



## 2025 SGAC Last Ditch WAGs Meet Recap

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### SWIMMERS OF THE MEET

#### Marlins – Brady Kim

Brady swam an incredible meet. His standout swim was the 100 Free, where he cut his B time, going 1:24.00.

#### Beach 1 — Ella Chen

Ella had a fantastic weekend of racing in South Gate, improving in all but one race, with her biggest improvement coming in the 50 Fly (-5.89 seconds)! She is such a wonderful young lady, always bringing her trademark smile to the pool deck every day. Don't let the smile fool you though: she's one tough cookie! She has some of the best attendance in the group and works hard to do everything correctly and to the best of her ability. It is no surprise that she is improving so much. Oh, and she CHOSE to come to practice after she raced on Sunday morning to continue to improve her swimming skills. What an impressive decision by this 8 year old! Way to go, Ella!

#### Beach 2 — Addy Lydon

Addy really had her breakout swim this meet. She dropped 7 seconds in the 100 I.M., going a 1:24.68. We are super proud of your hard work and commitment

#### Beach 3 — Marius Goldstein

Marius had a fantastic meet last weekend. He dropped almost 10 seconds across all his events and showed great improvement! I am extremely proud of the progress that he is making and the effort that he puts in during every practice. I was particularly impressed with his 50 Fly! Not only did it look great, he dropped a massive 4.28 seconds! I can see he has made huge strides improving his walls and turns, which makes me extremely proud. In addition, he dropped 3.12 seconds in the 50 Back and 1.49 seconds in the 50 Breast. Great job Marius! Keep up the great work!

#### Beach 4 — Aryana Patnekar

Aryana went 5 for 5 best times this past weekend, dropping a total of 12.29 seconds. Aryana's attendance has increased over the last 3 months (with an incredible 83% attendance for the month of November) and the proof is in the pudding! Along with increasing her attendance, Aryana has been increasing her intensity at practice, pushing herself and focusing on her technique. We're excited to get Aryana into even more events and see her continue to improve! Well-deserved Aryana! Congratulations!!!

### SWIMMERS OF THE MEET

#### Silver – Kana Koike

Kana is being recognized as Silver's swimmer of the meet due to her improved mindset over the two days. On the first day of the meet, she struggled with her focus and was DQ'd for something she knows how to do. She came back the next day, we discussed ways to improve her focus while racing, and it showed! On the second day of the meet, Kana achieved 100% of her best times and improved on the mistakes she made the previous day. She was a completely different swimmer and didn't let her disappointment from the first day negatively impact the rest of her swims. I'm so proud of her!

#### Gold – Taylor McNally

Throughout the meet, Taylor did an awesome job checking in, warming up, cooling down, and checking back in with me for every race. While racing, I could tell that she was focused and racing with intention. I really appreciate how thoughtful she was during our post-race talks as well. She knew what she did well and what she wanted to work on for the next swim meet. Lastly, every time I saw her over the two days, she had a huge smile on her face, even when a race wasn't perfect. Congrats Taylor!

#### Jr. Varsity — Yoko Tary

I'm super proud of Yoko's swimming this past weekend. Although she didn't swim the first day of the meet, she made up for it with an incredible day 2; Yoko managed to drop 32 seconds in her 500 free to secure her first WAG cut of the season. Yoko's done a great job so far and I can't wait to see her perform at WAG!

#### JO – Davar Engineer

Great job getting that WAG cut!

#### Senior Varsity — Alexander Zakrzewski

Alex had a great show out at Last Ditch this year. He had all best times in the events he swam and even managed to win in the 50 butterfly. My favorite swim was his 200 back; despite being his first time swimming it, Alex swam significantly faster than the WAG cut and got himself a pretty good placing too! Best of luck to Alex going into WAG this weekend.

## SWIMMERS OF THE MEET

### Beach 5 – Madison Manalo-Pavach

Madison was the lone representative of the Beach 5 group in South Gate, where she threw down some impressive efforts in her beloved Breaststroke races. Both the 100 and 200 Breaststroke were best times for Miss Manalo-Pavach, bettering her PBs set just a few weeks prior at the BCA Fall Festival. That is not easy to do in back-to-back competitions! She cut about 3/4 of a second off her previous best in the 100 Breast and more than 2 seconds from her previous best in the 200 Breast. Although she fell just short of her goal of qualifying for the WAG Champs meet, she can hold her head high knowing that she gave it her all. She has taken steps toward greater commitment to her progress in the pool this season and it is starting to pay off. If she continues down that path, 2026 could be a breakout year for her. Keep it up, Madison!

### Senior 1 — Madelaine Glassman

Welcome back Madelaine, you swam so well this weekend for being out for a bit. Way to go Heat Winner in the 100 Free and I hope you can go to more meets in the future. I look forward to Coaching you more.

### Senior 2 — Brandon Padar

Mr. Sprint himself! Brandon swam the 4x50s of stroke and the 100 Freestyle, where he set personal bests in 3 of those events. His focus and energy at the gym and practice are certainly paying off. Let's go, Brandon!

### Senior 3 – Sieun Lee

Sieun has been hard at work leading into December and he had some nice swims at South Gate. While they weren't the WAG times he was looking for, he still managed to set personal bests in his 100 Back and 100 Breast. Nice work, Sieun!

## TOP 10 TOTAL TIME DROPPED

### 12-under

*(in seconds)*

1. Yoko Tary (-32.93)
2. Haddie Morgan (-21.99)
3. Maya Perez (-16.67)
4. Ella Chen (-16.32)
5. Quinn Sootkoos (-14.45)
6. Marius Goldstein (-9.06)
7. Aiden Weiss (-7.21)
8. Taylor McNally (-6.02)
9. Owen Hott (-6.64)
10. Mackenzie McElroy (-6.09)

## TOP 10 TOTAL TIME DROPPED

### 13-over

*(in seconds)*

1. Anya Saracino (-29.69)
2. Lilia Priester (-25.76)
3. Maddox Pearson (-22.33)
4. Aryana Patnekar (-12.29)
5. Ariella Thruston (-10.88)
6. Finley Slayman (-8.60)
7. Shayan Bhakta (-7.59)
8. Madeleine Glassman (-7.08)
9. Brandon Padar (-6.20)
10. Madison Manalo-Pavach (-2.78)

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## **100% PERSONAL BEST TIMES**

Kohana Felix  
Madeleine Glassman  
Emma Hurlburt  
Sieun Lee  
Aryana Patnekar  
Maddox Pearson  
Runa Shieh  
Hiromu Tanaka  
Matilda Vagulans  
Alexander Zakrzewski

## **NEW WAG QTs**

Davar Engineer ~ 50 Free  
Alexis Tary ~ 500 Free

## **ALL-BUT-1 PERSONAL BEST TIMES**

Shayan Bhakta  
Ella Chen  
Sud Doss  
Davar Engineer  
Sean Everitt  
Marius Goldstein  
Lena Kwak  
Haddie Morgan  
Maya Perez  
Violet Rosenstein  
Finley Slayman  
Alexander Tary  
Cameron Tsan

## **EVENT WINNERS**

Max Goldstein ~ 400 IM  
Ryland Ogi ~ 200 IM  
Runa Shieh ~ 50 Fly  
Alexander Zakrzewski ~ 50 Fly