

Fear the Bug!! Garrett Park Wins Division E Relay Carnival

Garrett Park and the rest of Division E trekked to beautiful [Dasmascus](#), which did a great job hosting the Relay Carnival. It could not have been closer with Garrett Park edging out division-leading Country Glen by 1 point! With Woodcliffe finishing third, the Ladybugs are now in sole possession of 2nd place in the division. Several relays are going to All-Star Relays at the end of the season and/or set new Garrett Park Team records.

All-Star Relays

Boys 14 & Under 175 SC Meter Freestyle Graduated Relay 1:55.41

- 1) Youth, Zack 10
- 2) Demitz, Connor 11
- 3) Berry, Kevin 13
- 4) Flannery, Peter 8

Mixed 8 & Under 100 SC Meter Freestyle Relay 1:22.38

- 1) Reilly, Chris M8
- 2) Hilligoss, Allison W8
- 3) Flannery, Peter M8
- 4) Heaton, Holly W8

14 & Under 100 SC Meter Medley Graduated Relay 1:11.51

- 1) Demitz, Connor 11
- 2) Youth, Zack 10
- 3) Berry, Kevin 13
- 4) Flannery, Peter 8

Girls 14 & Under 100 SC Meter Medley Graduated Relay 1:12.12

- 1) Bonetta-Misteli, Kiki 11
- 2) Mayer, Morgan Yeulan 13
- 3) Shuck, Jordan 10
- 4) Heaton, Holly 8

Girls 8 & Under 100 SC Meter Medley Relay 1:34.26

- 1) Tifford, Grace 8
- 2) Flannery, Megan 8
- 3) Heaton, Holly 8
- 4) Hilligoss, Allison 8

Boys 9-10 100 SC Meter Medley Relay 1:18.73

- 1) Melton, Matthew 10
- 2) Youth, Zack 10
- 3) Roll, Hank 10
- 4) Sorensen, Jacob 10

New Relay Records

- **Jordan Shuck, Sarah Poling, Sammy Holden, and Holly Heaton for 14&U 175 Free Relay in 1:56.44**
- **Kiki Bonetta-Mistelli, Jordan Shuck, Morgan Mayer, and Holly Heaton for GIRLS 14&U 100M Graduated Medley Relay in 1:12.12.**
- **Grace Tifford, Holly Heaton, Megan Flannery, and Allison Hilligoss for GIRLS 8&U 100M Medley Relay in 1:34.26.**
- **Holly Heaton, Sarah Poling, Olivia Lasche, Jordan Shuck, and Sammy Holden for GIRLS 250M Crescendo Freestyle Relay in 2:45.22**

Ladybugs Keep Rolling in Week 4

Garrett Park hosted its last meet of the summer and sent off two seniors in style with a solid win over the visiting [Damasus](#) Dolphins. The team recognized the long standing contributions of long-time swimmer and assistant coach, [Marguerite Joutz](#) and [Gearet Fitzpatrick](#), a team leader in spirit during his short tenure on the team.

Records

While there were no sweeps, what seems to be a weekly assault on both team and pool records continues.

[Holly Heaton](#) lowered her own team and pool record in the 8u 25 free to 16.86.

Congratulations to Damascus' [Kate Zimmerman](#), who lowered the pool record in the 13/15 breast stroke to 38.25. The previous record has been in place since 2004. Garrett Park's [Morgan Mayer](#) was below the previous record too, but Kate's name will go up for the pool record. Morgan, though, lowered team record previously set in 1999 on June 25th in a time of 38.37.

The girls 14u 175 Free Relay of [Jordan Shuck](#), [Sarah Poling](#), [Sammy Holden](#) and [Holly Heaton](#) lowered the Garrett Park pool record that three of the girls help to set on week 1 by swimming a 1:57.91.

New All-Stars!

Ladybug swimmers continue to improve their times with the following swimmers establishing new all-star qualifying times:

[Matthew Melton](#) qualified in the 9/10 25 back and

[Grace Tifford](#) qualified in the 8u 25 fly

Coaches' Long Course All-Stars

Several Ladybugs will be representing their team at the prestigious Coaches' Long Course Meet:

[Holly Heaton](#) 8u free and fly

[Zach Youth](#) 9/10 breast

[Connor Demitz](#) 11/2 back

[Fletcher Tollefson](#) 15-18 breast

Garrett Park is Upset-Minded

Despite what virtual meets and the division seeding might indicate, Garrett Park had what it needed to upset host [Woodcliffe](#) in week 3. Led by the youngest and oldest of the girls, Garrett Park edged Woodcliffe 407 to 382. The 8u girls swept the freestyle and butterfly and the 15-18 girls swept the free, back, and IM. The Ladybugs stand 2-1 in Division E, tied for second place, and hope to continue the upset trend when they host [Dasmascus](#) for week 4.

New All-Star Qualifying Times

Several swimmers achieved new all-star qualifying times this week, including:

Sammy Holden 13-14 back 36:03

Jacob Sorensen 9-10 fly 18.66

Kevin Berry 13-14 fly 32.00

New Team Record

Despite being touched out for the win by Woodcliffe in an incredibly exciting 14u 175 freestyle graduated relay, the Ladybug girls, Jordan Shuck, Sarah Poling, Sammy Holden and Holly Heaton lowered the team record that several of them helped to set last year to 1:56.82. Should prove interesting for next week's relay carnival.

Garrett Park is 1-1 after week 2

About

[Country Glen](#) played host to the Ladybugs, but they were not too gracious, downing Garrett Park 433.5 to 358.5. Actually, other than winning, Country Glen played great music and served up great food on a beautiful Saturday morning. Once again there were some good individual and team efforts. The competition was especially fierce among the 13-14 girls with several events being decided by hundreds of seconds.

Pool Record

Holly Heaton continued her record setting ways, lowering a long-standing record at Country Glen in the 8u back. Holly swam it in 20.48.

New All-Star Qualifying Times

Although many of our all-star swimmers repeated their qualifying events from last week, several qualified for the first time this week in a new event. New all-star quality swimmers include:

Holly Heaton	8u back	20.48
Kiki Bonetta Mistelli	11-12 back	38.72
Fletcher Tollefson	15-18 IM	1:06.20
Jordan Shuck	9-10 breast	21.63
Sarah Poling	11-12 fly	36.80

Address:

Online:

Contact:

The Ladybugs take to the road again next weekend to visit [Woodcliffe](#), likely right in the middle of the Division E pack.

Don't underestimate the 6th seed!!

Garrett Park pulls off an upset the opening weekend in Division E, defeating 2nd seed Stonebridge in week 1 of the 2011 season with a score of 460-323. Despite the dominance of Stonebridge's 15-18 girls, the young Ladybugs dominated the other age groups. There were several significant individual and team accomplishments to highlight the morning's meet.

Pool Records

[Stonebridge](#) 15-18 girls lowered the Garrett Park pool record in the 200m medley relay that had stood since 1978. Congratulations to Kristina Li, Katherine Chen, Allie Klatzkin and Leah Hubert, who lowered the standard to 2:14.28.

Garrett Park's 8u [Holly Heaton](#) set several team and pool records and contributed to the relay record noted below:

- 8u free - Team and Pool Record - 16.94 (1982 previous record)
- 8u Breast - Pool Record - 22.91 (2001 previous record)
- 8u Fly - Team and Pool Record - 18.71 (2006 previous record)



The Garrett Park Girls ([Jordan Shuck](#), [Sarah Poling](#), [Morgan Mayer](#), [Holly Heaton](#)) set a new pool record for the Girls 175 meter Freestyle Graduated Relay in 1:58.89.

All Star Times

Several Ladybugs swam All Star qualifying times in Week 1 as follows:

Connor Demitz 11-12 50 Back - 37.12

Holly Heaton 8 and U 25 Free - 16.94

8 and U 25 Breast - 22.91

8 and U 25 fly - 18.71

Tommy Heaton 12 and U 100 IM 1:19 44

11-12 50 fly - 36.19

Allison Hilligoss 8 and U 25 Back - 23.78

Sammy Holden 13-14 50 free - 30.75

13-14 100 im 117.27

13-14 50 fly - 33.09

Morgan Mayer 13-14 50 free 30.66

13-14 100 im 115.31

13-14 50 breast - 38.91

Jordan Shuck 9-10 25 back - 19.53

9-10 25 fly - 17.67

Jacob Sorensen 9-10 50 free - 35.18

9-10 25 breast - 21.22

Fletcher Tollefson 15-18 100 breast - 112.34

Zach Youth 9-10 50 Free - 35.00

9-10 25 back - 19.89

9-10 25 Breast - 19.97

The Ladybugs look forward to continuing their early season success as they visit their Division F rivals of last year, [Country Glen](#).

Garrett Park is 2-0 for 2010

The Ladybugs continued their strong start in 2010 and defended their home pool with a 405 to 387 win over Olney Mill.

Ladybug Sweeps against Olney Mill:**Boys 12 & Under 100 IM**

- 1 Kevin Berry
- 2 Tommy Heaton
- 3 Charlie Fisher

Girls 8 & Under 25M Free

- 1 Holly Heaton
- 2 Cara Demitz
- 3 Malina Grande

Boys 11-12 50M Fly

- 1 Kevin Berry
- 2 Tommy Heaton
- 3 Charlie Fisher

All Star Qualifying Times

- Kevin Berry 11-12 free & fly
 Patrick Berry 15-18 fly
 Kiki Bonetta-Mistelli 9-10 back
 Connor Demitz 9-10 free, back & breast
 James Flannery 8 & under free
 Holly Heaton 8 & under free, back & fly
 Samantha Holden 13-14 free, breast & fly
 Morgan Mayer 11-12 free, breast, fly &, IM
 Andrew Tollefson 15-18 free, back, breast (#1 in county) & IM

Garrett Park Starts 2010 Strong!

The Ladybugs kicked off the 2010 dual meets with a great showing at Seven Locks, winning by over 100 points. The 8u and 9-10 boys and girls had several sweeps and helped to earn GP maximum points. Along the way several team records fell and several swimmers started out with impressive all-star times. Details below:

Sweeps

Boys 12 & Under IM: Kevin Berry, Tommy Heaton, Connor Demitz

Boys 8 & U Free: James Flannery, Benjamin Kane, Peter Flannery, Mateos O'Connor, Stephen Beins, Nicholas Liden

Girls 8 & U Free: Holly Heaton, Cara Demitz, Emma Vinal, Alison Hilligoss, Grace Tifford

Girls 9-10 Free: Kiki Bonetta-Mistelli, Kara Williamson, Claire Beins

Boys 8 & U Back: James Flannery, Peter Flannery, Mateos O'Connor

Girls 8 & U Back: Holly Heaton, Emma Vinal, Talia Rodriguez

Boys 9-10 Breast: Connor Demitz, Zachary Youth, Matthew Melton

Girls 8 & U Fly: Holly Heaton, Cara Demitz, Emma Vinal

Boys 13-14 Fly: Tommy Branthover, Jack Giblin, Dmitri Joutz

Girls 13-14 Fly: Samantha Holden, Leah Altekruse, Lucy Miller

All-Star Qualifying Times

Boys 11-12 Fly: Kevin Berry

Boys 9-10 Free, Back and Breast: Connor Demitz

Girls 8u Back and Fly: Holly Heaton

Girls 11-12 Free, Breast, Fly and IM: Morgan Mayer 11-12

Boys 15-18 Free, Back, Breast (#1 in county) & IM: Andrew Tollefson

Team Records

Holly Heaton (8& under): 20.26 in fly-New Team Record- *Previous record: Ellen Chiazze 20.30(1979)*

Morgan Mayer (11-12): 40.42 in breast-New Team Record- *Previous record: Morgan Mayer 40.43 (2009)*

Garrett Park swims to first win of the 2009 Season

The Garrett Park Ladybugs hosted Mohican in Week 2 and posted a 410 to 381 victory. Swimmers and parents all welcomed the vastly improved weather conditions over week 1

and both teams exchanged spirited cheers at the half-time break. Meet highlights included several "sweeps," all star times, and Garrett Park Pool records.

Sweeps

8u girls freestyle

15-18 boys freestyle

15-18 boys IM

9-10 boys breastroke

All Star Times

Andrew Tollefson 15-18 IM

Jacob Sorensen 8u Freestyle

Morgan Mayer 11-12 Freestyle

Andrew Tollefson 15-18 Freestyle

Tommy Heaton 9-10 Breaststroke

Morgan Mayer 11-12 Breaststroke

Andrew Tollefson 15-18 Breaststroke

Tommy Heaton 9-10 Butterfly

Kevin Berry 11-12 Butterfly

Samantha Holden 11-12 Butterfly

Andrew Tollefson 15-18 Butterfly

Garrett Park Pool Records

Patrick Scordato 13-14 Freestyle (Mohican) 26.71

Andrew Tollefson 15-18 Freestyle 55.27

Andrew Tollefson 15-18 Breaststroke 1:07.46

Patrick Scordato 13-14 Butterfly (Mohican) 28.87

Bugs Bounce Back!

After a disappointing loss to Tanterra in Week 3, the Bugs won their second dual meet of the season over Rockshire and tied for second at the Division G Relay Carnival. Meet Highlights from the Rockshire meet and Relay Carnival are below.

Individual All-Star Times

Kevin Berry

11-12 25 Fly

Sammy Holden

11-12 50 Fly

Morgan Mayer

11-12 50 Breast

Jordan Shuck

8&U Free

8&U Back

Jacob Sorenson

8&U Free

8&U Breast

Andrew Tollefson

15-18 Free

15-18 IM

15-18 Breast **New GP Pool Record at 1:09.44**

15-18 Fly

Relay All-Stars

Mixed 8 & under 100 freestyle relay: Claire Beins, Jordan Shuck, Jacob Sorensen, and David Sorensen

Mixed 9-10 200 freestyle relay: Tommy Heaton, Kiki Bonetta-Mistelli, Sarah Poling, and Connor Demitz

Boys Open 200 medley relay:

Patrick Berry, Andrew Tollefson, Dylan Berry, Henry Tollefson **New team record 1:59.52**

Boys 8 & under 100 Medley relay: Hank Roll, Zach Youth, Jack Flannery, and Jacob Sorensen

Girls 8 & under 100 Medley Relay: Holly Heaton, Adrienne Bruch, Jordan Shuck, and Claire Beins

Boys 9-10 100 Medley Relay:

Connor Demitz, Hugh Beins, Tommy Heaton, and JD Fitzpatrick

Sweeps

Boys 8 & under Free

1. Jacob Sorensen

Bugs Bounce Back!

2. Zachary Youth
3. David Sorensen
4. Jack Flannery

Girls 8 & under Free

1. Claire Beins
2. Jordan Shuck
3. Ally Holden
4. Holly Heaton
5. Cara Demitz
6. Heather Parks

Girls 8 & under Back

1. Jordan Shuck
2. Claire Beins
3. Holly Heaton

Boys 13-14 Back

1. Michael Abrams
2. Dmitri Joutz
3. Tommy Branthover

Girls 8 & under Breast

1. Adrienne Bruch
2. Cara Demitz
3. Ally Holden

Boys 13-14 Breast

1. **Michael Abrams**
2. **Jack Giblin**
3. **Christopher Brock**

Girls 8 & under Fly

1. Jordan Shuck
2. Ally Holden
3. Cara Demitz

Girls 14 & Under 100 SC Meter Medley Graduated Relay 1:12.12

1) Bonetta-Misteli, Kiki 11 2) Mayer, Morgan Yeulan 13 3) Shuck, Jordan 10 4) Heaton, Holly 8

Girls 8 & Under 100 SC Meter Medley Relay 1:34.26

1) Tifford, Grace 8 2) Flannery, Megan 8 3) Heaton, Holly 8 4) Hilligoss, Allison 8

Boys 14 & Under 175 SC Meter Freestyle Graduated Relay 1:55.41