



ON DECK

Where hard work and inspiration meet, great things happen!

A Note from Skip

August 2012
Volume 6, Issue 8

Our Swim-a-thon banquet was held July 31st at Reynolds. We were pleased with the turn-out and it was an enjoyable event. Thank you to Julie Greenaway, Cherie Strand, Jody Rash and the many others who helped to make this event a success!

Congratulations to state champion Raymond Pham and to all our athletes who competed in our state age group championships. Our senior team's focus is on the Western Zone Senior Championships, which will be held the first week of August. We have 24 swimmers heading down to Clovis this year.

On behalf of the MHA coaching staff, I would like to express our gratitude to the MHA parents group for the outstanding job which was done in hosting 4 major meets in a 7 week span.

Each one of these meets is a major undertaking and requires a great deal of effort, patience, and countless hours of volunteer hours. Many, many thanks!

As we wind down for the summer and many of our families will be heading off on summer vacations (thank you for taking vacations after the swimming season!), we will continue to offer practices for those of our swimmers who are still in town. Please be aware of schedule changes during this time (via e-mails) as we attempt to give staff members well deserved time off.

See you on deck!

Skip

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August 8

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Juniper Swim &
Fitness Center
August 10-12



MHAC/Senior III-Skip

Nathan Thorne

Nathan has a history of being among the best and most consistent swimmers on the team, exhibiting an exemplary work ethic and constantly showing great support of his teammates. After this summer, Nathan will continue his studies and athletic pursuits at Denison University.



DD/Gold-Juan

Raymond Pham

Raymond had a great finish to the season. There isn't a day that Raymond takes it easy, his work ethic really paid off at the 11 & Over State Meet when he finished 1st in the 100 breast, 2nd in the 50 breast, and finaled in 3 other events all with personal best times. He unfortunately turns 13 years old a few days before the Zone meet, but I am looking forward for him to try and apply for the team next year!



DD/Gold-Juan

Joshua Nguyen

Joshua Nguyen: Josh came to me at the start of the season with the goal of finishing in the top 3 in the breaststroke at the state meet. I honestly think Josh had the best meet out of anyone on the team at the state meet. He finished 3rd in the 100 breaststroke achieving his seasonal goal, 4th in the 50 breast and was 9th in the 50 backstroke. He also had 100% personal best times. Nice job! Josh has a great personality he is a hard worker and has really started to clean up his strokes. Keep up it up!



DD/Red-Juan

Matthew Nguyen

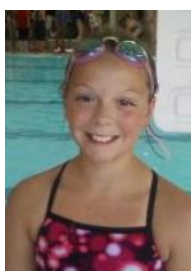
Matthew is Josh's younger brother and is also a very hard worker. He qualified and swam in the 10 & under state meet with 5 out of 6 personal best times. He placed 5th in the 50 freestyle and had a great 50 breaststroke! Matthew is a great guy to have in the water he is very funny and always wears a smile on his face. Keep it up Matthew!



MHAC/Red/White-Dennis

Amelia Louise Wilson

Amelia is 11 years old and is in transition from a brief stint in the White Squad right into the Red Squad in September. She has great skills and is getting in good swimming shape fast. She listens really well and makes a lot of practices. Great job Amelia, keep it up!!!



MHAC/Red-Dennis

Lauren Kolhepp

Lauren is 11 years old and is a true leader of the Mt. Hood Red Squad!! She is getting ready to move up to Gold Group and I will miss coaching her. She has mastered all the strokes and can read the pace clock and is a lane leader. I look for her to be a big factor in the future of MHA. Congratulations Lauren!!



Barlow/White-Ally

Amaya Leiby

Amaya has been doing a great job everyday at practice. She has had a great backstroke all season, and qualified to lead off the 8 and Under 200 medley relay at the 10 and Under state meet held in Beaverton. The team placed 6th overall and Amaya had an awesome swim! She puts in the time every day after practice to work on her dives, and is always looking for ways in improve in her strokes. She's had a good summer season and I look forward to seeing her improvements in the upcoming short course season! Nice job Amaya! Keep up the good work!



Inter Club Meet Results

July Inter Club 2012 – 7/11/2012

Event 1 Girls 25 Yard Freestyle White

Name	Age Team	Finals Time
1 Haacker, Bridgette N	10 REY-OR	17.36
2 Arroyo-Juarez, Dianne S	9 MHCC-OR	18.86
3 Pinjagic, Hailey E	7 MHCC-OR	19.87
4 Salerno, Mia M	8 BRLW-OR	28.34

Event 2 Boys 25 Yard Freestyle White

Name	Age Team	Finals Time
1 Perkins, Torin D	8 MHCC-OR	20.44
2 Parvankin, Christopher	9 MHCC-OR	25.12
3 Dietz, David	9 MHCC-OR	30.12
4 Schmidt, Trenten L	8 MHCC-OR	35.00
--- Klopp, Benjamin J	9 MHCC-OR	NS

Event 3 Girls 25 Yard Breaststroke White/Red

Name	Age Team	Finals Time
1 Peterson, Emily L	11 MHCC-OR	26.97
2 Pinjagic, Hailey E	7 MHCC-OR	27.18
3 Arroyo-Juarez, Dianne S	9 MHCC-OR	27.90
4 Frausto, De la Vega, Carmen	11 DD-OR	28.52
5 Bier, Sophie J	8 DD-OR	34.13
--- Digby, Katie S	8 DD-OR	NS
--- Plesha, Claire S	11 DD-OR	NS
--- Nguyen, Keziah D	10 DD-OR	NS
--- Digby, Julianna P	13 DD-OR	NS
--- Doyle, Grace E	8 BRLW-OR	NS
--- Hernandez, Wendy R	10 DD-OR	NS
--- Do, Tiffany N	11 DD-OR	NS

Event 4 Boys 25 Yard Breaststroke White/Red

Name	Age Team	Finals Time
1 Perkins, Torin D	8 MHCC-OR	34.74
2 Pham, Billy T	8 DD-OR	46.84
--- Klopp, Benjamin J	9 MHCC-OR	NS
--- Callaway, Ben	10 REY-OR	NS
--- Mandi-Casas, Zolton	12 REY-OR	NS

Event 5 Girls 50 Yard Breaststroke Red

Name	Age Team	Finals Time
1 Barnes, Michaela L	13 MHCC-OR	43.47
2 Trittinger, Skylar G	10 MHCC-OR	45.63
3 Callaway, Emma R	12 REY-OR	48.03
4 Gover, Lexi G	11 BRLW-OR	49.23
5 Tenpenny, Niya Overmyer A	10 REY-OR	49.52
6 Kohlhepp, Lauren M	11 MHCC-OR	49.79
7 Luffred, Daniella A	12 MHCC-OR	51.77
8 Wills, Sydney I	11 MHCC-OR	52.25
9 Dossa, Claire A	11 DD-OR	52.54
10 Stoker, Sophia M	11 BRLW-OR	53.34
11 Peterson, Emily L	11 MHCC-OR	57.09
12 Harms, Emma J	9 MHCC-OR	57.12
13 Raschke, Kylee E	11 BRLW-OR	58.40
14 Fesik, Maria S	8 REY-OR	59.03
15 Patterson, Angilina M	10 REY-OR	59.23
16 Dobbs, Abby R	10 BRLW-OR	1:02.17
17 Pham, Nina Y	10 DD-OR	1:02.61
18 Yoshchuck, Anisiya	13 DD-OR	1:02.86
19 Wilson, Mikayla M	7 REY-OR	1:03.51
20 Yin, Abbie S	8 DD-OR	1:07.06
21 Crocker, Sissi E	7 REY-OR	1:08.01
--- Dewey, Mandy F	9 BRLW-OR	NS
--- Klopp, Larissa R	13 MHCC-OR	NS

Event 6 Boys 50 Yard Breaststroke Red

Name	Age Team	Finals Time
1 Parker, Ethan D	15 MHA-OR	40.94
2 Fit, Razvan	13 MHCC-OR	42.00
3 Fryer, William H	14 MHCC-OR	47.51
4 Wilson, Nathaniel J	10 REY-OR	49.45
5 Remler, Ryan J	15 MHCC-OR	51.39
6 Pinjagic, Anthony E	9 MHCC-OR	52.06
7 Yoshchuch, Vasily	12 DD-OR	52.93
8 Olvera, Juan M	11 REY-OR	55.01

20 Yin, Abbie S	8 DD-OR	1:07.06
21 Crocker, Sissi E	7 REY-OR	1:08.01
--- Dewey, Mandy F	9 BRLW-OR	NS
--- Klopp, Larissa R	13 MHCC-OR	NS

Event 6 Boys 50 Yard Breaststroke Red

Name	Age Team	Finals Time
1 Parker, Ethan D	15 MHA-OR	40.94
2 Fit, Razvan	13 MHCC-OR	42.00
3 Fryer, William H	14 MHCC-OR	47.51
4 Wilson, Nathaniel J	10 REY-OR	49.45
5 Remler, Ryan J	15 MHCC-OR	51.39
6 Pinjagic, Anthony E	9 MHCC-OR	52.06
7 Yoshchuch, Vasily	12 DD-OR	52.93
8 Olvera, Juan M	11 REY-OR	55.01
9 Ross, Jayden L	9 DD-OR	56.78
10 Rodriguez, Agustin B	9 BRLW-OR	58.67
11 Yin, Ethan C	10 DD-OR	59.42
12 Nelson, Andy D	9 REY-OR	1:00.98
13 Logue, Justin T	9 BRLW-OR	1:01.73
14 Martinez, Landon	11 DD-OR	1:14.11
--- Dewey, Johnny R	9 BRLW-OR	NS

Event 7 Girls 50 Yard Freestyle With Kickboard

Name	Age Team	Finals Time
1 Barnes, Michaela L	13 MHCC-OR	43.45
2 Harms, Emma J	9 MHCC-OR	46.18
3 Callaway, Emma R	12 REY-OR	47.67
4 Cortes-Martinez, Chelsy	11 REY-OR	47.90
5 Tenpenny, Niya Overmyer A	10 REY-OR	48.49
6 Wills, Sydney I	11 MHCC-OR	48.64
7 Stoker, Sophia M	11 BRLW-OR	48.73
8 Kohlhepp, Lauren M	11 MHCC-OR	49.75
9 Gover, Lexi G	11 BRLW-OR	49.93
10 Trittinger, Skylar G	10 MHCC-OR	52.22
11 Yin, Abbie S	8 DD-OR	52.78
12 Yoshchuck, Anisiya	13 DD-OR	53.67
13 Haacker, Bridgette N	10 REY-OR	54.23
14 Dewey, Mandy F	9 BRLW-OR	54.86
15 Bier, Sophie J	8 DD-OR	55.01
16 Fesik, Maria S	8 REY-OR	55.84
17 Peterson, Emily L	11 MHCC-OR	55.94
18 Pinjagic, Hailey E	7 MHCC-OR	57.06
19 Luffred, Daniella A	12 MHCC-OR	57.30
--- Digby, Katie S	8 DD-OR	NS
--- Plesha, Claire S	11 DD-OR	NS

Event 8 Boys 50 Yard Freestyle With Kickboard

Name	Age Team	Finals Time
1 Pinjagic, Anthony E	9 MHCC-OR	45.59
2 Logue, Justin T	9 BRLW-OR	45.64
3 Fit, Razvan	13 MHCC-OR	48.29
4 Parker, Ethan D	15 MHA-OR	48.61
5 Remler, Ryan J	15 MHCC-OR	49.22
6 Ross, Jayden L	9 DD-OR	51.76
7 Wilson, Nathaniel J	10 REY-OR	53.64
8 Fryer, William H	14 MHCC-OR	54.38
9 Olvera, Juan M	11 REY-OR	55.12
10 Rodriguez, Agustin B	9 BRLW-OR	57.25
11 Perkins, Torin D	8 MHCC-OR	58.09
12 Yoshchuch, Vasily	12 DD-OR	1:01.49
13 Yin, Ethan C	10 DD-OR	1:01.89
14 Martinez, Landon	11 DD-OR	1:01.92
15 Nelson, Andy D	9 REY-OR	1:12.52
16 Dewey, Johnny R	9 BRLW-OR	1:13.75
17 Parvankin, Christopher	9 MHCC-OR	1:17.03
18 Schmidt, Trenten L	8 MHCC-OR	1:22.04
19 Pham, Billy T	8 DD-OR	1:30.81
20 Dietz, David	9 MHCC-OR	1:36.53
--- Mandi-Casas, Zolton	12 REY-OR	NS
--- Callaway, Ben	10 REY-OR	NS
--- Klopp, Benjamin J	9 MHCC-OR	NS

August Birthdays



Jordan Convery	8/2	Raymond Miller	8/14
Raymond Pham	8/2	Brittany Wheelless	8/14
Payton Young	8/3	Lauren Kohlhepp	8/18
Sarah Love	8/4	Rochell Bartley	8/19
Emma Redwine-Hixson	8/5	Joshua Luffred	8/21
Eve Vang	8/6	Austin Rodriguez	8/22
Michael Pau	8/7	Mark Ochkalov	8/25
Shelby Thomas	8/8	Alyson O'Brien	8/26
Joshua Nguyen	8/9	Isaiah Ross	8/26
Matthew Jenkins	8/11	Nicholas Roberts	8/28
Bridgette Haacker	8/13	Grace Doyle	8/29
Elizabeth Peterson	8/13	Bryn Lasher	8/29
Haley Schaeffer	8/13		

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