



LMYA Welcomed 2-Time Olympian and 5-Time Olympic Gold Medalist *Missy Franklin!*

What a great way to kick off spirit week leading into the Lafayette Swim Conference Championship Meet (LSC)! LMYA hosted an in-the-water clinic with Olympic Gold medalist Missy Franklin and her former Cal Berkeley Associate Head Coach, Kristen Cunnane. Swimmers from all over the county were invited to attend this event and over 140 excited participants benefited from their stroke instruction, positive attitudes, and contagious smiles!!



LMYA Dolphins - Power of the Pod



After an exciting fun-filled spirit week that included a trip to Waterworld, an on deck pancake breakfast, coaches appreciation day, Missy Franklin clinic, pasta feed in the park, car decorating, and coaches tuck-ins for the younger swimmers the LMYA Dolphins were ready for the Lafayette Swim Conference Championship Meet! We are proud to announce that LMYA finished 2nd in Pop Time Achievements, 2nd in Overall Points per Swimmer, and 3rd in Overall Points Per Team. LMYA also had some notable achievements accomplished by several Dolphins: Claudia Dumais broke a 2013 record in the girls 11/12 50 FLY with a 28.36 and our 11/12 boys Medley Relay Team comprised of Owen Salmon (back), Austin Voong (breast), Harley Venable (fly), and Nathan Chan (free) broke a 2009 record with a finishing time of 2:03.38. Madden McSorley tied as High Point Winner for the 7/8 girls. All LMYA Dolphins had a fantastic meet with several swimmers popping times, swimming personal bests, and qualifying for County in several strokes. Many thanks to our coaches Corey Dolley, Kira McDonough, Weston Carpenter, and Monica McNamara for all the hours dedicated to these swimmers all season long! The Lafayette Swim Conference Championship Meet could not have been possible without the dedication of the LSC Board and parent volunteers from all teams. Special thanks to LMYA parents John Griscavage and Brennan Geraghty for leading the charge as Meet Directors for the past 2 years.



**LMYA 11-12 Boys Medley Relay
Broke a 2009 record with a Time of 2:03:38**
Owen Salmon (back) Austin Voong (breast)
Harley Venable (fly) & Nathan Chan (free)

**Claudia Dumais
Broke the 2013 Record in 11-12
50 Fly with a 28.36 Time**

**Madden McSorley
Tied as High Point Winner
for 7-8 Girls**



The LMYA Dolphins season is not over yet. Over the course of the next two weeks LMYA families will be busy planning to host one of the largest (and fastest) recreational meets in the country for the 57th year, the Contra Costa County Championship Meet (aka "County").

Swim fast Dolphins! There is POWER IN OUR POD!!!