

2019 OSSC/PHST Dual Meet – Swimmers of the Meet

Novice

- **Emma Miller** – Emma had a fantastic meet! She successfully swam both the 100 IM and the 50 breast for the first time, and additionally dropped time in her other two events. She took 3.10 seconds off her 50 backstroke, and 0.81 seconds off her 50 freestyle. Emma has been putting in the work at practice, and it is really starting to pay off! Keep up the good work, Emma.
- **Theodore Halberg** – Theodore had a great meet by swimming a 50 of each stroke, and the 50 breast was for the first time. In his other events, he dropped 3.49 seconds in the 50 back, 3.92 seconds in the 50 fly, and a grand 0.02 seconds in the 50 free! He also had his first experience on the medley relay, finishing off the 10&U boys C relay for a third place finish. Well done, Theodore!

Bronze

- **Zoey Starner** – Zoey's hard work and dedication to swimming paid off on Friday. Zoey had a phenomenal evening, swimming to all new personal best times! She dropped over two seconds in the 50 and 100 backstroke, and dropped over 9 seconds in the 100 freestyle! Zoey also swam with her teammates in the Girls 10 and Under 200 medley and 200 free relays. Great job, Zoey!
- **Samuel Zhu** – Samuel came ready to race on Friday! He had quite a challenging event line-up, but he rose to the occasion. Samuel dropped time in the 50 and 100 backstroke, as well as the 50 fly. He also swam, upon request, the 100 fly for the first time, and achieved a "BB" cut in that event! He also achieved "BB" cuts in the 100 and 50 backstroke as well. In addition to his individual events, Samuel also swam with his teammates in the Boys 10 and Under 200 medley relay. Nice work, Samuel!
- **Maura McGrath** – Maura made tremendous progress in her swimming over the holidays, and I was very excited to see that progress made evident Friday evening. She swam to three new best times, in the 50 and 100 breaststroke, as well as the 100 backstroke. If that wasn't enough, her times in the 100 backstroke and 100 breaststroke earned Maura her very first "BB" qualifying times. She also swam with her teammates on the Girls 10 and Under 200 medley and freestyle relays. Keep working hard, Maura!!

Silver

- **Abigail Goodrich** – Abi had an amazing meet!! She started the session off with a huge 4 second drop in the 50 back, achieving the JO cut. She then kept the ball rolling by achieving two more JO cuts in the 50 free and 50 breast. Great job, Abi!
- **Amira Bzdafka** – Amira had an awesome first meet as an 11 year old! After dealing with injury at the beginning of the season, she came back better than ever with drops in every event! Her mental toughness was evident. Great work, Amira!
- **Pierre Cruse** – Pierre had an awesome meet! He not only broke 30 seconds in his 50 free, but achieved his JO cut in the 50 back! He has been focused and goal oriented all season, it is really paying off! Congratulations, Pierre!

Gold

- **Catherine Cartmell** – Catherine's earned this weeks' swimmer of the meet for her fantastic performance in her first-time swim of the 200 fly. She was nervous coming into the event but accepted the challenge and thrived. Catherine's swim was over 13 seconds below the JO cut so it seems she's found a new specialty event! Great job, Catherine!
- **Pierce Bateman** – Pierce has been trying hard in practice and his efforts paid off at last weeks' dual meet. He dropped over 10 seconds in both 200 breast and 200 back, the latter in which he achieved his JO cut. Awesome job, Pierce! Keep up the focus!

Platinum

- **Andy Lu** – Andy had an awesome meet and performed beyond expectations. As well as going all best times, he dropped over three seconds in the 200 fly as well as dropping over two seconds in the 100 free to obtain another JO cut. Andy has been working hard to for all the success he has been having this season. Keep it up.
- **Aidan Eberhardt** – Aidan had tough lineup by swimming three 200s, but that didn't stop him from getting best times in all of them, including an awesome twenty six second drop in his 200 back. Aidan has really been stepping it up in practice by really pushing himself and focusing on improving the details of his races. It is showing and he is setting himself up to have a great end to the season. Good job.