

# **SWIMMERS OF THE MEET**

## **14&U Champs**

### DISC -

- 1) Frankie Muchna
- 2) Evie Yarbrough

### EXPL -

- 3) Parker Zeid- 1st time 200 IM and swam his breaststroke races with a small pull the full way.
- 4) Bella Follmar- Bella has been staying after to work on her 500 fr pacing & breathing pattern. She swam the 200 fr with a better technique, better pacing, and a good time drop.

### EXP ADV1 -

- 5) Abigail Nipper- is overcoming her fear of competition and shows a lot of determination in her races to have good time drops in all her events. She's shown a good attention to details in practices but now is able show that racing & competing can be challenging & fun. Her improvement in her 200's of 14 (200IM) and 26 (200 free) is a good reflection of her practice habits.
- 6) Sebastian Castillo -this is an example of what 2 months of consistent practice attendance and work ethic can do. Yes, he struggled in his 100 Fly (forgot to breathe every 2nd stroke & swam up hill but showed great improvement in all his other events.

### EXP ADV2 -

- 7) Landon Bomar - When Landon started in EXP2 last month, he asked me what the Zones cut was. He was confident that he was going to get that cut at this meet. Well, he didn't get that cut, but he did have massive drops across the board. He blew through the under 30 second barrier in the 50 free by going 28.9! He is a very hard worker and his confidence is incredible!
- 8) Ayman Bouaziz - Ayman has been determined all season to break 30 seconds in the 50 free. We thought this was accomplished at the last meet, but the clock said 30.00! YIKES! He listens to feedback and shows that you can change things to achieve a goal. He reduced his breathing in the 50 free from 20+ breaths to 5 or 6 and went 29.1! Ayman also proved to be a valuable teammate throughout the meet as he supported other teammates and was thrilled to be on both A relays!

### CHALL -

- 9) Sophia Boring- her great month of December training helped her thru Jan/early Feb. when she was doing other MS sports. She had good drops in her 200 IM 200 back along with small drops in her 50 sprints and great relay splits. Also scored 41 points for our Sharks !!
- 10) Kivlyn Moore- despite moving up an age group 10 to 11, she showed her fighting spirit by continuing her progress with improvement across the board, even though her 500 free was her best, she realized she could have been better. Best was her 200 Fly swim, then having 4 min. Rest and swimming her LTB in the 100 Breast - Her best swim 100 free despite not being known as a sprinter at this point. Scored 44 points for our Sharks !!

## OVERALL SWIMMER of the Meet

- 11) Reagan Dischler - After a not so successful meet earlier in the season, we had a short discussion about what we could do to improve. Dischler seemed to be on the fence if swimming was her thing. It's easy for a coach to tell a swimmer that we need to see them more! More importantly, we needed to focus more on her technique when we did see her! After that discussion, you could see the light switch go off. She became more of a leader and she became more determined to improve. At this champs meet, Reagan dropped in all of her events. The most impressive was the 200 IM with a drop of over 15 seconds! She is a blast to coach and her smile is infectious!