

2018 Bobcat Summer Splash – OSSC SWIMMERS OF THE MEET

Bronze

- **Amira Tadlock** – Amira swam in her first long course meet of the season, and she's looking very good as we head into Regionals in a few weeks. She has made a lot of progress over the summer and I am really looking forward to seeing her championship performance in July. Keep up the great work, Amira!

Silver

- **Sophie Khelashvili** – Sophie had a great meet! Not only did she handle racing back to back events with a positive attitude, she focused on her technique and put up some great swims! Nice work, Sophie!
- **Chase Peck** – Chase had a great weekend! He was focused, with a goal in mind and something technical to work on for each race. He had fun and raced hard! Nice work, Chase!

Gold

- **Liam Miller** – Liam had a great Bobcat meet, breaking 20 minutes for the 1500m Free as an 11 year old. He also earned two 1st place finishes in his free and back events. Liam always gives his best effort in practice and his racing attitude is certainly paying off. Good job, Liam!
- **Grace Gabriel** – Grace had a fantastic meet, swimming very well in all of her events this weekend. She swam a strong 1500m free on Friday, and then achieved great results in her Saturday events that included a 200 breast (her personal favorite!), the 400 free, and the 400 IM. Sunday also offered a challenging line-up for her and she persevered due to her never-give-up spirit. Keep up the good work, Grace! Great job!

Platinum

- **Morgan Govekar** – Morgan competed very well this past weekend. He is our newest addition to the Platinum group joining us just two weeks ago. He went best times in all of his events this weekend including a great 400 IM where he dropped 16 seconds from his swim at Spring into Summer just two weeks earlier. He has a great work ethic and I can't wait to see what he can do at JOs.
- **Mya Slones** – Mya had an awesome weekend. She walked away with five new best times including a very solid first time 1500 swim. Despite her cap falling off halfway through, she was able to maintain pace and finish the race just shy of the JO cut. She definitely showed more discipline in race strategy and technique which is for sure paying off. Keep up the good work.
- **Elyse Bergmann** – Elyse rocked this weekend. She had a great 200 fly and 200 IM and showed a ton of confidence in her races, especially when going up against some bigger and older swimmers. She got two best times and was within tenths of all of her other ones which is an incredible sign going into JOs. She is also showing progress in her stroke technique and she is on track to have an awesome championship season. Good job.

Senior

- **Will Elsrod** – Will has been steadily improving in practice and was able to apply his changes this weekend. Will swam 1500 for the first time and learned a little about distance pacing along the way. In addition, he was able to apply the changes he has been making in practice to see time drops in his 200 BR, 200 IM and had a big-time drop of 26 seconds in his 200 FL. Great job, Will!
- **Britney Sage** – Britney had an awesome meet. She has been working extremely hard all spring and summer to fix her technique and her race strategies for each race and it showed this weekend. She has been very diligent on her correcting her body position her breaststroke events and it resulted in a 5-second drop in her 100 BR for a lifetime best and right at her best time in the 200 BR. In addition to these swims, Britney has been working hard fixing all her technique which resulted in a lifetime best in the 100 BK. Keep it up!

National Team

- **Sarah Cabré** – Most swimmers can't brag that they completed all of their IMX events – plus the mile – in the same meet, but that's what Sarah did last weekend. She had a lot of strong swims and kept a smile on her face throughout it all. Sarah has worked diligently on her underwater kicking, strength, and stroke tempo. She has made a lot of improvement in these areas, and the result is that she is competitive in all strokes and all distances. Keep it up, Sarah!
- **Bridget Parker** – Bridget had a very consistent weekend, and even came close to some best times in a few events. She was dominant in both the 400 IM and 400 free, which is exciting for championships because these are two of her best events. Bridget has been training very well throughout the LC season, so I'm pleased to see her competing so well at this point in the season. Great job, Bridget!