



2015-2016 TYDE Awards Banquet

Year In Review Book

Awards Banquet—Event Program

Welcome & Devotion	Nathan Durrell
Invocation	Brad Klosterman
Musical Selection	Henry Chen
Year-In-Review Video & Presentation	
All Team Awards & Senior Speeches	
Seasonal Recognition	Kristy Ernst
* Senior Speech – Cam Fearrington, Corrine Martin, Morgan Tacik	
Competitive Recognition	Alex Black
* Senior Speech – Emily Polich, Cole Peterson, Mara Trowbridge	
National Prep 1 Recognition	Tramane Hall
National Prep 2 Recognition	Nathan Durrell
* Senior Speech – Matt Berry, Jenny Graham, Ashley Smith	
National Prep 3 Recognition	Robin Jacobs
National Recognition	John Ravestein
* Senior Speech – Emma Nicklas-Morris, Will Rankin	
Championship Teams, Notable Times & Awards	Nathan Durrell
Thanks & Announcements	Nathan Durrell



2015-2016 Team Accomplishments

- TYDE grew to over 700 swimmers during the peak of the season.
- Added 2 new sites to the team; Gateway YMCA & J. Smith Young 'Lexington' YMCA.
- Over 500 swimmers participated in swim meets with TYDE.
- Improved numbers and performance at short-course 14 & Under Championships (from 29 to 43 swimmers).
- Masters Program doubled in size from 22 to over 40 swimmers.
- Hosted new Valentine's Qualifier Meet with over 500 swimmers at new Gateway facility.
- Achieved Bronze Medal Status for the first time since 2012.
- 10th Ranked YMCA Team in the USA Swimming Virtual Club Championships for the 2015-16 Season



TYDE Masters Team

Program Overview & Highlights

- **The TYDE Masters Team has enjoyed steady growth over its 2nd season, doubling in number from last year.**
- **Masters comprises competitive, fitness and triathlete focused adults.**
- **Goal is to always apply swimming/fitness lessons to life.**
- **16 swimmers participated in the 2016 Masters Nationals and over 20 have competed in swimming or triathlon events over the past season.**



2016 Masters Nationals

April 29-May 1st, 2016—Greensboro, NC

David Amato

Mike Cassidy

Barbara Haynes

Catherine McDowell

Beverly Amick

Andrew Dole

Steven Henson

Amanda Price

Sarah Barton

Griffith Goas

Richard Huffman

Carol Richardson

Alex Black

Carol Gregory

Bob Jennings

Katie Whitworth



TYDE Seasonal Track

2015-16 Highlights

- Over 280 total swimmers
- Over 180 Seasonal Meet participants
- 4 new Seasonal Groups added in 2015
- WestTYDE was victorious in the 2nd Annual East vs. West Seasonal Meet



TYDE Competitive Track

2015-16 Highlights

- Over 320 total swimmers
- Approximately 250 swimmers competed in at least 1 meet
- 5 New Competitive Groups added in 2015
- 2nd Place Total Team Score at Short-Course GYSSA & USRY



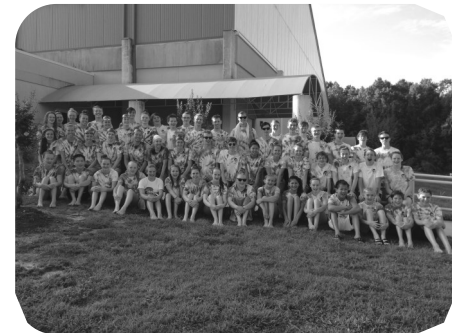
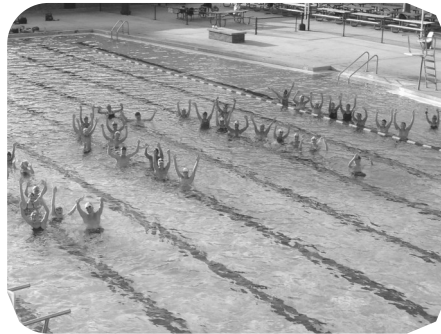
TYDE National Track

2015-16 Highlights

- National Prep 3 group added to improve specificity of each group
- 25% growth throughout the National Track
- 3rd Place Women's Team Score at Long Course YMCA Nationals
- 7th Place Team Finish at Short-Course 14 & Under Champs, 2nd Place at Short-Course USRY and 1st Place at Long-Course USRY



TYDE 2015 Long Course Championship Teams



Long Course USRY Championship Team

July 10-12, 2015—Hickory, NC

1st place Combined Team

Reece Alexander	Will Armentrout	Lindsay Beckerleg	Ben Beckerleg	Carolyn Bencini
Matt Berry	Amanda Brechko	Bailey Brown	Keegan Brown	Logan Brown
Rachel Brown	Meredith Bunting	Lillie Burns	Morgan Carawan	Ethan Chase
Henry Chen	Olivia Cloar	Sophia Connor	Lizzie Cook	Riley Davis
John Day	Courtney Deaton	Breanna Dennehy	Morgan Dennis	Zane Farmer
Cam Fearrington	Katie Frucht	Lily Gambill	Carlin Gladden	Jenny Graham
Sam Graham	Connor Greene	Jacob Greene	Jonah Greene	Katie Hall
Kristy Hall	Landon Hartis	Hays Hooten	Steven Insixiengmay	Paige Jones
Meghan Joram	Sarah Joram	Carstyn Klosterman	Justin Kranis	Lauren Kranis
Emily Lambe	Ashton Lang	Josh Lenchik	Allison Little	Wesley Matthews
Emily May	Karly McChesney	Shelby McChesney	Rachel McCrary	Patrick McKenna



Long Course USRY Championship Team

July 10-12, 2015, Hickory, NC (con't)

1st place Combined Team

Noah Medwin

Sean Nario

Ella Parks

Laurin Potter

Lucas Rhodes

Ben Smith

Matt Wagner

Anis Yah

Tatum Mellor

Madison Neal

Anika Pawa

Brendan Prestwood

Mackenzie Rider

Mackenzie Smoak

Morgan Wiles

Adam Zebzda

Jessica Moye

Emma Nicklas-Morris

Saanvi Pawa

Will Rankin

Natalie Rider

Will Snyder

Annie Wolf

Gina Myers

Caroline Pape

Cole Peterson

Ethan Raub

Meredith Robbins

Morgan Tacik

Beatrix Wolverton

Austin Nario

Lizzie Parks

Emily Polich

Matt Regan

Evan Shives

George Vlahos

Jake Wuwert



Long Course NCS Age Group Championships

July 16-19, 2015, Greensboro, NC

13th Place Combined

Reece Alexander

Sophia Connor

Carstyn Klosterman

Patrick McKenna

Ella Parks

Morgan Wiles

Hank Allen

Morgan Dennis

Justin Kranis

Tatum Mellor

Laurin Potter

Trevor Wyatt

Will Armenttrout

Dylan Fore

Lauren Kranis

Katie Mohr

Mackenzie Rider

Meredith Bunting

Sam Graham

Phoebe Martin

Caroline Pape

Natalie Rider

Ethan Chase

Kristy Hall

Shelby McChesney

Lizzie Parks

Luke Vlahos



YMCA Long Course National Championships

August 3-7, 2015, Indianapolis, IN

10th Place Combined Team Score

3rd Place Women's Team Score

27th Place Men's Team Score

Rachel Brown
Jennifer Graham
Josh Lenchik
Cole Peterson
Lucas Rhodes

Ethan Chase
Jacob Greene
Corinne Martin
Emily Polich
Will Snyder

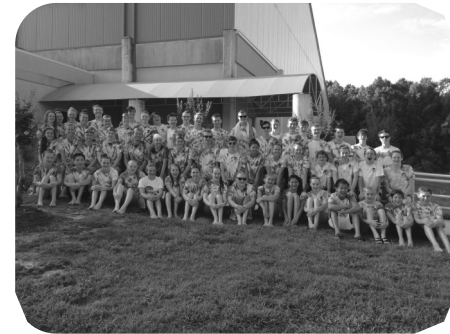
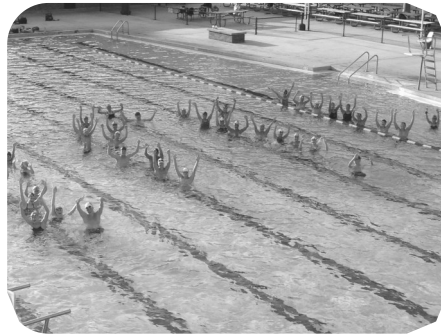
John Day
Hays Hooten
Phoebe Martin
Will Rankin
Morgan Tacik

Morgan Dennis
Meghan Joram
Noah Medwin
Ethan Raub
George Vlahos

Dylan Fore
Sarah Joram
Emma Nickals-Morris
Matt Regan
Matt Wagner



TYDE 2015-16 Short Course Championship Teams



NCS Age Group Championships

February 25-28, 2016—Cary, NC

7th Place Combined Team Score

Reece Alexander	Will Armentrout	Elena Brechko	Meredith Bunting	Morgan Carawan
Alex Chapel	Sophia Connor	Evan Crews	Maggie Davis	Morgan Dennis
Mary Kate Frisbie	Sam Graham	Kristy Hall	Landon Hartis	Nate Holder
Steven Insixiengmay	Nathan Jao	Sam Johnson	Justin Kranis	Lauren Kranis
Lauren Lewis	Phoebe Martin	Stone Maxey	Karly McChesney	Shelby McChesney
Logan McDonald	Patrick McKenna	Katie Mohr	Austin Nario	Madison Neal
Noah Nouchi	Caroline Pape	Ella Parks	Isabel Pennington	Laurin Potter
Mackenzie Rider	Ben Smith	Aden Starnes	Luke Vlahos	Nick Vye
Ava Weir	Morgan Wiles	Trevor Wyatt		



Greater YMCA Sunbelt Swimming Association Championships

March 4-6, 2016—Hillsborough, NC

2nd Place Combined Team Score

Lindsay Beckerleg	Ben Beckerleg	Anna Berger	Caroline Brickner	Bailey Brown
Keegan Brown	Logan Brown	Austin Bryant	Megan Busse	Riley Cassidy
Connor Cayer	Alex Chapel	Henry Chen	Olivia Cloar	Sarah Coffey
Sophia Connor	Lizzie Cook	Addison Copeland	Evan Crews	Hayden Danhauer
Sydney Davenport	Bethany Davis	Gabriel Diggs	Ahmed Eldeeb	Mayar Eldeeb
Xavier Farmer	Zane Farmer	Claire Farmery	Catherine Fradenburg	Audrey Frondoza
Ethan Frondoza	Will Gardner	Katherine Garza	Lillie Gifford	Brianna Granger
Olivia Granger	Connor Greene	Baran Halicigil	Carlee Hammond	Emma Hardy
Emilee Harrell	Landon Hartis	Avery High	Mary High	Gracin Hill
Ashley Hiller	Peyton Hiller	Rebecca Hoskins	Bobby Hoskins	Steven Insixiengmay
Paige Jones	Kip Keener	Laura Kennedy	Carstyn Klosterman	Jaycie Knight
Lucy Kohrt	Savannah Langley	Gracie Leatherman	Ben LeFevre	



Greater YMCA Sunbelt Swimming Association Championships

March 4-6, 2016—Hillsborough, NC (con't)

2nd Place Combined Team Score

Salem Leonard	Lauren Lewis	Allison Little	James Love	Winston Lyles
Molly Mabe	Zoe Marazita	Amelia Maxey	Stone Maxey	Kylie Mayhall
Taylor McAllister	Lola McBride	Reese McBride	Rachel McCrary	Anna McDonald
Meghan Meyers	Taylor Moerke	Christopher Moye	Jessica Moye	Noah Nouchi
Sarah Olson	Drew Parent	Ella Parks	Katherine Perdue	Cooper Petruzzi
Erik Petruzzi	Landon Roten	Hasti Sadri-Ardekani	Evan Shives	Kelly Smith
Mackenzie Smoak	Troy Snow	Will Snyder	Nicholas Starnes	Hannah Torres
Sarah Torres	Erin Trowbridge	Grant Turner	Ben Vye	Tatum Ward
Griff Watkins	Sloan Watkins	Sophia Welborn	Frances Whitworth	Nate Whitworth
Morgan Wiles	Una Wilson	Graylyn Wolffis	Beatrix Wolverton	Jake Wuwert
Tony Xiao	Adam Zebzda	Elena Brechko	Harrison Copeland	



ESSZ Age Group Sectionals

March 10-13, 2016—Atlanta, GA

18th Place Combined Team Score

Reece Alexander

Sophia Connor

Maggie Davis

Morgan Dennis

Kristy Hall

Steven Insixiengmay

Nate Holder

Nathan Jao

Justin Kranis

Lauren Lewis

Karly McChesney

Shelby McChesney

Logan McDonald

Katie Mohr

Caroline Pape

Isabel Pennington

Lauren Potter

Mackenzie Rider

Ben Smith

Nick Vye

Morgan Wiles

Trevor Wyatt



Upper Southeast Regional YMCA Championships

March 17-20, 2016—Duncan, SC

2nd Place Combined Team Score

Will Armentrout
Carolyn Bencini
Matthew Berry
Keegan Brown
Logan Brown
Meredith Bunting
Megan Busse
Morgan Carawan
Landon Hartis
Staten DeBruhl

Connor Cayer
Alex Chapel
Ethan Chase
Henry Chen
Olivia Cloar
Sarah Coffey
Sophia Connor
Evan Crews
Ben LeFevre
Hays Hooten
Steven Insixiengmay

Dylan Fore
Audrey Frondoza
Ethan Frondoza
Jennifer Graham
Sam Graham
Connor Greene
Jonah Greene
Katy Hall
Maggie Davis
Allison Little
Phoebe Martin

Nathan Jao
Sam Johnson
Paige Jones
Carstyn Klosterman
Jaycie Knight
Lucy Kohrt
Justin Kranis
Lauren Kranis
Nate Holder
Cam Fearington

Amelia Maxey
Stone Maxey
Kylie Mayhall
Taylor McAllister
Karly McChesney
Shelby McChesney
Rachel McCrary
Georgia Davis
Josh Lenchick



Upper Southeast Regional YMCA Championships

March 17-20, 2016—Duncan, SC (con't)

2nd Place Combined Team Score

Patrick McKenna

Taylor Moerke

Maribeth Mohr

Jessica Moyer

Gina Myers

Austin Nario

Sean Nario

Madison Neal

Noah Nouchi

Sarah Olson

Drew Parent

Elizabeth Parks

Erik Petruzzi

Brendan Prestwood

Lydia Randall

Ethan Raub

Mackenzie Rider

Natalie Rider

Ben Smith

Troy Snow

Aden Starnes

Erin Trowbridge

JT Trowbridge

Mara Trowbridge

Luke Vlahos

Nick Vye

Ben Vye

Griff Watkins

Sophia Welborn

Frances Whitworth

Nate Whitworth

Annie Wolf

Graylyn Wolffis

Jake Wuwert

Trevor Wyatt

Anis Yah



YMCA Long Course Nationals

Short Course April 4-7, 2016—Greensboro, NC

27th Place Women's Team Score

John Day

Corinne Martin

Will Snyder

Morgan Dennis

Emma Nicklas-Morris

Morgan Tacik

Jacob Greene

Caroline Pape

Matt Wagner

Sarah Joram

Cole Peterson

Zach Weir

Josh Lenchik

Emily Polich



TYDE 2015-16 Notable Times & Achievements



Notable Times and Achievements

Zone All Star Team

Caroline Pape

IMX Camp

Nathan Jao

Trevor Wyatt

Reece Alexander

Caroline Pape

North Carolina Select Camp

Reece Alexander

Caroline Pape

Isabel Pennington

Mackenzie Rider

Nick Vye

Morgan Wiles

Nate Holder

Carolina Crown

John Day

Jacob Greene

Josh Lenchik

Ethan Raub

Matt Wagner



Notable Times and Achievements

NC Top 5 Times

Long Course

Nathan Jao	Caroline Pape	Matt Wagner	Rachel Brown	Meghan Joram
Morgan Tacik				

Short Course

Reece Alexander	Nate Holder	Isabel Pennington	Morgan Tacik	
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NC All Stars

Nathan Jao	Meghan Joram	Caroline Pape	Morgan Tacik	Trevor Wyatt
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Notable Times and Achievements

TYDE Team Records—Long Course 2015

Keegan Brown	8 & Under	50 FR, 100 FR, 200 FR
Madison Neal	10 & Under	100 BK
Nathan Jao	11-12	50 FR, 100 FR, 50 BK, *100 BK, 100 FL
Reece Alexander	11-12	100 FL
Caroline Pape	11-12	*50 FR, 100 FR, 200 FR, 400 FR, 50 FL, 200 IM
Mackenzie Rider	11-12	100BK, *200BK
Trevor Wyatt	11-12	50 FR, 100 FR, 400 FR, 50 BK, 100 BK, 50 FL, 100 FL, 200 IM
Dylan Fore	13-14	200 Br, 400 IM
Matt Wagner	13-14	*100 BK
Rachel Brown	15-18 & Open	*50 FR, *100 FR, *200 FR
Lucas Rhodes	15-18 & Open	100 FR, 200 FR
Cole Peterson	15-18 & Open	100 BK
Sarah Joram	15-18 & Open	200 BR

*All Time WSY/TYDE Record



Notable Times and Achievements

TYDE Team Records—Long Course 2015

Caroline Pape, Mackenzie Rider, Carstyn Klosterman, Reece Alexander	11-12 Girls 400 FR Relay
Mackenzie Rider, Lauren Kranis, Reece Alexander, Caroline Pape	11-12 Girls 400 Medley Relay
Lizzie Parks, Morgan Dennis, Phoebe Martin, Kristy Hall	13-14 Girls 200 FR Relay
Morgan Dennis, Kristy Hall, Lizzie Parks, Phoebe Martin	13-14 Girls 400 FR Relay
Phoebe Martin, Lizzie Parks, Laruin Potter, Morgan Dennis	13-14 Girls 800 FR Relay
Morgan Dennis, Morgan Carawan, Kristy Hall, Lizzie Parks	13-14 Girls 200 Medley Relay
Phoebe Martin, Meredith Bunting, Kristy Hall, Morgan Dennis	13-14 Girls 400 Medley Relay

***All Time WSY/TYDE Record**



Notable Times and Achievements

TYDE Team Records—Long Course 2015

Dylan Fore, Matt Wagner, Brendan Prestwood, Luke Vlahos
Matt Wagner, Henry Chen, Brendan Prestwood, Dylan Fore
Lucas Rhodes, Matt Regan, George Vlahos, Noah Medwin
Meghan Joram, Morgan Tacik, Corinne Martin, Rachel Brown
Lucas Rhodes, George Vlahos, Matt Regan, Will Rankin
Morgan Tacik, Emma Nicklas-Morris, Corinne Martin, Rachel Brown
Cole Peterson, George Vlahos, Matt Regan, Lucas Rhodes
Morgan Tacik, Emma Nicklas-Morris, Meghan Joram, Rachel Brown
Cole Peterson, George Vlahos, Matt Regan, Lucas Rhodes

*13-14 Boys 200 FR Relay
*13-14 Boys 200 Medley Relay
*15-18 & Open 200 FR Relay
*15-18 & Open 400 FR Relay
*15-18 & Open 400 FR Relay
*15-18 & Open 200 Medley Relay
*15-18 & Open 200 Medley Relay
15-18 & Open 400 Medley Relay
*15-18 & Open 400 Medley Relay

*All Time WSY/TYDE Record



Notable Times and Achievements

TYDE Team Records—Short Course 2015-16

Ethan Frondoza	8 & U	100 BK
JT Trowbridge	8 & U	50 FR, 200 FR
Connor Cayer	10 & U	500 FR
Lauren Lewis	10 & U	100 FL
Morgan Wiles	10 & U	50 FL
Reece Alexander	11-12	200 FR, 500 FR, 50 FL, 100 FL, 200 FL, 400 IM
Nate Holder	11-12	50 FR, 50 BK, *100 BK, *200 BK, 50 FL, 100 FL, 200 FL
Mackenzie Rider	11-12	*200 BK
Katie Mohr	11-12	50 BR, 100 BR, 200 BR
Nick Vye	11-12	50 BR, 100 BR, 200 BR, 400 IM
Isabel Pennington	11-12	100 BK 13-14 *100 BK, 200 BK
Caroline Pape	13-14	100 FR



***All Time WSY/TYDE Record**



Notable Times and Achievements

TYDE Team Records—Short Course 2015-16

Luke Vlahos	13-14	100 FL, 200 FL	
Morgan Tacik	15-18 & Open	*200 FL	
Sophia Connor, Morgan Wiles, Ella Parks, Lauren Lewis			10 & U 200 FR Relay
Sophia Connor, Elena Brechko, Morgan Wiles, Lauren Lewis			10 & U 200 Medley Relay
Mackenzie Rider, Reece Alexander, Shelby McChesney, Katie Mohr			11-12 200 FR Relay
Nathan Jao, Nick Vye, Nate Holder, Logan McDonald			*11-12 200 FR Relay
Reece Alexander, Katie Mohr, Shelby McChesney, Mackenzie Rider			*11-12 400 FR Relay
Nate Holder, Nick Vye, Nathan Jao, Logan McDonald			11-12 400 FR Relay
Mackenzie Rider, Katie Mohr, Reece Alexander, Shelby McChesney			11-12 200 Medley Relay
Logan McDonald, Nick Vye, Nate Holder, Nathan Jao			*11-12 200 Medley Relay
Mackenzie Rider, Katie Mohr, Reece Alexander, Shelby McChesney			*11-12 400 Medley Relay
Nathan Jao Nick Vye, Nate Holder, Logan McDonald			11-12 400 Medley Relay



*All Time WSY/TYDE Record



Notable Times and Achievements

TYDE Team Records—Short Course 2015-16

Morgan Dennis, Isabel Pennington, Aden Starnes, Caroline Pape

13-14 200 FR Relay

Morgan Dennis, Phoebe Martin, Isabel Pennington, Caroline Pape

*13-14 400 FR Relay

Sam Johnson, Trevor Wyatt, Austin Nario, Luke Vlahos

*13-14 400 FR Relay

Laurin Potter, Caroline Pape, Isabel Pennington, Morgan Dennis

*13-14 800 FR Relay

Phoebe Martin, Aden Starnes, Isabel Pennington, Caroline Pape

13-14 200 Medley Relay

Phoebe Martin, Morgan Carawan, Isabel Pennington, Caroline Pape

13-14 400 Medley Relay

Austin Nario, Noah Nouchi, Luke Vlahos, Trevor Wyatt

*13-14 400 Medley Relay



*All Time WSY/TYDE Record



Notable Times and Achievements

Academic All Americans

Rachel Brown
Morgan Tacik

Meghan Joram
George Vlahos

Corinne Martin
Ally Warnimont

Emma Nicklas-Morris



TYDE Senior Class of 2016

Quentin Baxley

Chloe Lance

Will Rankin

Matthew Berry

Corinne Martin

Ashley Smith

Cameron Fearrington

Emma Nicklas-Morris

Morgan Tacik

Jenny Graham

Aleil Owens

Mara Trowbridge

Ali Hanagan

Cole Peterson

Anis Yahi

Kayleigh Hunt

Emily Polich



Autographs



Autographs



Autographs



