



REGINA DOMINICAN

THE COLLEGE PREPARATORY CATHOLIC SCHOOL FOR WOMEN

Panther Pride in the Pool

Making waves with the Regina Swim Team

Week of September 5, 2005

Coach's Corner

ALL OF YOU DID A GREAT JOB ON OUR FIRST MEET. THE GOAL IS TO IMPROVE ON BEST TIMES by focusing on starts, turns and finishes. Congratulations to the following 1st, 2nd, and 3rd place finishers in the Regina, Fenwick, & Nazareth Swim Meet.

Junior Varsity

- Kaitlin Walsh: second place in 50 yard Free
- Margaret Archibald: second place in 100 yard back
- Kathleen Loftus: first place in 100 yard breast stroke

Varsity

- Abby Ashley: first place in 200 yard freestyle
- Katherine Nickele: third place in 100 yard breast stroke
- AND FINALLY, breaking a school record in the 500 yard freestyle with a time of 5:47.64, senior Abby Ashley!

Work out schedule

Saturday, September 3, Loyola 1-3 p.m.

Monday, September 5, Loyola 1-3 p.m.

Tuesday, September 6, 6:30-8:30 p.m.

Wednesday, September 7, 6:30-8:30 p.m.

Thursday, September 8, 3-5 p.m.

Friday, September 9, 4:30-6:30 p.m.

Saturday, September 10: Varsity Meet at St. Viator. Be on deck at 9:15 a.m., meet at 10 a.m.; JV welcome to come and cheer!

Upcoming Events

We are planning a party in September... date/location to be announced. Think about Hurricane Katrina project.

Save Sunday, November 13 for the Fall Sports Banquet at Monastero's!!

Getting to know you... THE SOPHOMORES-The Dominant Force!!! There are 10 of them!!

- **Nicole Ferrero**-Nicky is a freestyler and prefers sprints to distance and thus favors the fast 50 free. She swam for Regina as a freshman and proved that persistence pays off! Her goal is to add backstroke to her list of solid strokes. With her Cuban flair, she enjoys rice, though a Dove Bar, dark chocolate, is also just fine. *The Sisterhood of the Traveling Pants* is a good read and she enjoys English class. Her new fave movie is *Coyote Ugly*. She enjoys listening to "Before the Hangman's noose" and 94.7-the Zone. She has too many TV shows that catch her interest. Watch her dolphin kicks off the wall!
- **Kerry Hancuch**-Kerr Bear likes breaststroke and is still out on her favorite event. She comes with two years' swim background at the YWCA Flying Fish. Her goal is to get comfortable competing. Her favorite food is fruit of any kind though she does like to indulge in a bit of Good n Plenty. She has too many good books to list, and English is her favorite subject. Without cable

TV, she doesn't spend as much time on the tube but did like the movie "10 things I hate about you!" Her favorite song is High of 75, and she enjoys listening to the MIX at 101.9. You can find her smile in lane 3 with lots of other sophomores!

- **Anna Lingen**-Annie/Anna is a diehard freestyler. She loves to participate in the free relay and was new to Regina swim team in her first year as a swimmer. She hopes to beat her 50 free time and learn butterfly. Her top foods are pesto on angel hair pasta (yum), tuna salad and egg salad. She loves chocolate and caramel. Twix is fine. Her new fave book is *The Named* by Marianne Curley. Biology and lunch are her favorite slots in the day. *Miss Congeniality* and other chick flicks are at the top of her movie list. She enjoys watching "Everybody loves Raymond", Mad TV and listens to Q101. Anna is also the lane line expert! THANKS!
- **Evisa Kalemaj**-known as Evi, she comes to Regina as a new swimmer and likes breaststroke and freestyle. She comes with her determination and enthusiasm without prior competitive swimming. Her goal is to stay on the team. Her favorite foods are gyros, pizza and ice cream. She loves lollipops when she has a sweet tooth. A good book recommendation from Evi is *To Kill a Mockingbird*. She loves gym and math. An enjoyable movie would be *Home Alone 2*, and she likes too many hip-hop and rock songs to list. Summerland is Evi's favorite TV show and 103.5 is the radio station she tunes into. Find Evi working hard in lane 4.
- **Kelly Kukla**-enjoys swimming breaststroke and freestyle. Her favorite event is 100 breast and the relays. Kelly has swimming experience from the Leaning Tower YMCA and swam this summer on swim team. Her personal goals are to improve her times for freestyle and breast. Her favorite food is tacos and ANY chocolate. Her current favorite read is *Inside the Walls of Troy*. You can go to Kelly for math help since it's her top subject. Her favorite movie is *Pirates of the Caribbean*, and she likes to tune into 101.9 or 103.5. If they are playing "Listen to your heart"...even better! Find her smile in Lane 2!
- **Kathleen Loftus**- loves to swim breaststroke. She comes with experience from Portage Park and Latin Swim. Kathleen's goal is to finish the season. She loves pizza and any kind of chocolate (whoa... sounds like a certain coach). She enjoys math and has read *The Sisterhood of the Traveling Pants*. Her favorite song is "Behind these Hazel Eyes," and she likes to watch "Will & Grace". If you see Kathleen tuned into the radio, she'll be listening to Kiss FM and B96. Welcome to the team... and we'll help you finish!
- **Colleen Nelson**-likes breaststroke, and 100 breast is her favorite event. She has swim experience from Sharks swim team. Her goal is to drop five seconds on 100 breast and four seconds on 200 free. Her favorite food is spaghetti and she also enjoys Snickers candy. Her top subject is English. Current fun movies are "Mean Girls" and "National Treasure". Her favorite song is "Since you've been gone" by Kelly Clarkson, especially when she's tuned into 103.5.
- **Katherine Nickle**- a.k.a. Nickels, loves just about all the strokes but mostly breast and free. Her favorite events are 100 breast and 200IM. She has been swimming competitively since she was a tike of six years old at Titan Swim Association and currently at Northbrook Spartans Swim Club. Her goals are to beat her best times and try to beat any Regina record. Her happy foods are chocolate and pizza... yes, there is a genetic link to her mom. All Meg Cabot books are entertaining to read but for a good laugh, and she loves to watch *Ferris Bueller's Day Off*. Lunch and Spanish top her day! The iPod is filled with oodles of songs...too many to list. Radio top spots are 103.5 and 101.9.
- **Taylor Popplewell**-Tay is a girl with a heart in Iowa and a backstroker with a goal to beat the 100 yard Backstroke record. The list of swim teams on her dossier is lengthy; she comes with vast Des Moines swim team experience. Like her pal, Nickels, she is a pizza and chocolate girl. Starbursts make a great dessert in her book. Math and Spanish are her top subjects. Yes, she likes country music and is tuned into 99.5. TV delights are West Wing, Gilmore Girls, and Judging Amy. Taylor's most recent favorite movies are *Hitch*, *Notebook*, and *Mean Girls*, though she is the farthest thing from mean because Taylor brings her Iowa smile to the team.
- **Jessica Trapp**-Jessi is a breaststroker and enjoys the 200 Medley relay. She has swimming experience with NSSC. Her goal for the season is to have fun! Her favorite food is chicken and she joins the team's chocaholics! No current fave books but lunch tops the slot at school. She loves the hockey movie *Miracle* and enjoys watching *Law & Order SVU*. If she's in your car, she'll ask you to tune into 103.5! Always the happy girl, go to Jess if you need a smile or pick-me-up!

Quotes of the week:

It's not what happens to you that determines how far you will go in life; it is how you handle what happens to you. **Zig Ziglar**

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it. **L.Holtz**