



2023-2024 Season Kickoff and Awards Night September 2023

MOST IMPROVED – 2022-2023

Explanation: NKB Swimmers are constantly striving to improve – strengthen our core, lengthen our stroke, streamline tighter, increase our arm turnover. It sure feels great when we can see the results of this hard work! These swimmers showed the largest drop in time across all of their events during the 2022-2023 Season.

2022-2023 MOST IMPROVED SWIMMERS

Age As of August 31, 2023	Swimmer	Seconds Dropped in 2022-2023 Season
10 and under Girls	Moy MacDonald	259.59
11 year old Girls	Eleanor Quan	246.42
12 year old Girls	Avery O'Connell	197.75
13 year old Girls	Monica Isserlin	205.64
14 year old Girls	Edith Barton	271.79
15 year old Girls	Leah Hitchcock	178.82
16 year old Girls	Emma Moffitt	116.72
17 and over Girls	Lydia James-Brennan	187.77
10 and under Boys	Jake Earle	305.14
11 year old Boys	Thomas Shore	260.38
12 year old Boys	Jonathan Lu	285.31
13 year old Boys	Liam Elliot	208.43
14 year old Boys	Sunny Chen	307.68
15 year old Boys	Deven Jetly	181.09
16 year old Boys	Jordan Schaepper	248.23
17 and over Boys	Alex Piliéci	77.15