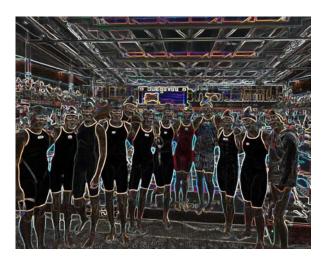
# 2019 Regional Championships – OSSC Recap

#### **EVENT WINNERS**

Abi Goodrich
Catherine Cartmell
Lola Zimpfer
Nadia Slauson
Sophie Khelashvili
Suzanna Shultz
Sammy Sims
Jada Heren
Audrey Butcher
Ashlyn Morr
Jayci Kacsandi
Daniel Gorobchuk

Campbell Williams Liam Miller Chase Peck Pierce Bateman Wyatt Rathgaber Hudson Williams Gabe Nervez Aidan Miller Andy Lu Josh Smith Marcus Schwartz Mario Bondy Pierre Cruse Gunnar Byas Braden Hopkins Emily Schiele Calie Demers Abby Di-Nardo Maura McGrath Mailyn Price Regan Peck Carrie Furbee



#### **SWIMMERS OF THE MEET**

## Novice

- Maggie Zook Maggie had an awesome Regionals meet to end out her short course season. She dropped 6.65 seconds in the 100 free, 6.24 seconds in the 100 IM, 5.69 seconds in the 50 free, and 2.30 seconds in the 50 back! She also swam her first 100 fly and blew it out of the water with a time of 1:49.52. Your hard work this season really paid off this weekend. Great job, Maggie!
- Audrey Siefker Audrey finished off Regionals with time drops in all of her events. She took off a
  whopping 31.07 seconds in the 50 back, 3.22 seconds in the 50 free, and swam the 100 back for the
  first time with a time of 2:02.65! Even though she only swam a couple events this weekend the coaches
  were still impressed by her improvement, especially in the backstroke. Awesome job, Audrey!
- Colson Hopkins Colson had an awesome championship meet, dropping time in every event! He
  took off 6.63 seconds in the 50 fly, 2.95 seconds in the 100 IM, and 3.15 seconds in the 100 free. He
  also swam his first 100 back. Colson had a great attitude throughout the meet, and this made him a
  great teammate this weekend. Well done, Colson!
- Adley White Adley also impressed the coaches with time drops in almost all of his events. This
  includes a 9.59 second drop in the 50 fly, 2.53 seconds in the 100 IM, 4.85 seconds in the 50 back,
  and 3.49 seconds in the 50 free. He also swam his first 100 breast and had great technique the entire
  race. Adley finished his championship meet off very well, and has had a great short course season.
  Keep it up, Adley!

## Bronze

- Lachlan Cowan Lachlan swam to numerous best times over the weekend, including 2 second drops
  in the 100 free and 100 back. Lachlan also qualified for the boys 11-12 100 backstroke consolation
  final, which is a great accomplishment for a Bronzie. Keep up the great work, Lachlan!
- Abby Davis Abby had an amazing weekend! She swam to best times in every single event, and they were giant drops! Her biggest drop of the weekend was in the 100 breast where she dropped over 18 seconds! Wow! Nice job, Abby!
- Hayden Lehr Hayden also swam to all best times over the weekend! His biggest drops were in the 100 IM where he dropped over 7 seconds, and over 5 seconds in the 50 back. Hayden also played key roles in both the 200 free and 200 medley relays. Great job, Hayden!

### Silver

- Jack McGrath Jack was on fire this weekend! His focus and competitive spirit led him to dropping time in all of his events! Highlights include breaking 30 seconds in the 50 free and dropping over 5 seconds in the 100 breast. Congrats, Jack!
- Wyatt Rathgaber Wyatt absolutely crushed it this weekend! He picked up 3 more JO cuts in the 50 breast, 50 back, and 100 fly! He also took off an impressive 23 seconds in his 200 IM! Nice work, Wyatt!

## Gold

- Addi McCusker Addi had many fantastic swims at the Regional Championships! Her efforts and focus in practice contributed in her significant time drops in all of her events. Most impressive were her swims in the 200 breast and 200 back, in which she dropped over 14 seconds! Keep it up, Addi! Great job!
- Mario Bondy Mario earned this meets' Swimmer-of-the-Meet with his great swims in both his 500 free and also by achieving his JO cut in his 50 free. He's been more focused and dedicated to practice details and it really showed with his impressive swims. Also, Mario dropped time in everything he swam this meet. Way to go, Mario! Keep it up!

### Platinum

- Aidan Eberhardt Aidan had an awesome breakout Regional meet. Not only did he get best times
  in every event he did so with huge margins. His smallest time drop was over two seconds with almost
  all of them being over five second drops including an 11 second drop in the 200 back and an almost
  14 second drop in the 200 IM. Aidan has really stepped up his training this year, really challenged
  himself, and it paid off in glorious fashion. Keep up that work ethic and great things are to come.
- Emma Beavers Emma's Regional meet got off to a rocky start. On Friday, Emma flinched on the block and got disqualified in the 100 breast and ended up being off her best time for the 200 free. Instead of bumming herself out and letting it go to her head, she came back Saturday morning ready to rock and ended up getting best times in every single event thereafter including dropping over 8 seconds in the 200 back during Sunday finals to finish up her meet. Being able to brush off a bad swim, or even an entire day of bad swims, and attack upcoming events in a positive mindset to produce great performances is one of the toughest aspects in this sport. Emma did a fantastic job doing this. Congrats.

## Senior

Aidan Miller – After coming off a successful HS season, Aidan was on fire all weekend. On a mission to add to his JO line up, Aidan rewrote his best times and added 7 new JO cuts. Aidan achieved cuts in the following events: 100 free, 50 free, 500 free, 400 IM, 200 free, 200 IM, and 200 Back. In addition, he was just off the JO cut in 100 fly with a new best time. Throughout the weekend Aidan dropped over 87 seconds and is setting himself up to have a great JO meet. Keep up the great work, Aidan!