

# BERKELEY AQUATIC CLUB

## JW Sweetheart Meet Recap:

This past weekend swimmers from the Senior, Junior, Age Group Performance, and Age Group Development Squad attended the JW Sweetheart meet. It was held in an Olympic size pool with a bulkhead, splitting it into two 25 yard pools, at GCIT in Sewell, NJ. [“FUN FACT”- Coach Tristan competed at this pool the weekend it opened in the summer of 1995! Also, Coach AJ qualified all four years individually for the High School Meet of Champions at GCIT for Ridge High School!]

The 13 & overs raced in prelims and finals on Saturday, and prelims on Sunday. [BAC typically scratches finals on Sunday to ensure that everyone is home early and ready for school the following morning.] The 12 & unders raced in a timed-finals session both Saturday and Sunday.

Saturday morning began with the 13/14 & Open 100 freestyle, 200 butterfly, 100 breaststroke, 200 backstroke, 200 freestyle, and 400 Individual Medley. The top 16 swimmers per age group qualified for finals. This was followed by a timed-final session which included the 11/12 100 Individual Medley, 200

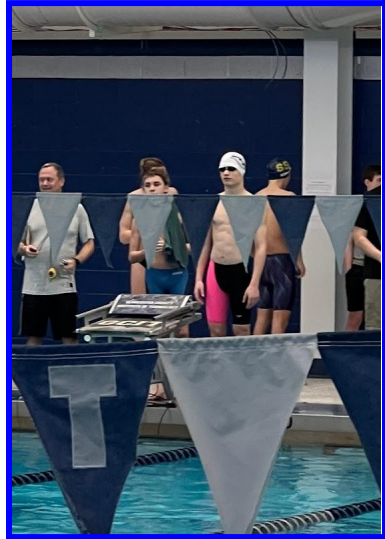
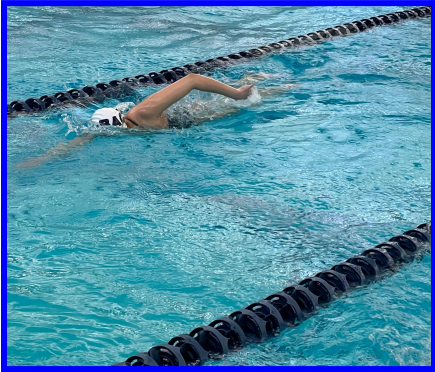




breaststroke, 100 freestyle, 100 butterfly, 200 backstroke, 50 breaststroke, 50 backstroke, and 400 Individual Medley. Simultaneously, the 10 & under session consisted of the 200 freestyle, 25 freestyle, 100 backstroke, 25 backstroke, 100 breaststroke, 25 breaststroke, 100 butterfly, 25 butterfly, and 50 freestyle. Sunday started with the 13-14 & Open 100 backstroke, 100 butterfly, 200 Individual Medley, 50 freestyle, 200 breaststroke, and 500 freestyle.

Following this session, the 11/12's swam the 200 freestyle, 100 backstroke, 200 butterfly, 50 freestyle, 200 Individual Medley, 100 breaststroke, 50 butterfly, and 500 freestyle. The 10 & under's competed in the 200 Individual Medley, 100 freestyle, 50 butterfly, 50 backstroke, 50 breaststroke, 100 Individual Medley, and 500 freestyle. All swimmers from BAC did fantastic! Excellent job persevering and racing well!

Throughout the weekend, the athletes were interviewed and asked what their favorite part of the swim meet was. Listed below is what they decided they enjoyed the most about the experience: Reva Sathe stated, "My favorite part





was swimming the 200 butterfly and realizing that I was done with it. Then, I realized that I had to do it again at finals.” Nicola Formon said, “My favorite part was swimming at finals because the team spirit was very positive. Additionally, I enjoyed cheering on my teammates and watching them compete well. The meet was also fun because athletes from different groups within Berkeley all raced together.”

**Troy Mayer’s weekend performance certainly appeared to be ranked number one amongst the senior men-Tristan.** Simon Stryszak explained, “My favorite part of the swim meet was

watching Troy swim the 200 fly at finals.”

Troy Mayer described, “My favorite part of the meet was the first 25 of the 400 IM. My stroke felt really smooth.” Adler Zawodny added, “My favorite part was racing Troy in the 400 IM.” ( ← Pre-race vs post race → )

Clara Tanguay said, “My favorite part was the 50 freestyle.” Eva Tanguay stated, “My favorite part was swimming the 400 IM for the first time at prelims and finals.”







Chris Benz responded, “My favorite part was swimming breaststroke.” Henry Gould decided, “My favorite part I guess was swimming breaststroke.” Alara Tufan explained, “My favorite part of the meet was swimming the 100 breaststroke.” Coach Bud Rimbault declared, “I did not have a favorite part of the meet.” Jeremy Wang explained, “My favorite part of the meet was eating my snacks.”



Coach Robby Rieger answered, “My favorite part was swimming the 200 backstroke. It has always been my favorite event.” Tristan added, “Coach Robbie had an outstanding 200 yard backstroke. His last



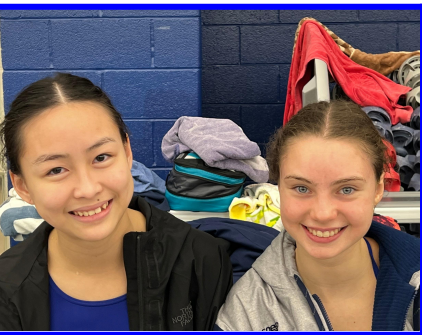
three 50’s were all consistent at 33’s. This is just the way we want to see the 200 back swam

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Chloe Lee answered, “My favorite part was swimming in the open age group for the first time.” (Happy 15th Birthday Chloe!)

On Saturday at finals, six swimmers from BAC raced, and ALL six got lifetime best swims! It is truly amazing how well athletes can compete at finals due to getting excited and from





support from their teammates. This offered a great opportunity to experience a prelims-finals meet. Great job competing well and racing tough! Also, congratulations to Troy Mayer on getting a Sectionals cut in the 200 butterfly! Of course, none of the weekend would have been possible with the coaches. A huge Thank You to Coach Art, Tim, Bud, AJ, Robby, and Tristan!

