

## 2018 CM Spring Invite – OSSC Recap

### EVENT WINNERS

Cameron Graham  
Mailyn Price  
Sasha Slauson  
Jada Heren  
Catherine Cartmell  
Lucia Cherok

Marie Belli  
Ava Lachey  
Mya Slones  
Mia Lachey  
Chase Swearingen  
Brady McInerney



### SWIMMERS OF THE MEET

#### Bronze

- **Matthew Sagle** – Matthew had a great weekend, swimming in his first long course meet. He started the Bronze roster for summer JO's, picking up three qualifying times in the 50 free, 50 back, and 100 back. Keep up the great work!
- **Ayden Fortney** – Ayden had a phenomenal weekend, swimming to all new best times, including over 24 seconds in his 100 back! Ayden also narrowly missed the 10 & Under JO cut for the 100 free after dropping over 17 seconds. Great job, Ayden!
- **Harry Perrault** – Harry left his old long course times far behind in Cincinnati! He swam to all new best times, including over 12 seconds in the 100 back! Well done, Harry!
- **Melia Tussing** – Most of Melia's races over the weekend ended with time drops in the double digits! Swimming to all new personal bests, her biggest drops were 12 seconds in the 50 fly and 100 free, and 14 seconds in the 100 breast. Nice job, Melia! You definitely earned your ice cream!

#### Silver

- **Elise Robinson** – Elise had a breakthrough meet this past weekend. She took off significant time in all her events, and wasn't afraid to go out and race. She swam the 400 free for the first time and went a 5:29! Amazing job, Elise!
- **Ella de Mesa** – Ella started off the season with a bang! She not only got her zone cut in the 50 back, she learned how to not save up at the beginning of a race! Great work, Ella
- **Bradley King** – Bradley had an amazing first meet with the OSSC! He attacked each race, swam events he had never swum before, and picked up a couple of JO cuts along the way! Congrats, Bradley!

#### Gold

- **Jayci Kascandi** – Jayci had a great Pepsi Invite meet and it proved that she's developing into a very well-rounded swimmer! She had the largest collective time-drop in all of the Gold girls and it seems she's found her stride in the mid-distance events. Jayci's off to a great start this long-course season so keep up the good work! Way to go, Jayci!
- **Julian Cherok** – Julian had a fantastic meet this weekend! He dropped time in everything he swam and he had the largest accumulative time-drop in all of the Gold group! He was competitive in all of his races and his focus on his stroke technique is making a real difference. Attention to detail pays off! Keep up the competitive spirit, Julian!

## Platinum

- **Aidan Miller** – Aidan had a breakthrough weekend and dropped big chunks of time in every event he swam. Across all of his events, he dropped an astounding total of 110 seconds which includes a 13 second drop in his 200 IM, 16 seconds in the 100 fly, and a jaw dropping 41 seconds in the 400 IM. Not only that, but he showed a significant improvement in stroke technique in all four strokes as well as overall race strategy. Keep up all that great focus and hard work.
- **Maya Khelashvili** – Maya had a great meet and achieved a best time in every single event she swam. She crushed the 200 free by dropping 18 seconds, 16 seconds in the 200 back, and 13 in the 200 breast. Maya has really been showing improvements in stroke technique and endurance, and I am excited see her set up her long course season with an awesome performance this past weekend.
- **Andy Lu** – Andy got best times in all but one of his events including dropping 28 seconds in a fantastic 400 IM swim. Andy has been really working hard in practice and his effort and focus on stroke efficiency is certainly paying off. I can't wait to see his performances in the upcoming meets this season. Great job.

## Senior

- **Kaitlyn Sims** – Kaitlyn has had a great meet this past weekend. She has been diligent about stroke corrections and her underwaters in practice and it showed. Kaitlyn swam very well across the board applying what she has learned in practice over the last couple of weeks. She really worked the second half of every race and was able to go best times in the 100 fly and 200 back. Congrats, Kaitlyn!
- **Heath Thomas** – Heath is a training machine as there is nothing he will not swim. He didn't swim his normal distance line up, but that didn't slow him down. He has been working really hard on fixing his freestyle, breaststroke and backstroke catch in practice and he applied that this weekend. In addition, he used this meet to work on some new race strategies and using more of his underwater kick. This showed with a big-time drop in the 100 back. Great job, Heath!

## National Team

- **Grace Butcher** – Grace had a strong meet to start the LC season. She finished second in the 100 & 200 breast, and the 400 IM. She had the chance to swim some "off" events which resulted in two new best times in the 100 back and 100 free. It was great to see how much Grace has progressed in the backstroke. Grace works hard to make necessary stroke changes in practice, and it certainly showed this weekend.
- **Pat Pema** – Pat had a great meet and was very competitive in all of his events. He walked away with four top-3 finishes and new best times in the 400 IM and 200 breast. Despite our intense training at this point in the season, Pat showed strength in his sprint and mid-distance events. This was a great start to his LC season before he heads off to Emory University, the defending D3 National Champs! Congrats, Pat!