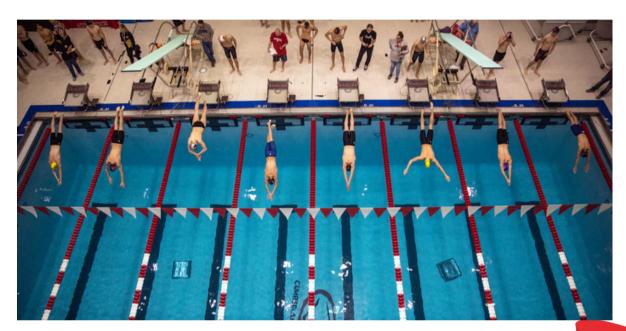


HOT NEWS.



## WSY PRESIDENT'S DAY MEET RECAP

From February 14-16, our swimmers competed at the West Shore YMCA Invitational, and we had fantastic performances, including personal bests and significant time drops! Special congratulations to Deandre Grab, Parker Mann and Anhud Mahil for competing in their first-ever USA Swimming meet!



















# MEET HIGHLIGHTS



Event 2 Mixed 25 Yard Tadpole / Elem. Back Multi-Class

Age Team Seed Time

Heat 1 of 3 Finals

Event 6 Mixed 25 Yard Breast or Fly Multi-Class

Swimmer	Event	Time Drop (sec)
Matthew Friedrich	100 Free	-6.78
Moriah Grab	200 IM	-3.83
Trey Hess	100 Back	-16.78
Eli Jones	50 Fly	-5.93
Anhud Mahil	50 Back	-3.99
Sachen Ruit	100 Back	-6.47
Ugyen Ruit	100 Fly	-5.37
Bailey Shaw	100 Back	-6.42
Taurean Shaw	400 IM	-48.51
Elliot Soffer	500 Free	-7.3
Evan Starner	100 Breast	-2.78

### MENTS & EVENTS

## SAVE THE DATES

#### **VOLUNTEER TIMING TIPS!**

Are you interested in volunteering as a timer but aren't sure what to do? Here are a few quick tips to help you feel prepared:

- Confirm the swimmer's name in each heat as they line up.
- Know the length of the race and how many laps are required.
- · Stand close to the pool edge for a clear view of wall touches.
- Always start your watch—even if you don't have a swimmer in your lane.
- · Press the start button at the flash, not the buzzer.
- · If your watch malfunctions, raise your hand for assistance.
- Enjoy the best view of the races from the deck!



### THE DO'S AND DON'TS OF THE OFF-SEASON





With the fall/winter season winding down, here are some key tips to stay ready for summer swimming:

- DO Take a Break Your body and mind need time to recover.
- DON'T Slack Off Rest is important, but staying active makes returning easier!
- DO Eat Right Maintain proper nutrition to fuel your body year-round.
- DON'T Avoid the Pool Completely Even one light swim a week keeps your feel for the water.
- DO Assess Your Performance Reflect on your past season, coach's feedback, and set new goals!



Sunday, April 6th -**End of Season Party (Details** coming soon!)



Monday, May 12th -CYA "Yard Sale" @ **Practice** 

## UPCOMING MEETS



Yak Dash • 03/01/25 **Central York HS** (SCY)



2025 MA 10&Under Championship Meet • 03/08/25 -03/09/25



2025 MA Silver **Championships** York YMCA • 03/28/25 - 03/30/25 **Graham Aquatic** Center (SCY)

## RCH BIRTHDA

Amelia Benkert - 3/5 Trey Hess - 3/31 Adelyn Kauffman - 3/3 Bennett King - 3/19 Londyn Kittrell - 3/13









EMME CLARK
BECKETT CRAWFORD
VALERIE DELGADO
LONDYN KITTRELL
AMELIA LINGG

AVNOOR MAHIL
CAMDEN RUPP
AUBREY SHAW
BAILEY SHAW
DYLANN SPENCE



2025 MA 10&UNDER CHAMPIONSHIP MEET • 03/08/25 - 03/09/25 DERRY TOWNSHIP COMMUNITY CENTER (SCY)



#### VER CHAMPIONSHIPS

2024/2025 SEASON

DEANDRE GRAB

**TREY HESS** 

**LEVI KANE** 

AIDAN KANE

**LEO LE** 

LIZ LE

**JOHN LE** 

**FOXX MONROE** 

**SOPHIA QUIGLEY** 

**UGYEN RUIT** 

**SACHEN RUIT** 

**TAUREAN SHAW** 

BENNETT KING EVAN STARNER

**AARON YOUNG** 

**ELLIOT SOFFER** 

**LANDON HARNISH** 



