

2016 Gunnar Listerman Memorial – OSSC Recap

EVENT WINNERS

Amira Bzdafka	Brady McInerney
Sydney Boone-McDougall	Chase Swearingen
Cameron Kuriger	Gabriella de Mesa
Martina Peroni	Hannah Routh
Lucia Cherok	Hudson Williams
Mia Lachey	Darden Spychalski
Ava Lachey	Jada Heren
Marie Belli	Sloane Antonetz
Jordan Aurnou-Rhees	Gabriele Nervez

SWIMMERS OF THE MEET

Bronze

- **Amira Bzdafka** – Amira had a great start to the 2016-2017 season! She had time drops in all of her events, including a 13 second drop in the 50 fly. Great job, Amira!
- **Gino Prabhu** – Gino had a great day of swimming! He dropped time in all of his events, with 5 second drops in 50 back and 50 breast, and over 4 seconds in the 50 free. Keep up the great work!

Silver

- **Emily Schiele** – Emily had a great start to her season. She swam a full meet schedule plus relays and earned herself two new JO cuts. Her regular practice attendance and attention to stroke technique is clearly paying off! Way to go, Emily!

Gold

- **Gabe Nervez** – Gabe has been giving great racing efforts in practices and his hard work paid off at this past weekend's Gunnar Listerman Meet. Swimming a full schedule of events, he dropped time in 9 out of 10 races by a several-second average. Especially noticeable was his newfound speed in the 50 fly, 50 back, and 50 breaststroke, earning his J.O. cuts in each. Contrary to what he'll tell you, he's become a very good breastroker. Great job, Gabe!
- **Zoe Wolfe** – Zoe also had great performances this past weekend. She's been attacking our kick sets in practices and her efforts prevailed in the 100 Kick Event where she raced dolphin kick versus her competitors' flutter kick. She was the talk of the officials, who were placing bets on when she'd switch over to the usually-faster flutter kick. She never did and won her heat handily -- very impressive! Also at this meet, she earned her J.O. cuts in back and fly events. Way to go, Zoe!

Platinum

- **Sydney Hopkins** – Sydney had several great swims during her first meet of the season in Dayton. A lot of her early season hard work at practices and focus on improving her stroke techniques clearly showed in a nice way. Keep up the hard work!

Senior

- **Emily Matessa** – Emily's new motto is to swim big and she definitely did that this weekend. She applied everything she has learned in practice to her racing and she had good results. She was on pace to be better than her lifetime bests. Keep it up, Emily!
- **Emma Ferguson** – Emma had a great meet all weekend. She was diligent in applying changes that she has made in practice to meets. With the results she had, she was on pace to be at lifetime bests in her normal events. Great job, Emma!

National Team

- **Mia Lachey, Jordan Aurnou-Rhees & Lexie McDonald** – I'm combining all three ladies because I chose them all for the same reasons. Mia, Jordo and Lexie all competed extremely well in all of their events throughout the weekend, and they all were on pace for new lifetime bests in several of their events (if the event was a normal distance). Mia and Jordo have been practicing with extreme confidence this season; they carried that confidence into the meet over the weekend against many fast swimmers of all ages. Lexie's training capacity and stroke technique have improved dramatically this season, and those improvements were on full display in Dayton. Congrats to these three fantastic competitors!