

# **CLASS Winter Invite Meet Recap**

## **SWIMMERS OF THE MEET**

#### Beach 1 ~ Olivia Ionescu-Macri

Olivia chose 6 as her lucky number last weekend. She was the only Beach 1 athlete to post best times in each of her 6 individual events and she claimed three 6th place finishes (100 Fly, 50 Back, 50 Breast), demonstrating an improved and diverse skill set across all race distances and stroke disciplines. I was particularly encouraged to see her finally apply some racing skills that we have been working on throughout the season, which no doubt helped lead to her outstanding results. Keep up the good work, Olivia!

#### Beach 2 ~ Owen Hott

Owen showed up to the meet with a game plan to executed it really well. It showed in his 50 free where he dropped 2 seconds in the morning and another 2 seconds in the evening. Owen did a great job working hard and smart.

#### Beach 3 ~ Capri Pierce

Capri fully showed up for her team and herself at this meet. Despite the tough conditions she did an amazing job, tackling some tough events that she had never swam before. Not only did she succeed at swimming many new and challenging events, she made it back for finals and swam them twice! I am so impressed with the way Capri came back for her second swims and showed tremendous improvements. This shows just how mentally and physically tough she can be! She placed first overall in the 11-12 Girls 400 IM coming out of finals, on her second time swimming it, earning some major points for the team. She had placed third in the prelims session and returned to finals to drop a whopping 10 seconds. This was truly an incredible swim, displaying tangible growth from morning to evening! She also dropped 10 seconds from her prelim time in her 200 Fly final! Way to go Capri! Keep up the great work.

#### **Beach 4 ~ Maxwell Goldstein**

Max showed up and fought hard in his first ever 1650 swim, holding some pretty solid pace throughout.

#### **Beach 5 ~ Colin Ionescu-Macri**

Colin persevered through four sessions of challenging conditions to post 5 best times in 6 individual races, punctuated by a 2nd place finish in the 400 IM, with a HUGE drop of 15.07 seconds to break the 5-minute barrier in that event for the first time. He is learning to embrace greater consistency in his effort at practice and discovering that this connects directly with his performance on race day. Keep riding that positive momentum, Colin!

## **SWIMMERS OF THE MEET (continued)**

#### Senior 1 ~ Kallen Hashimoto-Jones

This was his 1<sup>st</sup> Finals Meet, and he did amazing. He tried his best at all his events, and he qualified both days for Finals. He came back both days and did his best at the Finals, 100% effort and had a smile on his face. Way to go Kallen!

#### Senior 2 ~ Devon Davis

Like several of his teammates in Senior 2 swimming the 400 IM for the first time, Devon came back to finals dropping 13 seconds from his prelims time.

#### Senior 3 ~ Koji Konishi

Koji had great swims in Simi Valley despite the brutally cold temperatures. When he had the chance to earn a second swim, he did an amazing job in making the necessary changes we discussed, resulting in some tremendous swims and a new Spring Age Group cut in the 100 Back! This was a great meet to gain some valuable racing experience, and you are on track for an explosive finish to the short course season, Koji!

#### Senior 4 ~ Marcus Syring

Marcus attacked his races with great determination and attention to detail! He came away with drops in his 50 Free & 100 Back! Keep up the great work Marcus! Those goal QTs are inching closer and closer!

#### 100% Lifetime Bests

Presley Grace Clancy-Symond, Fiona Cooley, Taylor Ehrmann, Ian Haynes, Owen Hott,
Olivia Ionescu-Macri, Aria Kim, Adriana Lee, Adelei Mosteller, Lilia Priester,
Darei Robersto, Ryan Shinn, Logan Thatcher
Zailee Tucker, Cameron Tsan, Keni Visistsri

#### All But One Best Times

Devon Davis, Brynn Danner, Kenna Danner, Maxwell Goldstein, Kallen Hashimoto-Jones, Colin Ionescu-Macri, Jameson Mui, Eileen Romesser, Landon Schleicher, Finley Slaymen, Piper Sootkoos, Bridget Sullivan, Marcus Syring, Cara Traylen, Anush Tsatrian

## **Top Ten Most Improved** (in seconds)

- 1. Kenna Danner (-60.48)
- 2. Eileen Romesser (-37.92)
- 3. Darei Roberston (-28.00)
- 4. Olivia Ionescu-Macri (-22.33)
- 5. Colin Ionescu-Macri (-21.74)
  - 6. Jordan Dallas (-18.66)
  - 7. Dylan Thatcher (-15.95)
    - 8. Devon Davis (-15.00)
      - 9. Ucas Hott (-13.91)
- 10. Thomas Romesser (-10.63)

## **BCS Gold Medal Finalist**

#### Tyson Imai

50 & 100 Back, 50 & 100 Breaststroke, 50 & 100 Fly, 50 & 100 Free

Capri Pierce

400 IM