“BB” Meet Schedule

Novice 13 & Over Swimmers and qualified 12 and Unders from Copper, Silver, Gold, Platinum, and Senior 2.

<u>DATE</u>	<u>MEET</u>	<u>OTHER</u>
December 11 to 13	COPS “BB” Invite	Oak Pointe Rec Center
January 8 to 10	FRISCO “BB” Invite	Frisco ISD pool
January 29 to 31	ATAC “BB” Invite	LISD in The Colony
February 26 to 28	BB Champs	GCISD

“A” Meet Schedule

Qualified swimmers from Gold, Platinum and Senior 1 Prep, and Senior Group

<u>DATE</u>	<u>MEET</u>	<u>OTHER</u>
Jan 15 to 17	LAC “A” Invite	LISD in The Colony
Feb 5 to 7	Greater SW Open	Loos hosted by COPS
Feb 19 to 21	“A” Champs	NTN hosts at CISD
March 11 to 14	TAGS SC Champs	The Woodlands, TX

Senior Meet Schedule

Qualified swimmers from Senior Prep, Senior, and National Group

<u>DATE</u>	<u>MEET</u>	<u>OTHER</u>
Dec 17 to 20	Chesapeake Elite Meet	OKC – Entries due 11/19
Jan 15 to 17	LAC “A” Invite	LISD in The Colony
Feb 5 to 7	Greater SW Open	Loos hosted by COPS
Feb 19 to 21	“A” Champs	NTN hosts at CISD
March 4 to 7	Sectionals	Texas A & M



Fast Food Breakfast Choices

Warm-ups for the morning session start at 7:00 am, your two children need a breakfast, you're in a strange town, and the only place you can find for breakfast is one of the fast food places. What to do?

The most important thing to do is avoid fats for two reasons: 1) Fats have an immediate and dramatic effect on the ability of the circulatory system to carry nutrients, especially oxygen, to muscle cells. For young people about to participate in a swimming meet this is a definite handicap. And 2) As part of developing lifetime habits for long term health, people of all ages should keep their daily fat intake to less than 30 percent of the total calories consumed.

The Mayo Clinic Nutrition Letter offers these tips:*

You don't always have to mix nutrition for speed and convenience. Fast foods may not make ideal meals, but some do offer healthful carbohydrate and only moderate amounts of fat. You also can downplay fat excesses by sorting out subtle differences among items. Consider these points the next time you're grabbing breakfast on the run:

Keep it simple -- The fewer ingredients you order in breakfast sandwiches, the lower the fat, sodium and calories. Hold the sausage and bacon.

Order it "drier than a biscuit" -- The English muffin is the lowest-fat breakfast food on most quick-service menus. Order it dry and substitute jelly for the butter; this virtually eliminates fat. When other ingredients are equal, a sandwich made on an English muffin is lower in fat than one on a biscuit. Croissant sandwiches are highest in fat.

"Croissant" may sound light and airy, but it contains twice the fat of a biscuit and six times the fat of an English muffin.

Choose "cakes" instead of eggs --Pancakes, even with a little butter, offer more energizing carbohydrate and less fat and cholesterol than egg dishes.

Below are three of the lowest-fat breakfast options found by the Mayo Clinic Nutrition Letter: These meals supply 20 to 30 percent of daily protein for the average adult, about 25 percent of daily calories for the average women, complex carbohydrates, vitamin C, and, in one example, calcium.

1. McDonald's Hotcakes with butter and syrup, orange juice, coffee: 493 calories, 16% of calories from fat.
2. McDonald's English muffin with butter, orange juice, low-fat milk: 384 calories, 23 % of calories from fat.
3. Jack in the Box Breakfast Jack (egg, ham and cheese on a hamburger bun), orange juice, and coffee: 387 calories, 30 percent of calories from fat.

*Reprinted from Mayo Clinic Nutrition Letter with permission of Mayo Foundation for Medical Education and Research, Rochester, Minnesota, 55905.

Head-Age Group Report-Coach Heather Maher I will be covering the meets in November. The December results will be available in the January Newsletter.



A MEET-ATAC November 6-8 4th PLACE FINISH

New A times were made by the following swimmers: John Everett and Rebecca Upton

New AA times were made by the following swimmers: Nicole Cherrett, Olivia Coffey, Kyle Derevyani, Jason Head, Annika Ittiruck, Nasha Leuvit, Kyle Mcall, Katie Nedrow, Abby Osen, Brook Parra, Morgan Rooney and Anna Salerno

New AAA times were made by the following swimmers: Emily Gibson, Colin Giddings, Aaron Greene, Jonathon Roberts, Katelyn Sowinski, Jennifer Talbert and Matthew Willenbring

All-Star Challenge-CISD November 14-15

New A times were made by the following swimmers: Alex Moraru

New AA times were made by the following swimmers: Annika Ittiruck, Anna Salerno and Jennifer Talbert

New AAA times were made by the following swimmers: Jason Head, Sean Murphy, Laura Norman, Austin Nguyenphu, Katie Nedrow, Rebecca Upton and Sydney Wheeler

New AAAA times were made by the following swimmers: Brett Ringgold

BB MEET-TRS November 13-15 - 7th Place finish

New A times were made by the following swimmers: Miranda Gardner, Katie McKinney and Taylor Willenbring

New BB times were made by the following swimmers: Lauren Clay, Ziggy Durant, Mallory Dyson, Noah Faloon, Grace Giddings, Casey Giles, Logan Henry, Carson Klein, Kris Kolde, Shelby Shao, Katie Song, Wesley Song, Christina Moraru, Morgan Rooney, Amelia Rusli, Michelle Terry, Joseph Zapinski and Alex Zettle

B/C Meet-SWAT November 21-22 -4th PLACE FINISH

New B times were made by the following swimmers: Mackenzie Cherrett, Meredith Denton, CJ Durant, Morgan Dyson, Ava Elia, Luke Faloon, Harrison Koh, Adrian Loung, Maddy Mann, Allyson Whitsett, Lauren Wightmen, Madison Wightman and Dylan Tran

New BB times were made by the following swimmers: Ziggy Durant and Evan Kolde

PRACTICE GROUP REPORTS

National/Senior Report – Coach Bill Christensen

E-mail – christeb@cisdmail.com

Not sure if anyone has noticed but we have spent a lot of time working on turns in practice. Lately, we have been warming up and then doing turn work. It seems to be paying off. I have seen our turns improve in practice and . I think we can still do more. One easy way to keep improving is by taking that turn work and applying it to the rest of practice. We have some swimmers, after doing breast and fly turns, do hand turns during the next set. It is very hard to execute good turns in meets, if you can't do them in the heart of practice. After Christmas, the training will become even more specific. Improvement in technique comes about when the swimmer has more desire to improve rather than telling the day's best story.

The other thing swimmers need to focus on is the meet schedules between club swimming and High School swimming. For those swimming High school, the last real chance to swim non-high school events, before the championship season, will be the "A" meet hosted by LAC. It is January 15 to 17. Entries are due on Monday, January 4th. Meet information went out the week of December 14th. You need to decide what events you want to swim. The "A" meet will be two weeks before HS Districts. For those needing a last chance to qualify for Sectionals, "A" champs (which we host – Feb 19-21) will be the week after HS Regionals (Feb 12 -13). The last thing is to consider is Sectionals (March 4 to 7). With the sectionals, you have to plan to miss at least another day of school. Please start talking to your teachers and planning your schedule.

November Swimmers of the Month – Elise Weisert.

Senior Prep – Coach Stuart Smith

E-mail – smiths@cisdmail.com

As we approach the Christmas holiday season, athletes will get a much needed break from school. With the holiday break, swimmers have the opportunity to take advantage of attending more practices. The group has done an excellent job of training this fall. 'Christmas training' is typically an important training cycle for most programs. Swimmers that take advantage of it will see momentum build through January and into our championship meet season. Swimmer's who are inconsistent during this time, typically play 'catch up' during January.

It is understood that during the break there are many family commitments and that swim practice may not always be at the top. Below, I list some guidelines to follow during the school break:

- 1) Try to attend as many practices as possible during the Christmas Break. Two a days are good!!
- 2) If you are going out of town:
 - a. Tell me when you will be out of town.
 - b. See if there is a team where you will be, and see if you can train with them. I can help you find a team.
 - c. If you can find a pool, with no team, I can give you practices.
 - d. If you will be limited with your swimming, try to offset it with other activities. Stay active!

3) Generally, if you are in town, come to practice!!

Some observations from the COR meet at Loos: Air was cold; water was cold-not a good combination! This makes it very difficult to swim fast. That being said, we have to take extra precautions to make sure we are enabling ourselves to swim fast.

When the pool deck is cold, we have to stay clothed and bundled up as much as possible. We should clothe and cover as much of our body as possible, including head and feet. Too often, swimmers are reporting behind the blocks in just their suit. They should be reporting fully clothed and only removing the clothes at the last possible moment.

The colder the deck or water, the more time you need to warm up. If you are shivering at anytime after warm up, your warm up was worthless.

I talked last month about swimming the whole meet. Generally, we want to swim in as many events as we are qualified and are allowed to swim. Successful swimmers learn and adapt to be able to swim multiple events in a session. There are many reasons why we want to learn how to do this. Here is one example: If you qualify for a full slate of events at either TAGS or Sectionals, here's what you are looking at:

2-3 swims each morning
2-3 swims at night
a relay at end of the session.

The relay may be up to your seventh swim of the day with your relay team counting on you to be at your best. After the relay you better swim down really well because you have two more days of this! Depending on the type of meet, swimmers may swim up to 20 times in a 3-4 day period.

This is why it is important to learn how to do this now, in the middle of the season. A primary focus in this group is getting swimmers ready for senior swimming. A major transition turning 13 is that we are now swimming 100's and 200's instead of 50's and 100's. We train and teach to empower our swimmers to endure multiple events over multiple days, and also why Christmas training is important.

Swimmer of the Month for the fall:

November: Austin Nguyenphu
October: John Everett
September: Tanya Ittiruck
August: Aaron Cosenza

Platinum Report-Coach Heather Maher

Swimmer of the month-Taylor Wiillenbring

As the holidays are approaching rapidly, I would like to take this time to thank all the parents and swimmers who have been respectful and supportive of me over these last few years! Also welcome to the four new families to the NTN team: Carter, Salerno, Schimek, and Willenbring.

It is a joy to see a swimmer go through development and change right before my eyes. It is pure pleasure to watch a smile erupt on their face as they look up at the clock and see that best time and know they are super proud of themselves. If a swimmer is willing to trust I can help them become better, there will be much improvement over the season. In general, humans do not like change, so this is asking a lot I know. I always tell them I am doing what is best for them, as I am the professional and you as parents are paying me as such. Those who can get on board with this will see some positive changes in stroke form and hence speed. Many platinum swimmers have already dropped so much time from 6 months ago. In part this is due to growth and maturity, but the willingness of the swimmer to break old 'bad habits' and create new 'positive change influences' even more.

On the note of growth and maturity, you will notice very different body types in the platinum group. For the most part, the platinum swimmers (especially girls) will hit the onset of puberty before they leave the platinum group. Some of the smaller boys will probably be late bloomers and not start until they are in Stuart's group. Example: My brother is 6'2" but was only 5'4" going into high school, but I was full grown by 15.

As I look out at the 35 swimmers in my group, I can see the different levels of growth occurring. Some swimmers have just started to go "through the change", some have been in it for well over two years and some are no where near starting. Adolescents will continually grow during "the change" until they are at their full size when puberty is complete. The average girl is a "woman" by 15 and the average boy is a "man" by 17. Obviously the end size of a swimmer is mainly due to heredity. However, the environment and nutrition can also affect the outcome of your swimmers stature. Make sure they are getting plenty of food, liquid and rest during this time of change. Their bodies are already working overtime as their ligaments stretch and muscle mass is compounded. Then add the duration of time spent in the water and this can lead to exhaustion. If your swimmer seems "run down" more than normal, make sure you talk to your pediatrician.

HAPPY HOLIDAYS

Coach Heather

Gold Group News- Coach Tyler Applegate

Swimmer of the Month: Carson Klein

I only have a few things for December's newsletter. The meet schedule, GFTG Caps, and "A-BB-B/C" caps are listed at the bottom. These do not include the results from the COPS BB meet.

I really want to stress the importance of warming up and down before and after every race at a meet. At the COPS BB meet I only went on Sunday. The swimmers who were struggling were the ones who did not properly warm up/down between races. I know that everyone wants to get out of a meet as soon as possible, especially after being there for a few hours. But, by staying an extra 15 minutes and properly warming down, the next day of swimming, either at a meet or practice will be much more successful.

Lastly, as we are about to go on break from school I want to make sure everyone is aware of the importance of staying in the water over break. If you are going on vacation, enjoy it. But make sure that you are getting in the water as often as possible. If you are in town you should attend every practice over the break. If you are going to be gone for an extended period of time let me know and we will try to find another team to train with over the break.

Date	Meet	Location
12/19-12/20	NTN "B/C" Meet	CISD
1/8-1/10	Frisco "BB" Meet	Frisco
1/15-1/17	LAC "A" Meet	The Colony
1/15-1/18	TXLA New Years Classic	UT
1/29-1/31	ATAC "BB" Meet	The Colony

Silver and Bronze Group Report – Coach Lynne Gorman and Coach Jessica Miles

E-mail Coach Gorman at gormanl@cisdmail.com

Dear parents and swimmers of Bronze and Silver Teams:

As we approach the Holiday season and look forward to the following meets in January – March I think it is important to stay focused on the process of developing competitive swimmers. Competitive swimmers come in all levels of experience and speed. Our Bronze and Silver team swimmers include swimmers ages 6-14 who have raced in their first BC meet up to swimmers who are learning to maximize their race plans in the 'BB' meets. These are dynamic groups full of young developing competitive swimmers.

In practice, our focus is on stroke development, speed, endurance, and improving our competitive skills. We go to meets to learn and practice our racing skills. Learning to check in, warm up, talk to your coach about your race, get to the correct heat and execute your race plan with speed, skill and a bit of finesse is a process. Of course, once a swimmer gets the routine down, then there are more things to learn. Getting a time in a full list of recommended events is a place to start. Once a swimmer has swum an event legally and earns a time, then they will need to work on holding their best stroke throughout the race, accelerating through the turns and racing hard. We can always work to make the race better.

Each time a swimmer races in a meet, they will make some mistakes, learn to deal with frustration and have some terrific swims! Likely, they will have some fun between races. Learning to focus and get ready for their race will continue to be challenging. Practicing their races in more than one meet becomes very important! Our attendance at meets is good. From September 1st through the NTN BC meet, 40 of the 46 swimmers on Bronze team and 58 of the

66 swimmers on Silver team have raced in at least one USA meet. That is ~ 87% participation in at least one meet!! Additionally, 25 Bronze swimmers (54%) and 45 Silver swimmers (68%) have taken the opportunity to race in 2 meets since September!! I am very encouraged by these numbers.

As we look forward, please make as many Holiday practices as you are able, visit a swim team if you are traveling and check the meet schedule to take the opportunity to race!

Sincerely,
Coach Lynne Gorman

Carroll High School Swimming News

Dragons Dominate The Mansfield Invitational Swim Meet

Most of our Carroll Dragon swimmers that competed in this meet are our own North Texas Nadadore swimmers in our Senior I, Senior I Prep and Senior II, with Coach Bill Christensen, Coach Stuart Smith and Coach Tyler Applegate.

The Dragon Swim/Dive Teams were in action one last time before the Christmas Break.

The Dragons competed at the Mansfield Invitational Meet on Friday and Saturday Dec 11-12

64 Dragon swimmers and 5 Dragon divers competed. The Dragons spread a little "smoke on the water" in winning both the Men's and Women's titles at the Mansfield Meet vs 22 other teams, including the Jenks, Oklahoma, Trojans, last year's 2010 Oklahoma State Champions in both Men's and Women's Swimming.

Top 8 Team scores:

Women's

1. Southlake Carroll 688 2. Mansfield 234 3. Allen 216 4. Jenks, Oklahoma 161 5. Grapevine 160 5. Keller 160 7. Colleyville 129 8. Lubbock Coronado 79

Men's

1. Southlake Carroll 551 2. Allen 209 3. Lubbock Coronado 197 4. Mansfield 189 5. Belton 155 6. Colleyville 150 7. Jenks, Oklahoma 126 8. Keller 108 8. Mansfield Summit 108

The Dragons won all six relays, setting new Meet records in all six.

1st 200 Medley relay girls 1:50.47 with Lyndsie Gibson, Chelsea Dunlap, Taylor Derevyaniuk and Cassidy Lapp

1st 200 Medley relay boys 1:40.79 with Ryan Walker, Drew Glenn, Ted Singley and Curtis Goss

1st 200 Free relay girls 1:41.21 with Cassidy Lapp, Emily Zapinski, Taylor Cole and Claire Singley

1st 200 Free relay boys 1:28.44 with Connor Nolan, Ian Rea, Andrew Goss and Curtis Goss

1st 400 Free relay girls 3:39.61 with Taylor Cole, Emily Zapinski, Chelsea Dunlap and Claire Singley

1st 400 Free relay boys 3:12.83 with Connor Nolan, Ian Rea, Andrew Goss and Ryan Walker

Top 3 finishers for the Dragons included:

Emily Zapinski 2nd 200 free 1:56.94; Ted Singley 2nd 200 free 1:45.87 season best; MacKenzie Leonard 2nd 200 IM 2:13.75; Elise Weisert 3rd 200 IM 2:13.99 personal best; Ian Rea 1st 200 IM 1:58.29 personal best Meet record; Cassidy Lapp 2nd 50 free 24.75; Connor Nolan 1st 50 free 21.15 personal best Meet record Team record All American Automatic; Andrew Goss 2nd 50 free 22.63; Taylor Derevyaniuk 1st 100 fly 59.02 season best; Ian Rea 1st 100 fly 52.89 season best Meet record; Cassidy Lapp 1st 100 free 54.08; Claire Singley 2nd 100 free 54.09 season best; Connor Nolan 1st 100 free 45.89 personal best Meet record All-American Automatic; Ryan Walker 3rd 100 free 49.34; Lyndsie Gibson 2nd 500 free 5:12.86 season best; Taylor Cole 3rd 500 free 5:14.43; Andrew Goss 2nd 500 free 4:50.15 season best; Jennie Hall 3rd 100 back 1:00.71; Ted Singley 1st 100 back 54.56 personal best; Elise Weisert 1st 100 breast 1:06.98 Meet record; Chelsea Dunlap 2nd 100 breast 1:07.39; Drew Glenn 1st 100 breast 1:00.65 personal best Meet record;

Top 8 scorers for the Dragons included:

Kaitlyn Hogan and Chelsea Dunlap in 200 free; John Ausdenmoore in 200 free; Katie Shackelford and Kelsey Rebelez in 200 IM; Austin Nguyenphu and John Remetta in 200 IM; Lauren Wheeler, Taylor Cole and Lyndsie Gibson in 50 free; Ryan Walker in 50 free; Claire Singley and Jillian Roberts in 100 fly; Curtis Goss and John Ausdenmoore in 100 fly; Emily Zapinski and Jennie Hall in 100 free; Drew Glenn in 100 free; Jillian Roberts in 500

free; Curtis Goss in 500 free; Taylor Derevyanik, Eden Henderson and Lauren Wheeler in 100 back; Carson Henderson in 100 back; MacKenzie Leonard and Morgan Pettyjohn in 100 breast; Brian Talbert in 100 breast

Additional Dragons placing in the Top 16 and contributing points to the Final Team score:

Kristi Nguyenphu, Jaymes Hass, Soren Jacobson, Vasily Kaufman, dive; Courtney Eddy, dive; Taylor Fry, dive; Sarah Meinz, dive; Regan Klein, dive; Dan Hottois, Kyle Spencer, Christian Shannon, Nick Hope,

It was a very fine outing to finish the Fall swim/dive season.

The Dragons will be training hard over the Christmas Holiday and will swim next at Mansfield vs the entire Mansfield ISD HS swimmers, from four different High Schools.

Congratulations to all the swimmers and divers on a fine Fall season.

The Championship season is not far off...

Go Dragons!

Kevin Murphy

Head Swim Coach

Southlake Carroll HS



Nadadores

Aceves, Katina	14	12/8/1995
Brown, Courtland	12	12/27/1997
Cosenza, Abby	11	12/23/1998
Dalal, Kajal	13	12/25/1996
Damron, Gavin	12	12/17/1997
Dyson, Mallory	13	12/3/1996
Gardner, Miranda	13	12/5/1996
Goss, Andrew	18	12/17/1991
Hazleton, Kendall	13	12/5/1996
Henderson, Eden	16	12/18/1993
Ittiruck, Anya	10	12/27/1999
Jennings, Ryan	11	12/14/1998
Meek, Austin	11	12/15/1998
Parra, Brooke	12	12/28/1997
Sheehan, Isabella	10	12/3/1999
Singley, Ted	16	12/15/1993
Taylor, Jacob	10	12/8/1999
Traylor, Grant	9	12/1/2000
Tung, Madelynn	10	12/22/1999
Zapinski, Emily	15	12/21/1994
Zettle, Ashley	8	12/22/2001

