



YAK UPDATES

March 2025

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


Lane Name Age Team Seed Time

Heat 1 of 3 Finals

Event 6 Mixed 25 Yard Breast or Fly Multi-Class

Lane Name Age Team Seed Time

Heat 1 of 1 Finals

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

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)**

MARCH BIRTHDAYS

Amelia Benkert - 3/5

Trey Hess - 3/31

Adelyn Kauffman - 3/3

Bennett King - 3/19

Londyn Kittrell - 3/13



2025 CHAMPS 10&UNDER



QUALIFIERS

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)



MA SILVER CHAMPIONSHIPS

2024/2025 SEASON

DEANDRE GRAB	SOPHIA QUIGLEY
TREY HESS	UGYEN RUIT
LEVI KANE	SACHEN RUIT
AIDAN KANE	TAUREAN SHAW
BENNETT KING	EVAN STARNER
LEO LE	AARON YOUNG
LIZ LE	ELLIOT SOFFER
JOHN LE	LANDON HARNISH
FOXX MONROE	

