



# Freetown-Lakeville Aquatic Program Newsletter

Swimming Anyone?



February 2009

Volume 2 Issue 3

## Upcoming Events:

### Swim Camp

Feb. 17- 20<sup>th</sup>, 1- 4 PM  
GRAIS Pool

### Warriors Fast Friday

Friday, Feb. 27<sup>th</sup>  
Warm Up: 4:30 PM  
Meet Time: 5-6:00 PM  
GRAIS Pool

### Flick N' Float

Friday, Feb. 27<sup>th</sup>  
6:30 PM - 9:00 PM

### Save the Date!

2nd Annual Swim-A-Ton  
Sunday, March 8, 2009



## 2<sup>nd</sup> Annual Swim-A-TON Sunday, March 8<sup>th</sup>

Information packets with registration forms for our biggest event of the year are now available! Packets are available at the pool and on the FLAP website at [www.freelakeaquatics.org](http://www.freelakeaquatics.org). Save the date and do your part to help FLAP continue to provide quality Aquatic Programs. Last year, we swam over 150,000 yards and raised \$18,000, but we want to beat that this year! Our goal for the 2009 Swim-A-TON is to swim 200,000 yards and raise \$20,000! That's over 120 miles, but we know we can do it if everyone helps! Can't make it to the pool to swim on March 8th? Lanes will be available during Open Swim at the pool the week of March 1st so you can participate in the Swim-A-TON and swim your pledge laps.

We need volunteers! Help will be needed to count laps, set up the Swim-A-TON luncheon and run the concession stand. Beverage and baked good donations will be appreciated. A Swim-A-TON Meeting will be announced soon, but in the meantime, please feel free to contact the Friends of FLAP at [friends.of.FLAP@freelakeaquatics.org](mailto:friends.of.FLAP@freelakeaquatics.org) with any questions.



All ages are invited to swim! Let's go out, get a lot of pledges and

## SWIM-A-TON!!

### THE POOL WILL BE CLOSED:

President's Day  
Monday, Feb. 16th

### Friends of FLAP Board Members

Co-Chairpersons:  
Amy Leanes and Sandra Sosa

Treasurer: Peggy Riendeau

Assistant Treasurer: Amy Dandrea

Recording Secretary: Diana Ragas

Contact us at:  
[friends.of.FLAP@freelakeaquatics.org](mailto:friends.of.FLAP@freelakeaquatics.org)

Pool  
Location: George Austin Intermediate School  
112 Howland Road  
Lakeville, MA 02347  
Phone: (508) 946-0734  
Email: [poolprograms@freelake.org](mailto:poolprograms@freelake.org)  
Website: [www.freelakeaquatics.org](http://www.freelakeaquatics.org)

### Flick N' Float at the GRAIS Pool

Friday, February 27<sup>th</sup>, 6:30-9:00 PM

### HIGH SCHOOL MUSICAL 3 (rated G)

Admission per swimmer: \$7.00 (\$8.00 at the door)

Snack and beverage included.

Pre-register/pay in advance at the pool with any lifeguard.

Space is limited to 50 swimmers. Pre-register now!

All swimmers under the age of 13 must be accompanied by an adult.

Small pool floats (tubes, noodles, barbells) are welcome. No small boats or lounging rafts. Swimmers using arm floats must be accompanied by an adult while in the pool.

To pre-register or for more info, contact

[friends.of.FLAP@freelakeaquatics.org](mailto:friends.of.FLAP@freelakeaquatics.org) or (508) 946-0734

### FLAP SWIM CAMP

February 17-20  
School Vacation Week

Tuesday-Friday, 1-4 PM

Ages 7-14 \$120

This swim camp will focus on competitive swimming technique and training. Please see [www.freelakeaquatics.org](http://www.freelakeaquatics.org) for swimming level requirements. Registration forms available at

[www.freelakeaquatics.org](http://www.freelakeaquatics.org)  
Registrations due Feb. 17  
(first day of camp).



## Lakeville Haunted House Contributes to FLAP

The Lakeville Haunted House recently donated \$1,000 of its 2008 fundraising proceeds to the Freetown-Lakeville Aquatic Program! Many thanks to all the ghostly Haunted House volunteers who donate their time and talents to benefit the community. The Haunted House is always looking for volunteers. Some of our swimming community is already involved. Why not join Lakers Connor Ragas and "Kat" Aman (and her dad, Bill) in the Fall for some haunting good fun??

# LAKERS Swimming & Diving

The 2008-2009 Lakers Swimming and Diving Team's ended their regular season with seven wins and two losses and placed fourth at the Southern Conference Championship Meet earlier this month with senior Brandon Riendeau taking 1st Place in the diving championship. The Conference Meet ended with the Lakers adding six more qualifying events for both the South Sectional Championship and MIAA Division II State Championship Meets to be held in Boston later this month. Senior and Lakers co-captain Chad Littlefield qualified for both the 200 IM and 100 Back events and will be joined by Junior Tom Nassr in the 100 Back race. And the Lakers 200 IM, 200 Free and 400 Free Relay Teams all qualified for the both Sectional and State Championship Meet too. Congratulations and good luck Lakers!



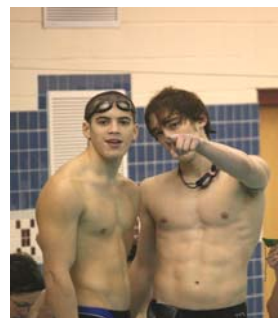
Brandon Riendeau



Dan Metro, Josh Faherty & Pat Miller



Co-Captain Ben Bullock & Coach Pacheco



Cam Maguire & Co-Captain Chad Littlefield



Warriors Swimming has grown by leaps and bounds this season. All the Warriors' hard work and dedication has helped form a solid team that still has a lot of fun!!

*Congratulations to the sixteen Warriors who qualified for the USA Swim New England Regional Meet earlier this month in Andover. We hope to see this enthusiasm spread and see more Warriors join the USA Swim Meets soon!*

- Katrina Aman*
- Sarah Couto*
- Kaye Dandrea*
- Adam Davenport*
- Kaitlyn Fagundes*
- Alex Gallant*
- Matt Jardin*
- Halle Leanues*
- Jenna Leanues*
- Makayla Logan*
- Kyle Mitchell*
- Dylan Parker*
- Trevor Ragas*
- Cam Schofield*
- Irina Stradley*
- Alex Turner*

