

## **2019 Unified Senior Meet – OSSC Recap**

### **SWIMMERS OF THE MEET**

#### Senior

- **Amy Evans** – Amy has been very diligent on reworking her technique and it showed at this meet. She attacked and was competitive in every single race she swam applying what she has learned in practice to the meet. She was very aggressive underwater which helped her achieve several new in-season bests and a new best time in the 200 fly. She is setting herself up for a great Senior Meet and HS season!

#### National Team

- **Lindsey Keaton** – Lindsey was very competitive from start to finish of every race. She was been very diligent about applying her technique changes and a race strategy from practice to meets and attacked every single race. She is setting herself to have a great Senior Meet in a few weeks. Awesome job, Lindsey!