

## New England Championships

March 5, 2011

1<sup>st</sup> place, 461 points

There are many ways to evaluate a season. For me, there is a qualitative feel that the team as a whole exceeded expectation and that the athletes are happy, and perhaps even pleasantly surprised, with their results. Of course, swimming being a time-based sport, there are other quantitative ways to measure a season. Either way, our swimmers' reaction at the end of the championship finals shows that most, if not all, felt that this season has been successful.

I like to look at our relay results to gauge both the talent and the depth of the squad. Our 200 Medley relay exceeded my most optimistic performance goals, winning the finals and shattering both the pool and school record in 1:35.46 (Automatic All-American qualifier). Just three years ago, our school record stood at 1:37.70, a former national prep record that had held as the school's standard from 1971 to 2008. Only one team has ever gone faster in the history of the league in this event than Derrick Choi '12, Matt Mahoney '11, Conor Deveney '11 and Alex Nanda '11 did on Saturday... Our B relay in the same event would have won as well, but unfortunately was disqualified.

In the 200 Freestyle Relay, we knew we were facing formidable competition in the form of Exeter and Suffield squads loaded with top-notch sprinting talent. Against such formidable opposition, our relay entry of Jun Oh '12, Didi Peng '12, Jon Leung '11 and Michael Camarda '14 stayed close, taking third-place in 1:28.22, just half-a-second off our school record. Our B-relay, made of Austen Novis '11, Ben Morris '11, Alex Smachlo '11 and Andrew Xuan '13 won with in a remarkable 1:30.01 time.

The last relay was an epic race, with Exeter, Andover, and Deerfield all gunning for the league title and record. Exeter prevailed with a new league record of 3:08.34, but the team of Oh, Leung, Deveney and Nanda finished second with a new school record of 3:09.41 (All-American Consideration qualifier), erasing the mark set at last year's championships.

Andover arrived at the championships with a team of 21 swimmers and 2 divers. The final tally of 461 points works to almost exactly 20 points per athlete. Of course athletes can compete in more than one event, and relays count double, but an average of 20 points per athlete is equivalent to each team member winning one individual event at the championship. 461 points is the highest points total by an Andover boys swim team, surpassing the figure of 432 points set by last year's team, and only a few of the great Exeter teams of the Nekton era ever scored more than Andover did this year.

Individually two athletes won three of the individual events. Oh repeated last year's feat of capturing both the 200 and the 500 Freestyle events, controlling both races from the onset on his way to victory. And Mahoney finished his four years at Andover with a crowning achievement of winning the 100 Breaststroke.

19 Andover swimmers swam in individual events, and 18 of them managed to finish in the top 16 in the league, contributing to our point total. At least 3 of our 4 entries scored in each of the individual swimming events, and in 6 of these 8 events all 4 entries scored – a remarkable team achievement.

All year long the remarkable class of '11 paved the way to our undefeated season, and should be recognized for their individual and collective achievements: Manwei Chan '11, Conor Deveney '11, Raphael Grandeau '11, Tommy Kramer '11, Jon Leung '11, Matt Mahoney '11, Ben Morris '11, Alex Nanda '11, Austen Novis '11, Cameron Phillips '11 and Alex Smachlo '11 form one of the deepest and most talented classes of divers and swimmers in school history.

And yet the underclassmen showed in this year's championship that they are ready to pick up where this graduating class is leaving off. All of the Uppers were point scorers: Nick Camarda '12, Derrick Choi '12, Lorenzo Conte '12, Jun Oh '12, Didi Peng '12, Andrew Wilson '12 will be back next year as one of the stronger senior classes in the league. Lowers Andrew Xuan '13 and Justin Wang '13 demonstrated this past weekend that they will be strong contributors to our success in the next two years, and the freshman class of Travis Bouscaren '14, Michael Camarda '14, Joe Faller '14 and Andrew Yang '14 has already shown that they have both the talent and the desire to become a dominant force in our league for years to come.

After ten years coaching this team, I remain convinced that the training principles on which we base our season give us the best chance to succeed: we value team performance over individual accomplishment, and ask each team member to contribute and view their own performance through the prism of the team's results; we focus on stroke technique as the most leveraged way to improve the efficiency of motion in the water; we have re-committed ourselves to more intense leg work in practice that has paid great dividends; and most importantly we work hard in practice during the week, year after year increasing mileage, training intensity and training efficiency, and yet we try to have fun when it comes to racing on weekends.

#### 200 Medley Relay:

A-relay: 1<sup>st</sup> place , 1:35.46 (pool and school record, All-American Automatic qualifier): Derrick Choi '12, Matt Mahoney '11, Conor Deveney '11, Alex Nanda '11

B-relay: DQ: Travis Bouscaren '14, Andrew Wilson '12, Lorenzo Conte '12, Andrew Xuan '13

#### 200 Freestyle:

Jun Oh '12, 1<sup>st</sup> place, 1:41.32 (All-American Consideration)

Jon Leung '11, 4<sup>th</sup> place, 1:45.90

Joe Faller '14, 6<sup>th</sup> place, 1:47.07

Alex Smachlo '11, 8<sup>th</sup> place, 1:59.35

#### 200 Individual Medley:

Conor Deveney '11, 4<sup>th</sup> place, 1:56.34

Matt Mahoney '11, 5<sup>th</sup> place, 1:57.07

Ben Morris '11, 8<sup>th</sup> place, 2:00.68

Andrew Yang '14, 14<sup>th</sup> place, 2:03.74

#### 50 Freestyle:

Alex Nanda '11, 8<sup>th</sup> place, 22.01

Michael Camarda '14, 10<sup>th</sup> place, 22.38  
Didi Peng '12, 15<sup>th</sup> place, 23.12  
Derrick Choi '12, 16<sup>th</sup> place, 23.14

1-meter diving:

Tommy Kramer '11, 4<sup>th</sup> place, 371.05  
Manwei Chan '11, 20<sup>th</sup> place, 164.65

100 Butterfly:

Cameron Phillips '11, 3<sup>rd</sup> place, 52.92  
Alex Smachlo '11, 5<sup>th</sup> place, 53.53  
Ben Morris '11, 7<sup>th</sup> place, 53.87  
Andrew Xuan '13, 13<sup>th</sup> place, 56.18

100 Freestyle:

Alex Nanda '11, 4<sup>th</sup> place, 47.94  
Jon Leung '11, 7<sup>th</sup> place, 48.60  
Michael Camarda '14, 11<sup>th</sup> place, 48.83  
Raphael Grandeau, 23<sup>rd</sup> place, 50.38

500 Freestyle:

Jun Oh '12, 1<sup>st</sup> place, 4:36.43  
Andrew Yang '14, 9<sup>th</sup> place, 4:56.96  
Lorenzo Conte '12, 16<sup>th</sup> place, 5:00.95  
Justin Wang '13, 18<sup>th</sup> place, 5:01.47

200 Freestyle Relay:

A-relay: 3<sup>rd</sup> place, 1:28.22: Jun Oh '12, Didi Peng '12, Jon Leung '11, Michael Camarda '14  
B-relay: 1<sup>st</sup> place, 1:30.01: Austen Novis '11, Ben Morris '11, Alex Smachlo '11, Andrew Xuan '13

100 Backstroke:

Conor Deveney '11, 2<sup>nd</sup> place, 52.09  
Derrick Choi '12, 3<sup>rd</sup> place, 52.73  
Joe Faller '14, 7<sup>th</sup> place, 54.35  
Raphael Grandeau '11, 9<sup>th</sup> place, 56.07

100 Breaststroke:

Matt Mahoney '11, 1<sup>st</sup> place, 59.19  
Andrew Wilson '12, 3<sup>rd</sup> place, 1:00.00  
Didi Peng '12, 4<sup>th</sup> place, 1:00.84  
Nick Camarda '12, 15<sup>th</sup> place, 1:04.57

400 Freestyle Relay:

A-relay: 2<sup>nd</sup> place, 3:09.41 (School Record, All-American Consideration qualifier): Jun Oh '12, Jon Leung

'11, Conor Deveney '11, Alex Nanda '11

B-relay: 1<sup>st</sup> place, 3:22.04: Austen Novis '11, Travis Bouscaren '14, Cameron Phillips '11, Joe Faller '14