

Orinda Aquatics concluded the 2023-2024 short course season as one of the best in the team's history



2023–2024 Highlights (from a team of 150 swimmers)

Graduating class of 21 student-athletes ~ 30% of all PacSwim commitments)*

- 17 committed to swim
- Average GPA 4.0+
- 6 Scholastic All Americans (USA Swimming Junior National & 3.5 GPA)
- 18 Academic All Americans
- 21 Scholar-Athletes

USA Swimming Bronze Medal Team 2023, USA Swimming Club Excellence

Top 50 Age-Group programs in the United States (*the only team with under 60 age-group swimmers and 150 swimmers*)

#1 in USA Virtual Club Championships for teams under 175 swimmers (~1,750 teams)

- 214,874 points – 58 in USA Swimming
- 7th in California
- 13th in the Western Zone

Orinda Aquatics women finished third at Short Course Far Westerns

Orinda Aquatics finishes the short course season with:

- 10 Junior National qualifiers
- 25 Futures qualifiers
- 53 Sectional qualifiers

Six Pacific Swimming Records!

- Stella Canoles – 50-yard (22.8) & 50-meter free (25.71)
- Cruz Tamayo – 50-yard (24.2) and 50-meter fly (27.2)
- 13-14 Girls 200 Free Relay – Yung (24.2), Smith (23.9), Cooper (24.3), Canoles (22.5)
- 13-14 Girls 400 Free Relay – Yung (52.0), Andrews (52.8), Cooper (53.8), Canoles (49.8)

National Top Ten Age-Group Rankings

- Stella Canoles (14) – 2nd – 50m free – 25.71 – 13th all-time USA Swimming
- Cruz Tamayo (12) – 1st – 50m fly – 27.2 – 7th all-time USA Swimming

- Fedor Igoshin (12) – 1st – 200 fly - 2:00.1 - 20th all-time USA Swimming
- Sofia Zibell (12) – 8th – 50 breast - 31.3, 10th 100 breast – 1:07.3
- Miranda Stevenson (18) – 10th – 100 breast - 1:00.7

4 National Top 10 Age-Group Relays

- 13-14 Girls 200 free (4th) and 400 free relay (3rd): Canoles, Yung, Cooper, Andrews, Smith (above)
- 13-14 Girls 400m Free Relay (6th) – Yung (59.9), Cooper (1:01.9), Smith (1:01.7), Canoles (57.0)
- 13-14 Girls 400 Medley Relay (10th) – Cooper (57.7), Calica (1:07.6), Yung 56.6), Canoles (49.7)

PacSwim Awards Recognition

- **Outstanding Female Swimmer - Short Course - 14-year-old:** Stella Canoles
- **Outstanding Male Swimmer - Short Course - 12-year-old:** Cruz Tamayo
- Outstanding Female Swimmer - Long Course - 14-year-old: Stella Canoles
- **Outstanding Male Swimmer - Long Course - 13-year-old:** Fedor Igoshin
- Pacific Swimming Relay record - 13/14 Female 200 Yard Freestyle Relay: 1:35.26
 - Lily Yung, Chloe Cooper, Bella Smith, Stella Canoles
- Pacific Swimming Relay record - 13/14 Female 400 Yard Freestyle Relay: 3:28.61
 - Lily Yung, Ruth Andrews, Chloe Cooper, Stella Canoles
- **Race of the Year - Age Group Female** - Stella Canoles, 50m Free (25.71), 18&U Spring Cup
- **Race of the Year - Age Group Male** - Fedor Igoshin, 400 Yard IM (4:15.46)
- Athlete Rep of the Year - Lily Yung

Junior Nationals

- **Women finish in the Top Ten (of 1,000+ teams – Western USA)**
- **Individual finals:**
 - Emilia Barck – 200 IM
 - Stella Canoles – 50, 100 free
 - Adriana Smith – 100 back
 - Lily Struempf – 200 free, 500 free
- **Relay finals:**
 - Women's 200 free relay – 5th – Canoles (22.8), Stevenson (22.7), Barck 22.8), Smith (23.8)
 - Women's 200 medley – 9th – Smith (25.4), Barck (28.9), Fok (24.4), Canoles (22.7)
 - Women's 400 free relay – 5th – Struempf (51.0), Canoles (49.7), Barck (50.4), Stevenson (50.5)

Scholastic All Americans

- **Garrett Molitor**
- **Elise Gratton**
- **Ethan Taylor**
- **Emilia Barck**
- **Lily Sawyer**
- **Miranda Stevenson**

Swimming World Athlete Spotlight – Stella Canoles



Special Sets: The Work of Fast-Rising Teen Stella Canoles of Orinda Aquatics (Sample Workouts Included)

National Rankings (USA Swimming - SWIMS & Junior Nationals West and East)

13-14 Girls Relays NAG Top Ten - SWIMS DATABASE

	200 F.R. SC	400 F.R. SC	200 F.R. L.C.	400 F.R. LC	
1	TAC Titans	TAC Titans	Lakeside	TAC Titans	1 TAC Titans
2	Aquajets	Lakeside	Central Ohio	Lakeside	2 Lakeside
3	Orinda Aquatics	Orinda Aquatics	Aquajets	SwimMac	3 SwimMac
4	Lakeside	NASA Wildcats	St. Petersburg	Aquajets	4 Orinda Aquatics
5	SwimMac	SwimMac	SwimMac	Schroeder Y	
6	Central Ohio	RISE	Nova Virginia	St. Petersburg	
7	Rockville Mont	TAC Titans B	Bolles	Nations Capital	
8	St. Petersburg	Carmel	Waukeshai	Orinda Aquatics	
9	Hauppauge	Fort Wayne	Orinda Aquatics	RISE	
10	Crow Canyon	Long Island	Nations Capital	Denver Swim Academy	

Junior Nationals – Women – Winter Junior National Results (West & East)

	200 F.R. SC - WEST	200 F.R. SC - EAST	400 F.R. SC - WEST	400 F.R. SC - EAST	
1	Mission Viejo	Carmel	Mission Viejo	Carmel	1 Carmel
2	Bellevue	Bolles	Bellevue	Lakeside	2 Lakeside
3	Crow Canyon	Lakeside	Crow Canyon	Laker	3 Bolles
4	NASA	Laker	Bellevue	Bolles	4 Mission Viejo
5	Orinda Aquatics	TAC Titans	Orinda Aquatics	TAC Titans	5 Crow Canyon
6	Seattle Metro	SwimMac	PASA	SwimMac	6 Laker
7	PASA	Michigan	Elmbrook	Nashville	7 SwimMac
8	Bellevue B	Nashville	Lakeside	Carmel B	8 TAC Titans
9	Aquajet	SwimMac B	NASA	Bolles B	9 Bellevue
10	Nova	Carmel B	Rosebowl	Michigan	10 Orinda Aquatics

*Orinda Aquatics College Commitments in 2024

Class of 2024

	First	Last	College	Aquatics	Rec Team/Previous
24	Natalie	Aiken	Georgetown University	Swimming	Sleepy Hollow
24	Mollie	Appl	Pomona College	Swimming	Sleepy Hollow
24	Emilia	Barck	Brown	Swimming	Pacifica
24	Maddie	Blackwell	Dartmouth College	Swimming	Danville
24	Meliana	Calica	Westmont College	Swimming	Indian Valley
24	Mikey	Chu	University of Southern California	Swim - TBD	Tokyo Mudsharks
24	Parker	Etnyre	University of Indiana		LMYA
24	Jasmine	Fok	Georgetown University	Swimming	Larkey Sharks
24	Theo	Holtzman	Pomona College	Swimming	NA
24	Audrey	Hoover	Cal Poly		Larkey Sharks
24	Reid	Lalli	Occidental College	Swimming	Springbrook
24	Kaitlin	Lee*	Georgetown University	Swimming	Dublin
24	Lulu	Martin del Campo	Carleton College	Swimming	Alameda
24	Olivia	Pettit	Tufts	Swimming	Vallejo
24	Adelie	Reiner	University of Southern California		MVP
24	Adriana	Smith	Cal	Swimming	OPP
24	Parker	Smith	Middlebury College	Swimming	Moraga Ranch
24	Miranda	Stevenson	University of California Santa Barbara	Swimming	Del Amigo
24	Lily	Struempf	U of North Carolina	Swimming	Concord
24	Taryn	Veronda	Amherst	Swimming	Springbrook
24	Whitney	Wilkalis	UOP	Swimming	Moraga Ranch

Class of 2025

	First	Last	College	Aquatics	Rec Team/Previous
25	Garrett	Molitor	Georgetown	Swimming	Danville
25	Ethan	Taylor	TBD	Swimming	LMYA
25	Clare	Baker	Vassar	Swimming	LasTrampas
25	Emma	Shane	Tufts	Swimming	Albany
25	Lana	Richard	Wellesley	Swimming	Danville

Class of 2026

	First	Last	College	Aquatics	Rec Team/Previous
26	Elise	Gratton	Yale	Swimming	Springbrook