

2019 Bobcat Summer Splash – OSSC SWIMMERS OF THE MEET

Novice

- **Peighton Smith** – Peighton did an excellent job swimming her first ever long course meet and also as a swimmer for the OSSC. She swam to personal bests and always had a smile at the end of her races. She was also was an amazing teammate. She never missed an opportunity to cheer on the other OSSC swimmers! Keep it up, Peighton!

Bronze

- **Natalie Sagle** – Natalie really came to race this weekend! In addition to being a heat winner multiple times, Natalie showed that she really tried to implement changes we've made to her technique at practice in her races. Her 100 backstroke was incredibly impressive. During that race, Natalie focused on shoulder rotation and strong kicking throughout the entire 100, and it helped her swim to a new best time by over 6 seconds! Great job, Natalie!
- **Beth Newman** – Beth has really impressed the coaching staff lately with her ability to set goals at practice and at meets, and then stick with them. Prior to the meet this weekend, the Bronze Team had a group meeting during dryland to discuss our short term goals heading into the meet. Beth's answer was unique because she said her main focus was to make sure she had perfect turns on all of her races. It was simple and to the point, and she did just that! Beth's turns had never looked better than they did this weekend! Keep up the great work, Beth!

Silver

- **Patrick Filbert** – Patrick had a great meet. From the start he was ready to race and attack all of his events. He also showed a lot of courage and racing maturity throughout the weekend and especially in the 100 fly. Great job, Patrick!
- **Lillian Bailey** – Lillian had a great weekend. She demonstrated her competitive spirit in each and every race, while also winning the 100 back! I was also very impressed with how she dealt with a minor setback and was able to quickly gain her composure and be ready to race again! There will be other obstacles in your swimming career, so I am very pleased to see how she handled the situation so positively. Keep up the hard work at practice! Congrats!!

Gold

- **Ish Chakroborty** – Ish had a great Bobcat meet, swimming best times in all events he swam! Using the techniques he's learned in practice and also giving a great effort during his races let him achieve significant time improvements. Ish always works hard in practice and it's paying off with his new best times. Awesome job, Ish! Keep up the hard work!
- **Mia Boccio** – Mia raced great at the Bobcat Meet, achieving all best times in her events! She's become very competitive in her swim meets which helped her to have great races including a lights-out 50 fly where she was able to grab a JO cut. Way to go, Mia! Keep up the great racing!

Platinum

- **Grace Gabriel** – Grace had an awesome weekend. She achieved best times in almost all of her swims including showing some great improvements in her backstroke races including an over 10 second drop in the 200. She was attacking all her races right from that start and continued to stay tough and finish them strong. Good job.
- **Jayci Kacsandi** – Jayci swam really well this weekend, starting Friday night in the mile all the way through to her final event. She showed that she has really made some great improvements in some of

her weaker areas such as turn and her sprint free events, dropping over a second in the 50 and almost 3 in the 100. She is working hard in practice and it's showing. Keep it up.

Senior

- **Sonia Bowers** – We are in the middle of training and that did not slow Sonia B down. Sonia has been very diligent about maintaining her technique while at speed and it showed this weekend. She was extremely competitive in every single event she swam and was a lot faster at this meet then she was at this point last season. She was able to show off some of her upfront speed which helped her be right at her lifetime bests. Great job, Sonia!
- **Grace Barnhart** – Grace had a great meet! Known as more of distance specialist, she has been putting a lot of work into increasing her overall speed in her off events. This weekend Grace showed that new speed and she was able to go best times in the 100 free, 200 IM, and she dropped 8 seconds in her 1500 free. In addition to her best times, she showed big changes to her technique, underwaters, and her breakouts which is setting her up to have a great LC Season. Keep it up, Grace!

National Team

- **Brooke Davis** – Brooke had an outstanding weekend! She began by competing in the 1500 for the first time ever. She kept a smile on her face and did great! That mile definitely took a toll on her, but she got better throughout the weekend, and she walked away with 4 new best times. Brooke is more of a sprinter, but it was great to watch her compete in the distance and mid-distance events with such consistency. Congrats!
- **Charlie Ferguson** – Charlie swam to new best times in 6 events in Athens! Best times are rare at this meet due to where we are in our training cycle, but Charlie didn't let that stop him from making huge strides. Charlie has been focused and determined to make specific changes in his technique, and the results have been evident. Keep it up!
- **Cameron Kuriger** – Cameron swam to best times in the 400 free and 200 back, and also finished top-8 in 6 of her events. She was very competitive in all of her events, with some fun, close races against D1 college swimmers. Cameron is fearless, which helps her step up and enjoy racing when others might become intimidated. Way to go!