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NTC Contact: Kim Couch, 352.267.0721
kim.couch@orlandohealth.com

Local Swimmer Breaks Nine National Records and Ranks 18th in the World

Clermont, Fla. – National Training Center Fast Lane Aquatics swimmer, Lysistrati “Lysi” Halkides, recently competed in Europe in three Fédération Internationale de Natation (FINA) Swimming World Cups for Greece, breaking 9 Greek National records and earning herself 18th place in world rankings.

FINA is the international governing body in aquatic sports. The FINA Swimming World Cup is a series of five short course (25 meter) swim meets that were held in October and November 2009. Halkides, 17, competed in the World Cups in Moscow, Russia, Stockholm, Sweden, and Berlin, Germany.

Halkides’ strongest event is the women’s 400 individual medley (IM). In Berlin, she finished seventh in the 400 meter IM with a time of 4:37.36, breaking her own Greek National record and Greek 18 and Under record. According to FINA World Rankings for the 400m IM, women’s short course (meters), this finish currently ranks her 18th in the world and 8th in Europe.

The other events that Halkides competed in are the 50 meter breaststroke, 100 meter breaststroke, 100 meter IM and the 200 meter IM. A full list of her results is listed below:

Moscow World Cup, November 6-7, 2009

100 meter breaststroke:	1:11.62 (21 st)
100 meter IM:	1:04.61 (21 st) (Greek ‘18 & Under’ record)
200 meter IM:	2:18.11 (14 th) (Greek ‘18 & Under’ record)
400 meter IM:	4:45.72 (7 th)

Stockholm World Cup, November 10-11, 2009

50 meter breaststroke:	31.97 (21 st) (Greek ‘18 & Under’ record)
100 meter breaststroke:	1:09.61 (26 th)
100 meter IM:	1:04.05 (24 th)
200 meter IM:	2:14.38 (19 th) (Greek National record) (Greek ‘18 & Under’ record)
400 meter IM:	4:38.88 (9 th) (Greek National record) (Greek ‘18 & Under’ record)

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Berlin World Cup, November 14-15, 2009

50 meter breaststroke:	32.63 (31 st)
100 meter breaststroke:	1:09.40 (29 th)
200 meter IM:	2:14.63 (22 nd)
400 Meter IM:	4:37.36 (7 th) (Greek National record) (Greek '18 & Under' record)

Halkides has been training with the NTC Fast Lane Swim Team since the team formed in 2005 and has been training under head coach Alec Rukosuev for seven years.

“We are all so proud of Lysi,” comments Rukosuev. “Both I and her parents have always seen her potential and we have worked hard with her over the years. It hasn’t been an easy road but all the hard work is definitely paying off for her. I always tell my swimmers this is why it is so important to stick to your goals and give 100 percent because you never know your full potential. I think this is just the beginning for Lysi. Our main goal is the 2012 Olympics in London, England.”

Halkides’ next big competition this year is in March at the United States Sectionals in Fort Lauderdale, Fla., where she will try to qualify for the 2010 European Swimming Championships held in August 2010 in Budapest, Hungary, where she will represent Greece.

NTC Fast Lane Swim Team is a year-round, competitive swim team for swimmers ages four and up. Head coach Rukosuev is a Level 5 American Swimming Coaches Association (ASCA) coach, a ranking held by only 3-5% of swim coaches in the United States. For more information about the NTC Fast Lane Swim Team, please visit www.fastlaneaquatics.com or call 352.241.7144, ext. 4418.

The National Training Center, part of South Lake Hospital, is a state-of-the-art sports complex that includes a 70 meter x 25 yard heated outdoor pool, multipurpose fields, 400 meter outdoor track and field complex, 37,000 square foot fitness center, cross country course, human performance lab, group fitness classes, private Pilates studio, events department, sports performance and coaching, softball/baseball complex and massage. The NTC offers community fitness memberships and a wide variety of youth programming and is also open to visiting athletes and teams. For more information on the NTC, please visit www.usantc.com or call 352.241.7144.

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