

## 2019 Sectional Championships – OSSC Recap

### 2020 OLYMPIC TRIALS QUALIFIER



### 2019 NATIONALS QUALIFIER



### 2019 JUNIOR NATIONALS QUALIFIERS





## SWIMMERS OF THE MEET

### Platinum

- Congratulations to all five Platinum swimmers who competed at Sectionals: **Sloane Antonetz, Elyse Bergmann, Calie Demers, Ashlyn Morr, and Chase Swearingen**. This was the first time for all of them competing at a meet of this caliber, and they all walked away with numerous best times as well as having the experience of being able to compete at the next level of this sport. It was extremely impressive how everyone was able to keep their composure and race swimmers who were much bigger, stronger, and older, and beating many of them as well as winning heats. Congrats on all the hard work and effort this season to all five of you. The future is bright and there are great things to come.

### Senior

- **Alli McFarland** – Alli had an amazing meet this past week at Sectionals. She has been making some big changes to her swimming and we have seen this being applied to practice and she definitely showed it at the meet. As she approached the meet, Alli had the confidence to go out and rewrite her best times. She started off the meet with being right on her lifetime best in the 200 breast, then followed that with a 5-second drop in the 200 free for a best time. As she continued to compete throughout the weekend, Alli showed her heart and did not slow down. She knocked on the door of her 100 fly best time, but then decided to kick the door in on her final swim as she shocked herself with a big 3-second drop in the 100 breast! This was a great way to end the SC season and is setting herself up for a great LC season before she heads off to the University of Tampa this fall!
- **Britney Sage** – Britney had a great meet. After coming off a successful high school season where she was the first swimmer ever to qualify for the State Championships from her high school, she didn't let LC slow her down. Britney started off the meet with a big swim in the 200 breast, dropping over 5 seconds. She continued to roll through her best times with a big swim in the 400 IM where she showed her technique improvement in the fly, back and free. The fast-swimming did not stop even on her last day,

as she dropped over 3 seconds for a big swim in the 100 breast for a new best time. She is setting herself up for a great summer Season, Nice job, Britney.

- **Lonnie Lawhorn** – Lonnie has been making big strides all year, not only in his technique but his race strategy. He has been working extremely hard, changing his technique and applying it in practice and it definitely showed this weekend. He started off the meet by helping the 200 free relay obtain 15<sup>th</sup> overall. He then continued that trend in the 50 free with a 1-second drop for a best time. He was also able to help the 200 medley B relay place in the top 20 of a very fast meet, where he anchored faster than his split from the 200 free relay. He then went back to achieving best times in the 100 fly (3-second drop), 100 breast (8-second drop) and the 200 IM with a big 10-second drop. In addition to the above, Lonnie learned from his races and is setting himself up for a great LC Season. Awesome job, Lonnie!

#### National Team

- **Martina Peroni** – This doesn't need much explanation. Martina had a phenomenal week at Sectionals, swimming to a new National cut and four new Junior National cuts as shown above. In this highly competitive meet, Martina qualified for Finals in all of her events. She was our highest-scoring individual swimmer, and she helped our women to a fourth-place finish and our team to a seventh-place finish. Martina has had an amazing freshman season and is setting herself up for tremendous success in the future. The long course season is going to be fun!