



TORR Polar Plunge

SWIMMERS OF THE MEET

Beach 1 ~ Fiona McCartney

Fiona raced to three personal bests at last weekend's Polar Plunge in Torrance (100 IM, 50 Breast, 50 Free) and tackled three events for the first time ever (100 Free, 50 Back, 50 Fly). Her 50 Free was a monster improvement of almost 8 seconds! She also cut more than 5 seconds off her previous best in the 50 Breast and 4 seconds in the 100 IM. Miss McCartney has a positive, can-do attitude about nearly everything and there is no doubt that this is a reason she is improving so much right now. Way to go, Fiona!

Beach 2 ~ Taylor Ehrmann

Taylor has been very disciplined in improving her strokes, particularly her freestyle. I love to see when athletes are motivated to make changes and show up with a game plan on race day and execute.

Beach 3 ~ Cataleya Bustamante

Cataleya's effort and focus in practice was evident this past weekend at Torrance's Polar Plunge! She earned a best time in every event she swam, dropping a total of 23.51 seconds! She dropped over 11 seconds in the 100 Free, going 1:08.03. In addition, it was apparent that she has been working hard at making the stroke corrections I have been giving her in practice and applying them when she races. One of the things that I love and appreciate most about Cataleya is her happy and positive attitude every single time she steps on deck. She always greets me with a smile in the beginning and happily thanks me at the end! She is truly a pleasure to coach. Your hard work is paying off Cataleya! Keep it up! I am so proud of you.

Beach 4 ~ Anna Campbell

Anna dropped over 13 seconds in her races throughout the entire weekend! It's not often you get a 6 second drop in the 50 free!!

Beach 5 ~ Sellers Stough

Sellers is a young man who is not afraid to leave his comfort zone and he is in the midst of some big leaps, as a result. Coming off a great meet at the CLASS Aquatics invitational in Simi Valley, where he voluntarily tackled some big races like the 500 Free, 200 Back, 200 Breast and 400 IM for the first time, he was one of just three Beach 5 athletes to achieve 100% best times at the Polar Plunge in Torrance, showing improvement across all four stroke disciplines, as well as the Individual Medley. Keep up the excellent effort, Sellers!

SWIMMERS OF THE MEET continued

Senior 1 ~ Ethan Chen

Ethan has been doing all the meets lately and coming to as many practices as possible. In turn he is doing very well. Dropping time, getting the best times, trying new events and being happy the entire time. Along with being a Heat winner 2x! I am very proud of him, please keep it up, stay happy and keep enjoying swimming.

Senior 2 ~ Jack Stimpson

Congrats to Jack for going into the 200 free with so much drive. I'm really happy to see his massive improvements technique wise as well as sheer athleticism.

Senior 3 ~ Kaia Weiss

Kaia had a great meet at Polar Plunge. While she could only race on Saturday, she left everything at the pool for her one session. She went three for three in best times and did an excellent job executing her race plans, leading to those great swims. Let's go, Kaia!

Senior 4 ~ Lily Wu

Lily's hard work and focused training continues to show nice meet results. These attributes lead to a GREAT drop in her 100 Fly and continued with STRONG swims all weekend!

High Performance ~ Kotaro Bell

Kotaro continues to be one of the hardest-working athletes in the High Performance group and on Beach Cities. He comes to practice ready to work hard and push himself regardless of what stroke, distance, or specialty we are working on, and that approach has really helped improve his versatility as an athlete. That versatility was on full display at the Polar Plunge meet as he raced to 100% lifetime bests across 3 different strokes and took home the event win in his new favorite event, the 200 Butterfly.

Let's go, 'Taro!

100% Lifetime Bests

Kotaro Bell, Luca Boots, Anna Campbell, Cataleya Bustamante, Penny Chiu, Arianna Ciuffoli, Annie Coyne, Sean Everitt, Madeleine Glassman, Max Goldstein, Addie Mattison, Nora Maynard, Fiona McCartney, Paul McGrath, Ella Rances, Darei Robertson, Anya Saracino, Talia Saracino, Ria Sha, Ryan Shin, Jack Stimpson, Sellers Stough, Andi Taylor, Mateo Trombley, Elise Wang Vincent Wang, Harper Ward, Kaia Weiss, Siena Weiss Anthony Zhang

All But One Best Times

Aidan Alzayat Georgia Anderson, Chase Balentine, Anderson Bennett, Evan Brutscher, Liv Carpenter, Isaac Chang, Ethan Chen, Edison Cheng, Jake Everitt, Keira Goss Alan Gu, Owen Hott, Olivia Ionescu-Macri, Jalen Kao, Hailey Kuo, Colin Ionescu-Macri, Vivian Nguyen, Pia Patel, Kiran Robertson, Addison Shamban, Toren Tomonginl, Soleil Wicks, Brandon Yin

Top Ten Most Improved (*in seconds*)

Owen Hott (-37.36)
Andi Taylor (-33.33)
Georgia Anderson (-28.03)
Arianna Ciuffoli (-24.49)
Mateo Trombley (-24.46)
Kiran Robertson (-23.70)
Logan Thatcher (-23.57)
Cataleya Bustamante (-23.51)
Liv Carpenter (-23.43)
Barrett Poole (-23.36)

BCS Event Winners

Georgia Anderson – 200 Free & 200 IM
Eryn Arnold – 100 Free & 100 BR
Kotaro Bell – 200 Fly
Bella Brito – 100 Fly & 200 Fly
Gabi Brito – 200 Free, 400 IM & 500 Free
Tyson Imai – 100 & 50 BR
Peyton Kuo – 200 BR, 200 IM & 200 Back
Kayla Sun – 200 Back
Andi Taylor – 200 BR
Danny Zimmerman – 100 Back