



2016-2017 TYDE Awards Banquet

Year In Review Book

Awards Banquet—Event Program

Welcome	Nathan Durrell
Devotion & Invocation	Tripp Parks
Year-In-Review Video & Presentation	
All Team Awards & Senior Speeches	
Prep Recognition & Competitive Recognition	Richard Huffman
*Senior Speech – Sarah Joram	
Performance Recognition	Alex Black
National Prep 1 Recognition	Tramane Hall
* Senior Speech – Rachel McCrary	
National Prep 2 Recognition	John Fedena
* Senior Speech – Ethan Raub	
National Prep 3 Recognition	Robin Jacobs
*Senior Speech—Will Snyder	
National Recognition	Dave Amato
Championship Teams, Notable Times & Awards	Nathan Durrell
Volunteer of the Year Award	Nathan Durrell
Thank You & Announcements	Nathan Durrell



2016-2017 Team Accomplishments

- **TYDE grew to over 800 swimmers during the peak of the season.**
- **Over 650 swimmers participated in swim meets with TYDE.**
- **Improved numbers and performance at Long Course 14 & Under Championships (from 23 to 42 swimmers/13th to 7th place).**
- **Hosted new closed YMCA Winter Invitational with over 800 swimmers at the GAC.**
- **Twenty swimmers at YMCA Short Course Nationals from 5 different groups**
- **12th Ranked YMCA Team in the USA Swimming Virtual Club Championships for the 2016-17 Season**
- **One swimmer, John Day, selected for YMCA Leadership Camp.**



TYDE Masters Team

Program Overview & Highlights

- **The TYDE Masters Team heads into its third year with Coach Dave and Coach Alex.**
- **Masters comprises adults who wish to pursue competitive, fitness and triathlon goals.**
- **Workouts include technical work, endurance and speed days.**
- **Our goal is to exercise mind and body as we increase fitness and skills while always applying the lessons learned in swimming to every day life.**



TYDE Prep Track

2016-17 Highlights

- 446 total swimmers representing a 66% growth
- 149 Prep Meet participants in 4 different meets
- Offered 15 separate Prep groups



TYDE Competitive Track

2016-17 Highlights

- 375 total swimmers representing a 20% increase
- 220 swimmers competed in at least 1 meet
- Offered 10 Jr competitive and 6 Sr Competitive groups
- 2nd Place Total Team Score at Short-Course GYSSA & USRY



Performance Track

2016-17 Highlights

- Added 4 Jr and 3 Sr Performance Groups
- Over 100 swimmers participating
- 75 swimmers participated in at least 1 meet
- 2nd Place Total Team Score at Short-Course GYSSA & USRY



TYDE National Track

2016-17 Highlights

- 100 swimmers participated
- 9th Place Team Finish at Short-Course 14 & Under Champs,
- 2nd Place at Short-Course USRY
- 1st Place at Long-Course USRY
- 8th Place at ESSZ 14 & U Age Group Championships



TYDE 2016 Long Course Championship Teams



Long Course USRY Championship Team

July 10-12, 2016—Hickory, NC

1st place Combined Team

Will Armentrout	Lindsay Beckerleg	Ben Beckerleg	Bailey Brown	Keegan Brown
Logan Brown	Meredith Bunting	Austin Cassidy	Connor Cayer	Alex Chapel
Ethan Chase	Henry Chen	Olivia Cloar	Harrison Copeland	Georgia Davis
Maggie Davis	John Day	Morgan Dennis	Zane Farmer	Daniel Fore
Dylan Fore	Audrey Frondoza	Ethan Frondoza	Liz Fyler	Katie Beth Garza
Jennifer Graham	Sam Graham	Connor Greene	Jacob Greene	Jonah Greene
Kristy Hall	Landon Hartis	Avery High	Mary High	Nate Holder
Hays Hooten	Steven Insixiengmay	Sam Johnson	Paige Jones	Sarah Joram
Kip Keener	Jaycie Knight	Lucy Kohrt	Berkley Koontz	Justin Kranis
Lauren Kranis	Josh Lenchik	Allison Little	Sarita Lokesh	Corrinne Martin
Phoebe Martin	Karly McChesney	Shelby McChesney	Rachel McCrary	Logan McDonald



Long Course USRY Championship Team

July 10–12, 2016, Hickory, NC (con't)

Patrick McKenna	Tatum Mellor	Taylor Moehrke	Maribeth Mohr	Austin Nario
Sean Nario	Madison Neal	Emma Nicklas-Morris	Noah Nouchi	Caroline Pape
Christos Papaioannou	Lizzie Parks	Ella Parks	Anika Pawa	Saanvi Pawa
Erik Petruzzi	Laurin Potter	Brendan Prestwood	Ethan Raub	Landon Roten
Evan Shives	Ben Smith	Will Snyder	Aden Starnes	Morgan Tacik
Hannah Torres	Erin Trowbridge	Alex Valliere	Nicholas Vye	Matt Wagner
Sophia Welborn	Ethan White	Frances Whitworth	Nathan Whitworth	Jake Wuwert
Tony Xiao	Anis Yah			



Long Course NCS Age Group Championships

July 14-17, 2016, Cary, NC

7th Place Combined

Reece Alexander	Will Armentrout	Keegan Brown	Meredith Bunting	Alex Chapel
Maggie Davis	Morgan Dennis	Audrey Frondoza	Ethan Frondoza	Sam Graham
Jonah Greene	Kristy Hall	Landon Hartis	Nate Holder	Steven Insixiengmay
Nathan Jao	Sam Johnson	Carstyn Klosterman	Lauren Lewis	Shelby McChesney
Logan McDonald	Patrick McKenna	Katie Mohr	Maribeth Mohr	Austin Nario
Madison Neal	Noah Nouchi	Caroline Pape	Isabel Pennington	Erik Petruzzi
Laurin Potter	Mackenzie Rider	Aden Starnes	Alex Valliere	Nicholas Vye
Griffin Watkins	Taylor White	Morgan Wiles	Trevor Wyatt	



YMCA Long Course National Championships

July 27-July 31, 2016 Indianapolis, IN

15th Place Combined Team Score

11th Place Women's Team Score

44th Place Men's Team Score

Matt Berry

Jennifer Graham

Corinne Martin

Isabel Pennington

Anis Yahi

Ethan Chase

Jacob Greene

Phoebe Martin

Ethan Raub

John Day

Hays Hooten

Emma Nicklas-Morris

Will Snyder

Morgan Dennis

Sarah Joram

Noah Nouchi

Morgan Tacik

Dylan Fore

Josh Lenchik

Caroline Pape

Matt Wagner



TYDE 2016-17 Short Course Championship Teams



NCS Age Group Championships

February 23-26, 2016—Cary, NC

9th Place Combined Team Score

Reece Alexander	Keegan Brown	Bence Burton	Connor Cayer	Sara Coffey
Maggie Davis	Audrey Frondoza	Ethan Frondoza	Connor Greene	Jonah Greene
Kristy Hall	Nate Holder	Steven Insixiengmay	Nathan Jao	Carstyn Klosterman
Ben LeFevre	Lauren Lewis	Madison McGuinness	Patrick McKenna	Tatum Mellor
Katie Mohr	Austin Nario	Madison Neal	Noah Nouchi	Caroline Pape
Anika Pawa	Isabel Pennington	Erik Petruzzi	Laurin Potter	Mackenzie Rider
Landon Roten	Evan Shives	Kelly Smith	Aden Starnes	Parker Trexler
JT Trowbridge	Nicholas Vye	Sophia Welborn	Morgan Wiles	Josh Williams
Annie Wolf	Trevor Wyatt			



Greater YMCA Sunbelt Swimming Association Championships

March 3-5, 2017—Greensboro, NC

2nd Place Combined Team Score

Rebecca Avila	Lindsay Beckerleg	Ben Beckerleg	Jacob Bell	Joshua Bell
Brynna Boyer	Keegan Brown	Logan Brown	Meredith Bunting	Brixan Burgess
Bence Burton	Tyler Burton	Austin Cassidy	Anna Catlett	Alex Chapel
Aidan Chiott	Olivia Cloar	Sarah Coffey	Addison Copeland	Harrison Copeland
Kaylee Crider	Addison Davis	Jessica Davis	Nevin Ellis	Zane Farmer
Daniel Fore	Audrey Frondoza	Ethan Frondoza	Liz Fyler	Alston Gaillard
Parker Gaillard	Katherine Garza	Adeline Gifford	Eliza Gifford	Lillie Gifford
Kirstin Gilbert	Kyle Gilbert	Elizabeth Googe	Olivia Granger	Joseph Hadley
Baran Halicigil	Emilee Harrell	Sarika Hatcher	Sedessa Hatcher	Avery High
Mary High	Gracin Hill	Rachel Hoskins	Rebecca Hoskins	Bobby Hoskins
Austin Houser	Caroline Hoyle	Wyatt Hoyle	Emmanuel Hoyos	Evan Hulme
Alexa Hutton	Mikaylah Hutton	Isobel Irvin	Paige Jones	Carstyn Klosterman
Jaycie Knight	Lucy Kohrt	Berkley Koontz	Ben LeFevre	Piper Lewis



Greater YMCA Sunbelt Swimming Association Championships

March 3-5, 2017—Hillsborough, NC (con't)

Sarita Lokesh	Winston Lyles	Hazel Marion	Olivia Marion	Amelia Maxey
Stone Maxey	Mallory Maxey	Lola McBride	Reese McBride	Campbell McClain
Anna McDonald	James McGovern	Jonathan McGovern	Joshua McGovern	Madison McGuinness
Dylan McGuire	Jason Miner	Maribeth Mohr	Emily Moosbrugger	Anslee Nichols
Aidan Nicolay	Colin Nicolay	Sarah Olson	Christos Papaioannou	Stefanos Papaioannou
Bronwyn Parks	Ella Parks	Anika Pawa	Saanvi Pawa	Nina Pearson
Katherine Perdue	Cooper Petruzzi	Allie Maria Post	Benjamin Prusko	Johnathan Riccoboni
Marcello Ricigiliano	Andrew Riley	Connor Riley	Hannah Riley	Rachel Riley
Lulu Serang	Katie Shoaf	Luke Sidden	Wyatt Sidden	Kelly Smith
Lauren Smith	Morgan Smithey	Rachel Starkey	Nicholas Starnes	Ava Steele
Erin Trowbridge	Grant Turner	Alex Valliere	Ben Valliere	Jaylin Van Noy



Greater YMCA Sunbelt Swimming Association Championships

March 3-5, 2017—Greensboro, NC

Catherine Vaughan

Benjamin Vye

Sophia Welborn

Jack Wells

Ethan White

Taylor White

Nathan Whitworth

Morgan Wiles

Joshua Williams

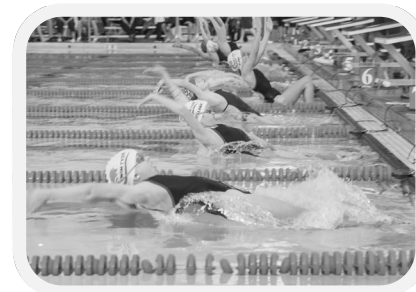
Owen Wisenbaker

Annie Wolf

Elizabeth Wondra

Jacob Wuwert

Skylar Zuleger



ESSZ Age Group Sectionals

March 16-19, 2017—Greensboro, NC

8th Place Combined Team Score

Reece Alexander

Keegan Brown

Bence Burton

Connor Cayer

Ethan Frondoza

Jonah Greene

Nate Holder

Steven Insixiengmay

Nathan Jao

Carstyn Klosterman

Lauren Lewis

Patrick McKenna

Tatum Mellor

Katie Mohr

Madison Neal

Noah Nouchi

Caroline Pape

Isabel Pennington

Erik Petruzzi

Landon Roten

Kelly Smith

Aden Starnes

JT Trowbridge

Nicholas Vye

Sophie Welborn

Morgan Wiles

Annie Wolf

Trevor Wyatt

Katie Beth Garza



Upper Southeast Regional YMCA Championships

March 23–26, 2017—Duncan, SC

2nd Place Combined Team Score

Will Armentrout	Rebecca Avila	Lindsay Beckerleg	Ben Beckerleg	Keegan Brown
Logan Brown	Meredith Bunting	Bence Burton	Tyler Burton	Connor Cayer
Ethan Chase	Aidan Chiott	Olivia Cloar	Megan Coates	Sara Coffey
Maggie Davis	John Day	Dylan Fore	Audrey Frondoza	Ethan Frondoza
Katie Beth Garza	Olivia Granger	Connor Greene	Jonah Greene	Gracin Hill
Hays Hooten	Steven Insixiengmay	Nathan Jao	Sam Johnson	Paige Jones
Sarah Joram	Laura Kennedy	Jaycie Knight	Lucy Kohrt	Justin Kranis
Lauren Kranis	Allison Little	Molly Mabe	Phoebe Martin	Stone Maxey
Reese McBride	Karly McChesney	Shelby McChesney	Anna McDonald	Logan McDonald
Patrick McKenna	Tatum Mellor	Taylor Moehrke	Maribeth Mohr	Austin Nario
Sean Nario	Anslee Nichols	Sarah Olson	Christos Papaioannou	Lizzie Parks



Upper Southeast Regional YMCA Championships

March 23-26—Duncan, SC (con't)

Ella Parks

Katherine Perdue

Allie Maria Post

Laurin Potter

Brendan Prestwood

Lydia Randall

Ethan Raub

Johnathan Riccoboni

Andrew Riley

Landon Roten

Lulu Serang

Evan Shives

Ben Smith

Kelly Smith

Will Snyder

Ava Steele

JT Trowbridge

Luke Vlahos

Matt Wagner

Sophia Welborn

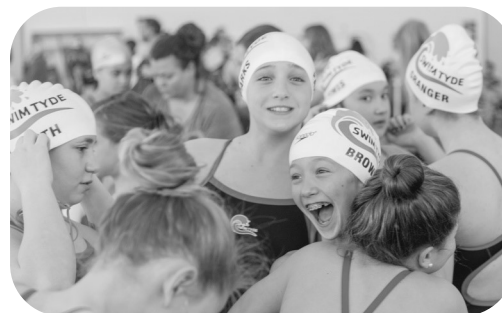
Ethan White

Taylor White

Nathan Whitworth

Morgan Wiles

Owen Wisenbaker



YMCA Short Course Nationals

Short Course April 3-7, 2017—Greensboro, NC

Reece Alexander

Meredith Bunting

Ethan Chase

John Day

Morgan Dennis

Dylan Fore

Jacob Greene

Sarah Joram

Josh Lenchik

Phoebe Martin

Katie Mohr

Noah Nouchi

Sarah Olson

Caroline Pape

Isabel Pennington

Lizzie Parks

Ethan Raub

Will Snyder

Aden Starnes

Matt Wagner





TYDE 2016-17 Notable Times & Achievements



Notable Times and Achievements

IMX Camp

Coach Tramane Hall

Madison Neal

Katie Mohr

Reece Alexander

Caroline Pape

Isabel Pennington

Connor Cayer

Nathan Jao

Nate Holder

Trevor Wyatt

North Carolina Select Camp

Lauren Lewis

Erik Petruzzi

Ethan Frondoza

Katie Mohr

Nathan Jao

Isabel Pennington

Caroline Pape

Noah Nouchi

NCS Open Water Zone Team

Isabel Pennington

Caroline Pape

USA Swimming Southern Zone Select Camp, Louisville, KY

Caroline Pape



Notable Times and Achievements

NC Top 5 Times

Long Course 2016

Morgan Wiles	Lauren Lewis	Katie Mohr	Reece Alexander	Steven Insixiengmay
Caroline Pape	Noah Nouchi	Rachel Brown	Morgan Tacik	

Short Course 2016-17

Erik Petruzzi	Lauren Lewis	Katie Mohr	Nathan Jao	Lindsay Beckerleg
Steven Insixiengmay	Caroline Pape	Isabel Pennington	Noah Nouchi	



Notable Times and Achievements

TYDE Team Records—Long Course 2016

Ethan Frondoza	8 & U	50 BK, 100 FR, 200 FR, 50 BK, 100 BK, 100 BR, 50FL, 100 FL, 200 IM
Anika Pawa	8 & U	100 FR
Morgan Wiles	10 & U	50 BK, 50 FL, 100 FL
Nathan Jao	11-12	50 FR, 100 FR, 200 FR, 50 BK, 100 BK, 200 BK, 50 FL, 200 IM
Reece Alexander	11-12	400 FR, 50 BK, 100 BK, *50 FL, 100 FL, 400 IM
Katie Mohr	11-12	*50 BR, 100 BR, *200 IM
Steven Insixiengmay	11-12	50 BR, 100 BR, 200 BR
Caroline Pape	13-14	*50 FR, 100 FR, 200 FR, 50 FL
Isabel Pennington	13-14	*50 BK, 100 BK, 200 BK
Noah Nouchi	13-14	*50 BR (& SR), *100 BR, 200 BR
Nate Holder	13-14	100 FL 11-12 100 FL, 200 FL
John Day	15-18 & SR	*50 FR, 100 FR, 200 FR
Jacob Greene	15-18 & SR	200 FR

*All Time WSY/TYDE Record



Notable Times and Achievements

TYDE Team Records—Long Course 2016

Morgan Tacik	15-18 & SR	*100 FL, 200FL, 400 IM
Sarah Joram	15-18 & SR	200 BR
Matt Berry	15-18	50 BR
Matt Wagner	15-18 & SR	*100 BK

Morgan Wiles, Keegan Brown, Lauren Lewis, Audrey Frondoza

Morgan Wiles, Keegan Brown, Lauren Lewis, Audrey Frondoza

Katie Mohr, Taylar White, Shelby McChesney, Reece Alexander

Taylor White, Reece Alexander, Shelby McChesney, Katie Mohr

Nathan Jao, Connor Morrow, Logan McDonald, Jonah Greene

Maggie Davis, Katie Mohr, Reece Alexander, Shelby McChesney

Jonah Greene, Steven Insixiengmay, Nathan Jao, Logan McDonald

Madison Neal, Katie Mohr, Morgan Wiles, Lauren Kranis

10 & U 200 FR Relay

10 & U 200 Medley Relay

*11-12 200 FR Relay

*11-12 400 FR Relay

11-12 400 FR Relay

*11-12 400 Medley Relay

*11-12 400 Medley Relay

11-12 200 Medley Relay

***All Time WSY/TYDE Record**



Notable Times and Achievements

TYDE Team Records—Long Course 2016

Caroline Pape, Morgan Dennis, Isabel Pennington, Aden Starnes	*13-14 200 FR Relay
Caroline Pape, Laurin Potter, Isabel Pennington, Morgan Dennis	*13-14 400 FR Relay
Morgan Dennis, Isabel Pennington, Carstyn Klosterman, Caroline Pape	*13-14 800 FR Relay
Isabel Pennington, Aden Starnes, Caroline Pape, Morgan Dennis	13-14 200 Medley Relay
Aden Starnes, Meredith Bunting, Isabel Pennington, Caroline Pape	*13-14 400 Medley Relay
Austin Nario, Landon Hartis, Nate Holder, Trevor Wyatt	13-14 400 Medley Relay

*All Time WSY/TYDE Record



Notable Times and Achievements

TYDE Team Records—Short Course 2016-17

Tyler Burton	8 & U	100 IM
Erik Petruzzi	9-10	*50 BR, 100 BR
Lauren Lewis	9-10	50 FL, 100 FL
Madison Neal	11-12	*50 BK
Katie Mohr	11-12	50 FR, 50 BR, 100 FR, 100 BR, 100 FL, *100 IM, 200 FR, *200 IM 400 IM, 500 FR
Nathan Jao	11-12	50 FR, *50 BK, 50 FL, 100 FR, *100 BK, 100 BR, 100 IM, *200 FR, *200 BK, 200 IM, *200 FL, 400 IM
Steven Insixiengmay	11-12	200 BR
Reece Alexander	13-14	50 FL
Isabel Pennington	13-14	50 FR, *100 BK, 200 BK
Caroline Pape	13-14	*100 FR

*All Time WSY/TYDE Record



Notable Times and Achievements

TYDE Team Records—Short Course 2016-17

Nate Holder	13-14	*100 BK, 200 BK, 50 FL, 100 FL, *200 FL
Austin Nario	13-14	50 BK
Trevor Wyatt	13-14	500 FR
Noah Nouchi	13-14	50 BR, *100 BR (&SR), *200 BR
John Day	15-18 & SR	*50 FR

JT Trowbridge, Ethan Frondoza, Bence Burton, Erik Petruzzi	10 & U 200 FR Relay
JT Trowbridge, Erik Petruzzi, Ethan Frondoza, Parker Trexler	10 & U 200 Medley Relay
Carstyn Klosterman, Aden Starnes, Isabel Pennington, Caroline Pape	*13-14 200 FR Relay
Noah Nouchi, Landon Roten, Trevor Wyatt, Austin Nario	*13-14 200 FR Relay
Caroline Pape, Isabel Pennington, Laurin Potter, Aden Starnes	*13-14 400 FR Relay
Nicholas Vye, Noah Nouchi, Nate Holder, Trevor Wyatt	13-14 400 FR Relay



*All Time WSY/TYDE Record



Notable Times and Achievements

TYDE Team Records—Short Course 2016-17

Reece Alexander, Isabel Pennington, Katie, Mohr, Caroline Pape	*13-14 800 FR Relay
Noah Nouchi, Landon Roten, Nicholas Vye, Trevor Wyatt	*13-14 800 FR Relay
Isabel Pennington, Katie Mohr, Reece Alexander, Caroline Pape	*13-14 200 Medley Relay
Austin Nario, Noah Nouchi Nate Holder, Trevor Wyatt	*13-14 200 Medley Relay
Isabel Pennington, Katie Mohr, Reece Alexander, Caroline Pape	*13-14 400 Medley Relay
Austin Nario, Noah Nouchi, Nate Holder, Trevor Wyatt	*13-14 400 Medley Relay
Josh Lenchik, Ethan Raub, Jacob Greene, John Day	15-18 & SR 400 FR Relay

***All Time WSY/TYDE Record**



TYDE Senior Class of 2017

Ryan Adams—Mars Hill University

Xavier Farmer—East Carolina University

Avery Herman—UNC Wilmington

Sarah Joram—North Florida University

Rachel McCrary—Wake Forest University

Ethan Raub—Liberty University

Katie Shoaf—Furman University

Will Snyder—Undecided



Autographs



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