

2016 Fall Frenzy – OSSC Recap

EVENT WINNERS

Amira Bzdafka	Grace Butcher
Davynn Miller	Spencer Tussing
Camdyn Price	Hudson McDaniel
Sydney Boone-McDougall	Jackson Turnbull
Teagan Price	JJ Rennie
Sloane Antonetz	Brady Farren
Marie Belli	Chase Swearingen
Mia Lachey	

SWIMMERS OF THE MEET

Bronze

- **Jeffrey Grant** – Jeffrey absolutely crushed his best times in Indianapolis! He dropped over 2 seconds in the 50 breast, 4 seconds in 50 back and 100 free, 6 seconds in 50 fly, 19 seconds in the 100 back, and a whopping 38.36 seconds in the 200 freestyle! In total, Jeffrey dropped 1:16.51 over the weekend. I have seen a big change in the way Jeffrey trains at practice, and his hard work is definitely paying off. I can't wait to see what he can do throughout the rest of the season! Keep up the great work, Jeffrey!

Silver

- **Sammy Sims** – Sammy had an unbelievable meet! She dropped tremendous amounts of time in the 200 free and 200 IM. She also had best times in 100 free, 100 back, and 100 breast. She got JO cuts in the 200 IM and 100 free! Sammy's effort and attitude surpassed all expectations! Great job, Sammy!
- **Liam Miller** – Liam completed in all 3 days of the meet! He dropped 21 seconds in his 500 free, and dropped time in his 200 IM, 100 free, 200 free, and 100 back. Liam worked hard and also had great technique. He also came back to the coaches asking for more advice. Much appreciated, Liam! Good Job!

Gold

- **Darden Spychalski** – Darden had an all-around great meet. Not only did he drop lots of time in all of his events, but his technique and effort was impeccable. Darden came up after every race to see what he could improve on and always listened with the intention improve. Darden is a prime example of an ALL around leader. Great job, Darden!
- **Elyse Bergmann** – Miss Elyse kicked butt; she dropped time in all of her events and got 2 JO cuts! She went under 6 min in her first 500, she asked for advice before her events, and she applied what she was told to her events to be a better swimmer! Thanks for the great effort, Elyse!

Platinum

- **Grace Butcher** – Grace had an incredible meet this weekend. With it being a very early season swim meet and to swim the way that she swam in Indianapolis was amazing to see. She swam to all best times and equaled her personal best time in the 100 Breast. Grace achieved another

Dolphin qualifying cut in the 200 IM and broke the OSSC team record held by Olympic Trials qualifier Janessa Mathews in the 13-14 girls 200 breaststroke. Keep up all of your hard work and positive thinking!

- **Raul de Mesa** – With all of Raul's hard work at practice and continually pushing himself out of his comfort zone during hard sets, and with his focus on improving his strokes, Raul had an incredible swim meet this weekend. He swam to all best times with big time drops. Keep up the hard work, Raul!
- **Aaron Chen** – Aaron had a similar kind of meet as Raul. He swam to all best times and had some big time drops as well. All of his hard work at practices and paying attention to details with his strokes are really paying off. I look forward to seeing him continue to improve this season. Congrats on a great swim meet!

Senior/High School

- **Carson Cross** – Carson had a great weekend. After doubling up on cross country and swimming over the last few months, Carson was able to take what he has learned in practice and apply it to a meet setting. Carson was able to go lifetime bests in every single event he swam. Great Job Carson!
- **Jared Davis** – Jared has been having a breakout season. He has made big changes to his swimming in practice and is working extremely hard. These changes showed this weekend as Jared was able to swim to lifetime bests in every event he swam! He is setting himself up to have a great Senior Meet. Keep up the great work!

National Team

- **Spencer Tussing** – This one is pretty easy. Spencer raced to best times in almost all of his events, but of course his biggest accomplishment was his extraordinary 1650. Spencer dropped over 43 seconds from his previous best time while qualifying for Winter Junior Nationals that we're hosting in December; his time currently ranks first in the country in his age group. Spencer sets very specific, challenging goals for himself and it's so exciting to see him achieve those goals due to his focus and hard work at practice. Awesome job, Spence!
- **Colin McDermott** – Colin had an outstanding meet, swimming to 100% best times in all six of his events. More importantly, Colin exhibited confidence in himself based on the many changes that he has already made this season. Colin is still evolving as a swimmer since he is relatively new to our sport, but he is very goal-oriented which helps him stay focused and motivated at all times. Congrats!
- **Mia Lachey** – Mia is exhibiting tremendous confidence and excellent race strategy this season – not that those things were lacking in the past! Mia competed against very strong swimmers in her age group all weekend, yet she remained focused on her race strategy and swam to several new best times. This was especially true in the 500 free, when Mia continued to swim "her race" instead of racing others too early. The result was a win and a new best time. I am excited to watch Mia's progress throughout the season.