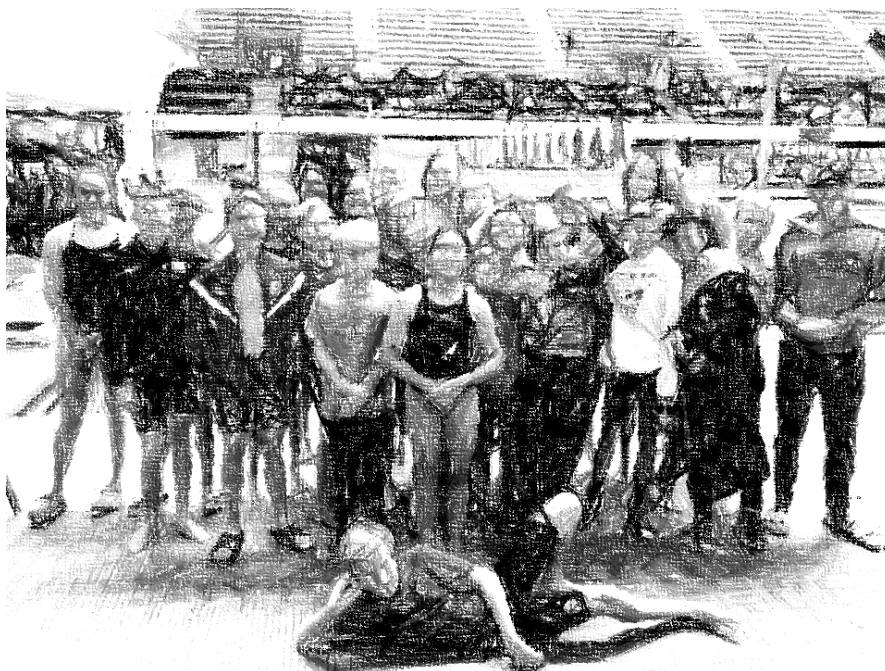


2019 Fall Frenzy – OSSC Recap

EVENT WINNERS

Martina Peroni
Cameron Graham
Lilian Bailey
Liam Miller
Andrew Huang
Jacob Lloyd
Austin Carpenter



SWIMMERS OF THE MEET

Bronze

- **Blake Beaver** – Blake had a phenomenal weekend! She swam to all new best times, dropping over a second in the 25 back, two seconds in the 25 free and breast, three seconds in the 50 back, six seconds in the 50 free, and nine seconds in the 50 breast. Way to go, Blake!
- **Tyler Sagle** – Tyler also had a great weekend, with new personal bests in every event! The best drop off the weekend was his 25 breaststroke where he dropped nearly 8 seconds. Great job, Tyler!

Silver

- **Natalie Sagle** – Natalie had an amazing weekend! She crushed both her 200 free and 200 IM, showing mental and physical toughness by going for it from the first lap. She also took off over 10 seconds in her 100 breast! Wow! Good job, Natalie!
- **Samuel Zhu** – Samuel was on fire this weekend! He approached each race with focus and a smile. He took 14 seconds off in his 200 free and went sub 3 minutes in his 200 IM! He attacked each race. His hard work in practice is paying off! Nice work, Samuel!

Gold

- **Mia Boccio** – Mia earned this week's Swimmer-of-the-Meet by swimming best times in all events she entered. She's been giving great effort in practice and has really developed great racing skills. She picked up two more JO cuts in her non-favorite strokes and she continues to improve in all of her events every time she swims. Great job, Mia!
- **Mario Bondi** – Mario earned the Fall Frenzy Swimmer-of-the-Meet by developing and strengthening a keen racing ability. He swam best times in all events and additionally, earned JO cuts in his 100 fly and 100 free, swimming under a minute for the first time. Awesome job, Mario! Keep up the newfound focus!
- **Jack McGrath** – Jack is a Fall Frenzy Swimmer-of-the-Meet by swimming all best times and posting significant time-drops in his 500 free and 200 IM. He's been trying harder in practice and the results are beginning to show. He also achieved his 1st JO cut in his 100 breaststroke, swimming under 1:20 for the first time. Way to go, Jack! Keep up the good work!

Platinum

- **Hudson Williams** – Hudson lit up the pool this past weekend, dropping significant time in every single event including over six seconds in both the 200 IM and 200 free. All weekend, he focused on every event and prepared himself accordingly for each one and the results showed. Keep that focus up and this will be a great season.
- **Liam Miller** – Liam wrapped up his final meet as a twelve year old in great fashion. He kicked off his weekend Friday night with a stellar 500 free. Not only did he drop over 15 seconds, he also beat his best time at the 100 and 200 mark within that same race. He continued that intensity throughout the rest of the weekend. His effort and focus has been impressive at practice as well as at meets. Great work and keep it up.

Senior

- **Grace Barnhart** – Grace has been very diligent on improving her overall speed and technique in every event she races. She started off the meet with a lifetime best in the 500 free and continued setting up the rest of her season by being very competitive in the rest of her events. During the meet, Grace was also attentive to technique and warm-up changes which helped her improve in her sprint events and help her achieve a lifetime best in the 100 fly and almost breaking the 2 minute barrier in the 200 free! She is setting herself to have a great Senior Meet in two weeks. Nice job, Grace!

National Team

- **Mia Brown** – Mia had a very strong Fall Frenzy meet! She was consistent in all of her races, and she even swam to a new best time in the 100 breast and a near-best time in the 50 free. Mia's work ethic is remarkable! Her focus and determination at practice has been noticeable and was evident this past weekend. She is setting herself up for an incredible senior season.
- **Martina Peroni** – Martina set the pool on fire in the 1650 to begin the meet! She dropped almost 36 seconds from her previous best and currently ranks third in the country in her age group. There are many swimmers who rest and/or wear fast suits for this meet. In general, our swimmers do not, so the results can be a bit deceiving; however, Martina was still very competitive in all of her events. I'm excited to see her performances in her upcoming championship meets.
- **Mason Peck** – Mason's actual times don't matter much, even though they were pretty good. Mason is a Swimmer of the Meet due to the fact that he competed at all. Mason is only a few months removed from shoulder surgery from an injury which ended his summer season. He's been working incredibly hard to get back into great swimming shape. His attitude and effort have been outstanding. He is using his setback as fuel to get even stronger and faster. This is a great first step!