

2018 Unified Senior Meet – OSSC Recap

SWIMMERS OF THE MEET

Senior

- **Sage Moore** – Sage was very competitive at this meet and all the work she has been doing in and out the pool showed. After a tough week of training, Sage had a lot of speed this weekend. She had a great start to the meet with a strong 200 fly, in which she dropped 2 seconds. In addition, she has been diligent on working her new freestyle stroke which she used to swim a very strong 100 free and then finished the meet with a best time in the 200 breast. Sage is always working hard and pushes herself and her teammates daily, so I am thrilled with the attitude and effort paying off this early. Great job, Sage!

National Team

- **Spencer Aurnou-Rhees** – This is an easy one! Spencer competed in three events and had three new best times, dropping almost 11 total seconds. Spencer is a fierce competitor who never backs down from a challenge. He is working on his turns and his breakouts at every practice so that he can maintain his speed off his walls into his breakouts. Those technical improvements, along with his competitive spirit, will take him very far in this sport. Great job, Spencer!