

2016 Spring into Summer Splash – OSSC Recap

HIGH POINT WINNERS

Chase Swearingen
Ava Lachey

EVENT WINNERS

Sydney Boone-McDougall	Martina Peroni	Chase Swearingen
Lucia Cherok	Marie Belli	Spencer Aurnou-Rhees
Riley Huddleston	Hannah Routh	Brady McInerney
Ava Lachey	Mia Lachey	Jason Mathews

SWIMMERS OF THE MEET

Bronze

- **Adeline McCusker** – Adeline swam very well over the weekend. Her breaststroke has improved so much over the course of this year, and she approached every race this weekend with confidence. She has become a very good competitor, and I can't wait to see what the rest of the summer has in store for her. Keep up the great work!

Silver

- **Maya Khelashvili** – Maya had a great meet this weekend with mostly best times, including a 6 second drop in her 50 back and 4 second drop in the 50 fly. Way to go, Maya!
- **Maggie Matessa** – Maggie took charge in her heats and had great time improvements across the board. She had a great 50 free and 50 fly, dropping over 2 seconds in both events. Great job, Maggie!

Gold

- **Lucia Cherok** - Lucia had a great meet at the Spring into Summer. During prelims, she dropped time in the 50 breast, fly and free. She also had great performances in finals along with a win in the 50 free! Great job, Lucia!
- **Gabe Nervez** - Gabe had a great first meet with the OSSC! He had many best times in prelims and also qualified to make it back to finals in multiple events. He was also a half second away from his JO cut in the 50 backstroke. Great job, Gabe!
- **Additional notes:** Kaitlyn & Sonia - 200 fly LC at the end of a long weekend. Martina - awesome 400 IM. Ri - 50 free no googles, great epic. Julie - great 400 free. Lindsey - tried really hard.

Platinum

- **Lilian Muszynski** – Lili had a good Spring into Summer meet. She worked hard on applying and holding new stroke techniques together throughout the weekend. In doing so, she also got her 200 breaststroke JO qualifying time. Your hard work at practices in showing. Keep it up!
- **Preston Kuriger** – Preston is having an awesome spring so far. He has made changes to his training, he is more focused, and is making his strokes more efficient. He qualified for finals in several events

and is growing as a swimmer. Preston is setting himself up for a great end to the Long Course season. Keep up the hard work.

Senior

- **Grace Cherryhomes** – Grace has been working extremely hard to improve in all her events and this weekend it showed. Grace was in several new events and swam very well across the board. Grace made it back to finals in several events. Great job, Grace!
- **Jamie Hessing** – Jamie showed his grit this weekend as he was in some of the toughest events. The changes he has been making at practice showed this weekend as he swam well for where his training is this season. Keep up the great work, Jamie!

National Team

- **Calvin Furbee** – Calvin emerged from the Spring into Summer with three new best times. What is more impressive is that those best times are in some of his best events. Calvin is an incredibly hard worker, and his practice ethic translates directly into his meet performances. Great job, Calvin!
- **Bridget Parker** – Bridget was very consistent and competitive throughout the weekend. She challenged herself and added some “off” events, and emerged with new best times in four events. Bridget is one of many NT swimmers who I refer to as a “best effort” swimmer, because there is never any doubt – in practice or in meets – that she is giving her absolute best effort at all times. Congrats!
- **Mia Lachey** – Mia had an interested weekend. She and I spoke a lot about race strategy after her SC Prelim swims, and she really seemed to carry those changes into her LC Finals races. Mia ran track during the spring, so she is still working on her consistency in practice, but her speed, determination, and love of racing were on full display over the weekend. Keep it up, Mia!