BCS *Summer Sizzler* Meet Recap

SWIMMERS OF THE MEET

Beach 1 ~ Georgia Anderson
Georgia brought the sizzle to the CITI Summer Sizzler last weekend in Torrance with an outstanding effort and performance. The newly minted 9 year-old became just the second Beach 1 athlete to qualify for a Championship meet this season, when she blazed to a 41.57 in the 50 Fly to nab June AG Champs and Summer AG Champs cuts, as well as her first National "A" time! Perhaps her most notable accomplishment of the weekend, though, was when she overcame some nerves and doubts to put forth an incredible effort in her first ever 400 Free to grab 8th place in the event. You rock, Georgia!

Beach 2 ~ Ollie Cano
Ollie had a 14% time drop in the 50 Fly. Great Job, Ollie, and keep up the hard work!

Beach 3 ~ Mackenzie McElroy
Mackenzie's growth and dedication continues to impress me! She dropped a whopping 57.65 seconds across all of the events that she swam last weekend. Her most impressive improvement had to be the massive 25.32 second drop in the 200 Free. She demonstrated focus and effort during that race, closing it out like a champ! Mackenzie also dropped 11.87 seconds in her 50 Fly and 6.50 seconds in her 50 Breast. I noticed that she has really been working hard to implement the stroke corrections that she has been given. I also want to mention that she was out of the water for about two weeks in May. However, despite this unavoidable break, she came back, worked hard, and gave it everything she had. This hard work has truly paid off! Mackenzie I am so proud of you! Keep it up!

Beach 4 ~ Keni Visistsri
Keni had a wonderful meet. She checked in and out with me for every single event, which allowed us to talk about her focus and recap for each of her races. I also saw her cheering on and supporting her teammates throughout the weekend. She went 3 best times, and her other 2 events were less than a second from her best times! For her 200 IM, Keni and I talked about her focus for each part of the race, which she executed very well (especially her 1 up/1 down breathing pattern for the fly, and a "no breath in the flags finish" for her freestyle leg). All of this led to a new BB cut in the 200 IM! Great job this weekend Keni!

Beach 5 ~ Barrett Poole
Barrett tackled some big races last weekend in Torrance and posted some big drops, to boot. His 20+ second drop in the 400 Free and nearly 6 second drop in the 100 Back stand out and he was most of the way through a monster effort in the 200 Fly before an unfortunate DQ derailed his pursuit of 100% best times on the weekend. He also grabbed another JAG/SAG cut in the 100 Free and brought his 50 Free down another ~4 tenths, as he continues to improve in the sprints. He has been doing some great work at practice lately and it is certainly showing up on race day. Keep it up, Barrett!

SWIMMERS OF THE MEET

Senior 1 ~ Presley Clancy-Symond
When your heart is torn in 2 between swimming & water polo, life can be crazy at times. Presley showed up both days to her swim meet & showed us that she can do both. She swam very well & I am very proud of her. Presley had 100% best times & dropped the most in our group -5.14. Let's Keep Swimming!

Senior 2 ~ Tara Biggs
Tara's 200 Breast! Her best event just got better. All the details we have been working on this past season really culminated into one incredible swim from her. Changes she made to her stroke gave her a 5 second drop!

Senior 3 ~ Katharine Lanzdorf
"Set your goals high, and don't stop till you get there" (Bo Jackson).
Kate had an awesome meet, and everything came together on Sunday afternoon when she hit her first Sectional cut in the 50 Free! It was such a cool moment and a huge payoff for all the work she's been putting in this season. Congratulations, Kate!

Senior 4 ~ Ralph (Ian) Tumamak
Ralph's great focus on free & back technique and race strategy proved successful most impressively in his 200 Free. Where he managed to set the pace and then finish strong! Well Done Ralph!

BCS EVENT WINNERS

Eryn Arnold ~ *50 & 100 Free*
Bella Brito ~ *400 IM*
Isaac Chang ~ *100 BR & 100 Fly*
Jake Everitt ~ *200 Free*
Tyson Imai ~ *400 IM*
Sasha Kan ~ *200 Back*
Daniel Kim ~ *200 Free*
Amia Kisiler ~ *200 IM*
Andi Taylor ~ *200 Free*
Dylan Thatcher ~ *200 Fly*
Max Wang ~ *1500 Free*

TOP 10 TOTAL TIME DROPPED *(in seconds)*

1. Hana Imai *(-70.55)*
2. Mackenzie McElroy *(-57.65)*
3. Aria Kim *(-48.19)*
4. Sellers Stough *(-37.13)*
5. Max Wang *(-36.17)*
6. Amia Kisiler *(-35.05)*
7. Andi Taylor *(-30.73)*
8. Penny Chiu *(-29.91)*
9. Barrett Poole *(-29.53)*
10. Quinn Sootkoos *(-27.68)*

100% LIFETIME BESTS

Anny Ambrosio, Amelie Arredondo-Ratcliff, Aidan Alzayat, Luca Boots, Ollie Cano, Liv Carpenter, Emily Chong, Presley Clancy-Symond, Fiona Cooley, Sudheer Doss, Jake Everitt, Sean Everitt, Max Goldstein, Tyson Imai, Colin Ionescu-Macri, Makena Kam, Tyler Kashida, Amia Kisiler, Sohum Kulkarni, Hailey Kuo, Justin Lee, Ophelia Landreth, Katharine Lanzforf, Addy Lydon, Nora Maynard, Mackenzie McElroy, Alexander Miyashita, Rikuto Nakajima, Aryana Patnekar, Capri Pierce, Alejandro Safa, Anya Saracino, Talia Saracino, Piper Sootkoos, Dylan Thatcher, Ryson Tomongin, Toren Tomongin, Mateo Trombley, Nika Vujovic, Max Wang, Siena Weiss, Eva Whitaker, Brandon Yin, Emma Zubia

ALL-BUT-1 LIFETIME BESTS

Aidan Alzayat, Juju Antunes, Santiago Baranda, Tara Biggs, Quinn Carpenter, Cataleya Bustamante, Edison Cheng, Penny Chiu, Arianna Ciuffoli, Brynn Danner, Devin Davis, Sarah Diethelm, Avery Ehrmann, Mykah Gibson, Tori Jyo, Tyler Kashida, Aria Kim, Daniel Kim, Mia Kuwabara, Derrick Kwan, Soraya Lluz, Wyatt Neitz, Barrett Poole, Charly Sandoval,Joseph Scallon, Ben Schlehuber, Finn Schlehuber, Adriel Sun, Kayla Sun, Lucy Song, Jack Stimpson, Sellers Stough, Bailey Stubbs, Bridget Sullivan, Ralph Tumamak, Sam Wang, Soleil Wicks, Brandon Yin