

2018 Fall Frenzy – OSSC Recap

EVENT WINNERS

Natalie Sagle
Cameron Graham
Sasha Slauson
Ashlyn Morr
Cameron Kuriger
Martina Peroni
Jackson Turnbull
Darden Spsychalski



SWIMMERS OF THE MEET

Bronze

- **Maura McGrath** – Maura showed tremendous improvement this weekend! She showed that she understood what we have been working on at practice, and implemented those necessary changes in her races. Maura swam to personal bests in most of her races, including an 8 second drop in her 100 breast, a 9 second drop in her 100 back, and an 11 second drop in her 100 free. Keep up the great work, Maura!

Silver

- **Melia Tussing** – Melia had a fantastic meet! While she dropped time in all six of her events, I was most impressed with her 100 back. She has been diligently working on her underwaters in practice and was up for the challenge to incorporate into her race. Way to go!!!
- **Matthew Sagle** – Matthew had himself one heck of a meet. He consistently demonstrated that he was prepared and ready to race. The highlight was dropping over 19 seconds in the 200 free. Congratulations!
- **Wyatt Rathgaber** – Wyatt quite possibly had the most “jaw dropping” race of the meet. He dropped 23-seconds in the 100 fly and is now within striking distance of his JO. Great racing and keep up the hard work!

Gold

- **Liam Miller** – Liam earned the Gold group's Swimmer-of-the-Meet because of his incredible effort and fantastic racing skills. Liam is known to always work hard in practice and because of this his 500 free time improves every time he swims. Also, he achieved a new JO cut in his 200 IM! Way to go, Liam!
- **Sammy Sims** – Sammy is this weeks' Gold Swimmer-of-the-Meet for her excellent racing and perseverance in her mid-distance events. She had great time-drops in her 500 free, IM, backstroke & breaststroke events and she also had a great swim in her first 200 fly. Awesome job, Sammy! Keep it up!

Platinum

- **Gunnar Byas** – Gunnar had an awesome meet, achieving best times in every single event. He really showed some impressive progress in his racing strategies and technique. I could tell that he approached all of his swims with a positive attitude and hitting his events aggressively from the start and resulted in some great time drops including an almost 15 second drop in his 200 back as well as winning his “hot” heat gaining him a pair a cool hand paddles. Great job!
- **Marcus Schwartz** – Marcus walked away from this meet with all best times as well. Marcus started off his weekend with a best time in his 400 IM by almost 9 seconds as well as taking his 100 fly out in a best time within the same event. He really focused on working his underwaters this weekend and it showed, dropping great deals of time in his 100 fly and 100 and 200 back and proving to everyone that he is becoming quite a well-rounded swimmer and capable of being competitive in all four strokes. Keep it up.

Senior

- **Brady McInerney** – Brady was on a roll this weekend. He has been extremely diligent about technique changes in practice daily and it showed this weekend. He was very competitive all weekend long and it showed as each race he swam he achieved a new lifetime best. He achieved a best time in the 400 IM where he was less than 1 second off the Sectional cut, broke the 5-minute barrier in the 500 free, and went best times in 6 more events. He is setting himself up to not only have a great Senior Meet but a great February and March!

National Team

- **Spencer Aurnou-Rhees** – Even though Spencer was our Swimmer of the Meet for our last meet, he certainly deserves it again for his performance at the Fall Frenzy. Spencer had 100% best times over the weekend, touching with new bests in eight different events. He placed second or third in seven of his events, and continued to show tremendous improvement in his underwater streamlines and breakouts, which are the biggest things we’ve focused on during practice. Keep it up, Spencer!
- **Mason Peck** – After a shaky 1650, Mason refocused on his goals and showed the consistency and effort that I’ve challenged him to show in practice and at meets. Mason swam to new best times in six of his eight events, and although his 200 back won’t count due to a DQ, he still swam a great race and showed himself that he is ready to take the next step in his swimming career. I’m excited to see where you go from here!
- **Bridget Parker** – It’s rare to come into early-season meets like this and do best times as a 17-year-old, but that’s exactly what Bridget did throughout the weekend. Bridget swam to new bests in five of her seven events, including a new team record in the 1650! Bridget works very hard in practice so that she achieve her goals at meets, and this is a great indication that she is on her way to an awesome senior season!