

## 2013 Carmel Fall Frenzy – OSSC Recap

### EVENT WINNERS

Ava Lachey  
Spencer Aurnou-Rhees  
Mia Lachey  
Jordan Aurnou-Rhees  
Isabella Anton  
Janessa Mathews  
Kaitlyn Sims

### SWIMMERS OF THE MEET

#### Bronze

- **Bizzie Levine** – Bizzie did a very nice job this weekend with a great drop in her 100 Free!

#### Silver

- **MaryKate Prall** – MaryKate went 6 for 6 on accomplishing JO cuts this weekend including a great 100 Back!
- **Darden Spychalski** – Darden also picked up more JO cuts and had a smokin' 200 Free!
- Honorable Mentions – Kaitlyn Sims, Phoebe Ferguson, and Sarah Beavers

#### Gold

- **Michael Shyu** – Michael was chosen for getting best times in events that are usually quite difficult for him – the 50 free and 50 backstroke! He also had many other great swims!
- **Alli Guagenti** – Alli was chosen because she received her JO cut in the 50 backstroke, which she has been working very hard to do! What makes this even greater is that Alli has only been at practice for 3 weeks since finishing Cross Country. Alli had many other best times through the course of the weekend!

#### Platinum

- **Pearson Spychalski** – Pearson had a very impressive swim meet. He swam to all best times and produced several fast times for it only being the 2nd meet of the season.

#### Senior

- **Alicia Margello** – Alicia swam well throughout the weekend. Her 200 breaststroke in particular looked great – she was very close to a best time! She's making changes to her tempo and intensity in practice which will help her in competition.

#### National Team

- **Erika Poling** – Erika had a phenomenal meet! All five of her swims were aggressive and technically sound. She was very close to best times in every single event. Erika is very focused at practice, and it shows when she competes!