

2015 Senior Meet – OSSC Recap

STATE CHAMPIONS

Jack Saczawa
Keith Serafy
Rachel Peroni
McKayla Moffat
Ellie Nebraska (new meet record!)
Kelsey Morgan
Cecilia Moore
Abbey Newman
Pearson Spychalski
Winston Kuriger
Ben Kuriger
Elise Barbour
Spencer Tussing

SWIMMERS OF THE MEET

Senior

- **Nicholas Chugh** – Nicholas has been training hard this first half of the season and it showed as he had an outstanding meet! Nicholas was able to drop lifetime bests in all of his events. Within those swims he was able to drop 15 seconds in the 1650 free and 8 seconds in his 500 free, placing 7th overall in both events. Awesome job!
- **Cecilia Moore** – Cecilia had an awesome meet this weekend. She was able to drop lifetime bests in her 200 back, 200 IM, 100 free, and 100 fly. In addition, she led off the 400 medley relay in a lifetime best in the 100 back, obtaining her NASA cut and helping the OSSC take 1st in that event! Outstanding job, Cecilia.
- **Jeff Hansen** – Jeff had an amazing meet! He was able to go lifetime bests in every event he swam and dropped 22 seconds in his 400 IM! This is a testament to his hard work and determination in practice. Great job, Jeff.
- **Liz Passias** – Liz trains really hard in practice and her hard work paid off this weekend as she was able to go lifetime bests in every event she swam. Within those events she was able to drop 6 seconds in her 200 fly and 5 seconds in her 1650 free. Outstanding meet, Liz, keep up the great work!

National Team

- **Ellie Nebraska** – Ellie had a phenomenal meet! She has improved her underwaters and focused on specific areas of improvement in practice, and it showed this weekend. Ellie crushed her previous best times in the 100 free (50.79 – new meet record), 200 back, and 100 back. She was very consistent, placing in the top 3 in all of her events while winning the high point award. Ellie currently ranks 8th in the country in the 100 free and 17th in the 200 back. Way to go, Ellie!
- **Rachel Peroni** – Rachel has placed a huge emphasis on her underwater kicking, and it was evident this weekend. Rachel swam to new best times in almost every event, including huge drops and wins in the 100 (currently 12th in the country) & 200 fly (currently 5th in the country). Keep it up!
- **Winston Kuriger** – Winston was the mark of consistency throughout the weekend while swimming to the high point award. He had huge time drops in 3 events and was close to best times all his other events. He never placed lower than 3rd in any of his events. His backstroke improvement over the last year has been incredible. Congrats, Winston!