

2019 Junior Olympics – OSSC Recap

STATE CHAMPIONS

Sasha Slauson
Lauren Moorhead
Ashlyn Morr
Marie Belli
Jackson Turnbull
Spencer Aurnou-Rhees
Abi Goodrich
Mailyn Price
Cameron Graham
Chase Swearingen
Andy Lu
Darden Spychalski
Marcus Schwartz
Aidan Miller



SWIMMERS OF THE MEET

Bronze

- Congratulations to **Elise Trautman**, **Reagan Peck**, **Reese St. Pierre**, **Maura McGrath**, **Logan Moorhead**, and **Samuel Zhu**, who were all selected to represent the OSSC on the 10 and under relays! Go Bucks!

Silver

- **Cameron Graham** – Cameron blew me away this weekend! Not only did she have time drops in every event, she had two individual 3rd place finishes and two 1st place finishes in the 200 free and medley relays! She was tough and competitive the entire weekend. Congrats, Cam!
- **Sasha Slauson** – Sasha had an amazing meet! She has big goals and came out with 1st place finishes in the 50, 100 breast and 200 free and medley relays! WOW! Amazing job, Sasha!
- **Jackson Turnbull** – Jackson had an awesome weekend! Despite having to miss many practices due to illness leading up to the meet, Jackson persevered to take 1st place in both the 50 and 100 free! His “go for it” attitude and competitive spirit were vital to his success! Congrats, Jackson!

Gold

- **Lauren Moorhead** – Lauren had a fantastic JO Meet, earning runner-up for the high-point award for 11-12 Girls. She is state champion in the 100 and 200 backstroke, and she placed 5th or better in every event she swam. Lauren has been our Gold-group leader this year both in spirit and practice-effort and her hard work has paid off with her significant achievements. Congratulations, Lauren! State Champion!
- **Liam Miller** – Liam had a great JO meet, posting all best times in a very challenging selection of events. He has never shied away from hard work and his efforts and athletic focus paid off as he dropped significant time in all of his 200 events. Also, Liam swam such a lights-out time in his 400 IM that he went from last seed to 6th place overall. Great job on a challenging meet, Liam! Way to go!

Platinum

- **Chase Swearingen** – Chase rounded out his breakout short course season in superb fashion and improved in every event he swam. He kicked off his weekend with an awesome 58.9 100 breast, dropping 4 seconds, and just continued to perform at that level for every event after. His hard work and determination has been the driving force to all of his success and has now propelled him to a whole new caliber of competition, and now ranking among the top 13 year olds in the country. Keep up the great focus and hard work and there will be even more success to come.
- **Ashlyn Morr** – Ashlyn had a stupendous weekend with performances that surpassed many of my expectations. She is one of the hardest workers in the group and it certainly showed this weekend. She took the 500 by storm from the outside lane and came in second with a 5:00 and a new team record. The next day, she polished off her weekend by winning the 1650 by a pool length. Truly awesome work.
- **Sloane Antonetz** – Sloane had a rocky start to her meet. During Friday prelims, she left late for her 100 fly due to outside noise and a quiet start resulting in her missing the A final by .04. However, she came back that night for finals with something to prove as she surely did. She crushed the B final heat to go a 56.9 which was the second fastest time overall. She then carried that momentum throughout the rest of the weekend, going best times in every event, and finishing it off with another second place finish in the 200 fly and dropping over six seconds. Congrats on this breakout season, all your hard work has really paid off.

Senior

- **Gabe Nervez** – Gabe came off a successful high school season to have more success at JOs. He was extremely competitive right from the beginning of the meet and was on a mission to swim fast and help the OSSC win the Meet. He was able to go best times in the 100 back, 100 breast, 100 fly, 50 free and had a big 8 second drop in the 200 fly. In addition, he helped the 800 free B relay and the 200 free relay obtain 8th overall, 400 medley and 200 medley B relays take 6th overall! Awesome way to end the Season!

National Team

- **Darden Spychalski** – Darden had a fantastic JO meet. Despite already having huge time drops in most of his events throughout the season, Darden still managed new best times in six of his seven events at JOs. He was especially strong in all of the freestyle events, and he really stepped up in the relays, helping the OSSC win all five 13-14 boys' relays over the weekend. Great job, Darden!
- **Spencer Aurnou-Rhees** – Spencer was absolutely on fire this weekend! He swam to almost 100% best times (the only slight exception was the 200 IM, which he still won and was only .2 slower than he was at the high school state championships). He placed 1st, 2nd or 3rd in every event, and he was only two points away from the 13-14 individual high point. What a great way to end JOs, Spencer!
- **Marie Belli** – What can be said about Marie? She learned that she has Kienbock's disease, which means that one of her wrist bones is losing its blood supply. She has been in a cast on her dominant arm for most of 2019 with the hope that it would help correct the issue without surgery; however, that was not the case. She had her cast removed recently so that she could compete at JOs, then had surgery three days later. Despite all of this, Marie somehow managed to win the 100 fly and 200 backstroke, and was fourth in the 13-14 individual high point scoring. Simply amazing!!!