

NARWHALS NEWS



APRIL, 2012



Narwhals Rock the State Meet

Congratulations to all the Narwhals who competed in the Arizona State Masters Meet. The meet started on Saturday with a late start, and 'shared' lanes in the mile; which made it a bit wavy for the fearless Narwhals, but kept the meet at a bearable timeline! We had a huge crew show up, and throw it down! Heather Solomon and Lisa Mitchell came out of retirement and had spectacular performances! Shauna Nelson did a great job of showing off in front of her parents, who also competed in the meet, winning High Point and striking fear in the hearts of her competitors. Rumor has it that Nancy Pitney only swam to ensure that she'd have a day off of "Mommy Schedule" and hang out with her big sister. Luckily there were no large fires in Apache Junction, as the Mighty Dave Pohlmann spent his weekend schooling all the boys in his age group. We are currently processing Joanne Menard's urine sample, as the Distance Swimmer had off-the-charts fast Sprint Races. No, Joanne, that does NOT mean you get to move to the sprint lanes during workout! Mel Narish, supported by her adoring husband Mr. Mel, had a lifetime best in the 1000. It was the first time she swam the race, yet a lifetime best all the same! She had a great pace and held on like a veteran distance beast! Gia tallied up the mileage and tallied up the wins, walking away from the meet with high point for her age group. Kelly Harrigan made it clear that she is unbeatable, also winning her age group for high point. And, not a surprise, her teammate Helene Nehrebecki also took top spot for Women's 30-34 age group. When it comes to Women's 64-69 age group competitors, Bonnie Pronk made it clear that "Others Need Not Apply" as she easily secured the high point title, and looked good doing it!!! All in all in was a fantastic meet for the Narwhals! Congratulations to each one of you!!!!

The Narwhal High Point Overall Finishers include:

Women's 18 – 24 (Also known as "Master Fetus")

1st Shauna Nelson (Cowgirl Heartstopper)

Men's 18 – 24

3rd Tony Borr

Women's 25-29

1st Kelly Harrigan (a 1:52 in a 200 Free?! Seriously?! Was she wearing fins and no one noticed?!)

2nd Whitney Warman (we all love stupid little Whitney!)

5th Super Summer Bezdek

Women's 30-34

1st Helene Nehrebecki

3rd Lisa Mitchell (first meet since high school!)

5th Nancy Pitney

7th Mel Narish

Men's 30-34

3rd Dave Glaeseman

Women's 35-39

1st Gia Kolack

Women's 40-44

4th Laurel Hill

7th Meg Zajdzinski

10th Heather Solomon

Men's 40-44

2nd The Mighty David Pohlman

3rd Jason Walters

Women's 50-54

2nd Cindy "Don't Leave Us" Clutter

10th Helen Kurtz

Men's 50-54

8th Paul Smith

Men's 55-59

5th Frank Sodonis

7th Brad Cahoon

Women's 60-64

8th Joanne Menard

10th Lorinda Luck

Men's 60-64

17th Alan Holly

Women's 65-69

1st Bonnie Pronk



***Na na na... I see it's your
Birthday.....***

(sing to the Beatles tune for full effect!)

We're wishing a super terrific Happy Birthday to:

Sara Rippentrop; Dan Jewell; Jeff Sorenson; Jey Moore; James Sieffert; Scott Johnson; Deb Hamberlin; Greg Arnett; John Huckelberry; Lacey Strickland; and Alisa Caldwell!!!

We hope you celebrate in style!!!!



Lorinda showing off her guns



Bonnie and Cindy: The Dynamic Duo



Joanne and Lisa doing their post-competition interviews with Sports Illustrated!!!