

- Dec. 4, 2009 - [Phelps Surprises Swim Team as Guest Coach](#)
- Nov. 9, 2009 - [RMSC Wins National Age Group Team Challenge](#)
- Nov. 5, 2009 - ['Abuela's Swim' to Raise Money for ALS](#)
- Oct. 13, 2009 - [From Olympics to Sea Devils, Tinkham Shines](#)
- Oct. 9, 2009 - [Georgetown Looks to Freshmen For Success This Season](#)
- Oct. 8, 2009 - [Local LLS Swim-A-Thon a Success](#)
- Aug. 5, 2009 - [NBAC's Last Meet Attracts Local Stars](#)
- July 26, 2009 - [Monday Pool](#)
- July 25, 2009 - [A Hectic Saturday for Many PVS Swimmers](#)
- July 25, 2009 - [Conger is Making Waves](#)
- July 23, 2009 - [Daily Results from PVS Champs](#)
- July 23, 2009 - [20 Questions: Natalie Coughlin](#)
- July 22, 2009 - [Best Posts of the Month](#)
- July 17, 2009 - [Morning Results from the PVS LC Champs](#)
- July 15, 2009 - [20 Questions: Brady Fox](#)
- July 15, 2009 - [Records Fall at MCSL Invitational](#)
- July 13, 2009 - [Monday Pool](#)
- July 7, 2009 - [How'd They Do? Local Swimmers at Nationals](#)
- July 6, 2009 - [Monday Pool](#)
- June 30, 2009 - [Summer Leagues: Not Just For Swimmers](#)
- June 23, 2009 - [Weekend Roundup](#)