

2016 Junior Olympic Championships – OSSC Recap

STATE CHAMPIONS

Jada Heren

Riley Huddleston*

Hannah Routh*

Ava Lachey*

Martina Peroni*

Mia Brown*

Logan Lawhorn*

Kate Saczawa*

Chase Swearingen*

Hudson Williams*

Grace Butcher

Jordan Aurnou-Rhees*

Bridget Parker

JJ Rennie*

Alejandro Soto*

Audrey Butcher

Sydney Boone-McDougall

Lauren Arledge

Mia Lachey*

****NEW JO AND/OR STATE RECORD-HOLDER***

SWIMMERS OF THE MEET

Bronze

- **Lola Zimpfer** – Lola wrapped up her short course season by dropping time in both the 50 and 100 breaststroke, and swimming the breaststroke leg on the Girls 10 & Under B relay. Excellent job!

Silver

- **Jada Heren** – Jada had an outstanding weekend, walking away with all best times and three state titles in the 50 back, 100 back, and 50 free. Jada became a silent leader for the Silver group this year and it will be exciting to watch her continue to grow in this sport.
- **Chase Swearingen** – Chase had a stellar weekend, accomplishing seven state titles, as well as breaking the 10 & under boys 50 back and 100 free state records, and crushing his own state record in the 100 back. However, the biggest accomplishment of the weekend was Chase telling me that he was having a lot of fun. Working hard and seeing the results pay off is the best kind of fun!
- **Hudson Williams** – Hudson was a fighter this weekend and it was the first time I have ever watched him come out of the pool with no energy! He swam his heart out! Hudson accomplished three state titles in the 50 breast, 100 breast, and 200 IM, and state-runner up in the rest of his events.

Finally, congratulations to *all* the 10 & under swimmers for winning both the Boys and Girls Age Group Awards!

Gold

- **Martina Peroni** – Martina had an awesome weekend! Martina was an event winner in the 50, 100 and 200 breaststroke, and was runner-up in the 200 IM, 200 Fly, 500 free and 400 IM. She achieved NASA Jr. National cuts in the 100 breaststroke, 200 IM and the 400 IM. Martina has been one of the hardest workers that I have ever coached. Her achievements are a direct result of her perseverance, hard work and dedication. Congratulations, Martina!
- **Hanna Routh** – Hannah was on fire this weekend at the JO meet! She was an event winner in the 100 & 200 freestyle and the 50 & 100 butterfly. She was runner-up in the 200 backstroke. Everyone enjoyed watching Hannah swim the back half of all of her races, amazed by the 2nd gear that she has. Hannah achieved NASA Jr. National cuts in the 100 butterfly, 200 backstroke, 100 freestyle, 200 freestyle and 100 backstroke.

Other Notable Mentions:

- 200 free relays – A was 1st, C was 3rd, B was 4th
- 400 Medley relay – A was 1st, B was 2nd, C was 4th

- 200 Medley relay – A was 1st, B was 2nd, C was 6th
- 400 freestyle relay – A was 1st, B was 5th, C was 7th.
- State Records set in all 4 relays
- Boys were 3rd in all relays
- Sonia B on the end of the 400 medley ran down the Clippers
- Ava won 100 IM, under a minute; won 50 back, NASA cut in 200 IM and 100 back
- Riley won 50 free & NASA cut
- Spencer had an incredible weekend as an 11 year-old – Awesome 500 free, 200 free and 400 IM, helped secure our 3rd place finishes in all 3 relays by bringing us home on the anchor
- Mason also had a great weekend with all long events
- Marie as an 11 year old was 2nd in all 3 breaststroke events
- We were 1, 2, 3 in 100 free – all under 54
- We were 1, 2, 4, 6, 7 in 50 fly
- Brady scored for us in every event he swam with best times in all event
- We were 1, 2, 3, 5 in 100 breaststroke

Platinum

- **Grace Butcher** – Grace had another incredible swim meet. She helped her relay teammates win a state championship in the 400 medley relay. She dropped time in both of her breaststroke events. She finished 4th in the state in the 100 breast with 1:05.31, then finished 3rd in the state in the 200 breast with 2:21.01. Grace also qualified for Finals in the 200 IM and got her Sectional cut. All of her hard work all season long has paid off. I'm excited to see what she does this summer during the long course season.
- **Johnny Belli** – Johnny swam to all best times and was the leader of the OSSC 13-14 boys. In the 100 breast, he finished 11th and dropped his time down to a 1:03.71. In the 200 back, he also finished 11th while dropping almost 7 seconds to a 2:02.52. Johnny helped his relay finish 8th in the 200 free relay, 7th in the 200 medley relay, 10th in the 400 free relay, 9th in the 800 free relay, and 6th in the 400 medley relay. Awesome Job! Keep up the hard work this spring and summer!
- **Macey Swearingen** – With Macey still being 13 years old, she set herself up nicely for next year's JOs. Macey swam to almost all best times and qualified for Finals in most of her events. She finished 4th in the 100 Back with a 58.85, 9th in the 200 Back with a 2:08.51, and helped her relays place 2nd (200 free relay), 3rd (200 medley relay), 3rd (400 free relay), and 2nd (800 free relay). Macey also achieved her Sectional cut in the 200 IM. Congrats!

Notable mentions for getting their NASA Junior National cuts: Rylee Kreinbrink (100 Fly), Olivia Bergmann (100 Back), and Ema Rennie (50 Free).

National Team

- **Mia Lachey** – Mia had a great state championship meet, with new best times in six of her seven events. More importantly, Mia *competed* very well in her individual and relay events throughout the weekend. I was most impressed by her 200 and 500 free events. She swam very smart races and showed a lot of growth in her race strategy! Mia is a joy to coach because she works so hard and always gives her best effort. Great job, Mia!
- **Mia Brown** – What can I say? My “other Mia” had an awesome meet as well, which included an individual state championship, several relay championships, and many new best times. I have enjoyed watching Mia's confidence blossom this season. She has always been a great free sprinter, but I've loved watching her build confidence in her fly, IM, and mid-distance events throughout the season. Your future is bright!
- **Kate Saczawa** – I've had a lot of wonderful experiences in my 17 years of coaching, but some moments stand out more than others. Seeing Kate claim an unexpected victory in the 200 back is definitely one of those moments! Despite her obvious backstroke talent, Kate had some reservations

about the 200 back this year. I am so proud that she chose to confront those reservations – the result was a huge time drop and state championship from the outside lane (to match her individual wins in the 50 free and 100 back). She also swam to best times in all of her events. Way to go, Kate!

- **Jordan Aurnou-Rhees** – Jordan is a workhorse! She always challenges herself and approaches those challenges with enjoyment and passion. Jordo swam to new best times in almost every individual event, and she qualified for Finals in every event. She also helped our relays to four state championships and one state runner-up finish. Congrats, Jordo!