

## 2019 Regional Championships – OSSC Recap

### EVENT WINNERS

Abi Goodrich	Campbell Williams	Mario Bondy
Catherine Cartmell	Liam Miller	Pierre Cruse
Lola Zimpfer	Chase Peck	Gunnar Byas
Nadia Slauson	Pierce Bateman	Braden Hopkins
Sophie Khelashvili	Wyatt Rathgaber	Emily Schiele
Suzanna Shultz	Hudson Williams	Calie Demers
Sammy Sims	Gabe Nervez	Abby Di-Nardo
Jada Heren	Aidan Miller	Maura McGrath
Audrey Butcher	Andy Lu	Mailyn Price
Ashlyn Morr	Josh Smith	Regan Peck
Jayci Kacsandi	Marcus Schwartz	Carrie Furbee
Daniel Gorobchuk		



### 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 Bronzeie. 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!