

MOST IMPROVED – 2023-2024

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 2023-2024 Season.

2022-2023 MOST IMPROVED SWIMMERS

<i>Age As of August 31, 2024</i>	<i>Swimmer</i>	<i>Seconds Dropped in 2023-2024 Season</i>
10 and under Girls	Arielle Henriksen	-408.75
11 year old Girls	Audrey Lu	-371.32
12 year old Girls	Eleanor Quan	-528.5
13 year old Girls	Yunseo Kim	-487.89
14 year old Girls	Katherine Sullivan	-435.87
15 year old Girls	Abigail Amaral	-362.5
16 year old Girls	Ayla Dove	-376.65
17 and over Girls	Erin Overton	-57.72
10 and under Boys	Osborn Zhang	-477.83
11 year old Boys	Kaden Lee	-521.34
12 year old Boys	Thomas Shore	-451.4
13 year old Boys	James Cook	-511.43
14 year old Boys	Cole Scully	-632.9
15 year old Boys	Max Wechselberger-Vicker	-735.12
16 year old Boys	Ilyes Soltani	-252.92
17 and over Boys	Nolan Pejic	-527.36

