

## 2019 CM Spring Invite – OSSC Recap

### EVENT WINNERS

Cameron Graham  
Sasha Slauson  
Ava Lachey  
Cameron Kuriger  
Martina Peroni  
Chase Swearingen  
Spencer Tussing



### SWIMMERS OF THE MEET

#### Bronze

- **Mira Bondy** – Mira had an incredible weekend, swimming one event for the first time in long course, and racing to personal bests in all of her other races. She had FOUR double digit time drops - over 11 seconds in the 50 back, over 16 seconds in the 100 free, over 17 seconds in the 50 fly, and a jaw dropping 26.13 seconds in the 100 back! Wow! Keep up the great work, Mira!
- **Natalie Sagle** – Natalie came ready to race this weekend! She had personal bests in every single event, with THREE double digit time drops - over 10 seconds in the 50 breast, 12 seconds in the 100 back, and a whopping 25.76 seconds in the 100 breast! Awesome job, Natalie!
- **Lachlan Cowan** – Lachlan has become a great racer this year for the Bronze team! He swam one event for the first time in long course, and swam to all new personal best times in the rest of his events. Most notably, Lachlan dropped 21.34 seconds in the 100 free, and then also set the water on fire when he dropped 32.81 seconds in the 100 back! Incredible work, Lachlan!
- **Hayden Lehr** – The sky was the limit for Hayden this weekend! He swam one event for the first time in long course, and swam to all new personal bests in the rest of his event lineup. Included in those drops were a 21.39 second drop in the 100 back, and a 28.43 second drop in the 100 free. Impressive! Great job, Hayden!

#### Silver

- **Ella de Mesa** – Ella had a wonderful meet! She was focused the entire weekend and wasn't afraid to go out and race! She had many time drops including going under 1:10 in the 100 free! Great job, Ella!
- **Brad King** – Brad was on fire this weekend! He has really stepped up his training this spring season and it is paying off! He attacked every race and swam the 400 free for the first time! Congrats, Brad!!

#### Gold

- **Julian Cherok** – Julian had a great meet, earning best times in everything he swam. He's been working hard in practice and he's recently developed a strong racing attitude with his athletics. Focus and effort are really beginning to pay off and it was evident with his big time-drops. Way to go, Julian! Keep it up!
- **Rio Hall** – Rio swam lights-out this weekend with best times in all events she swam! She's a student of the sport with details and her athletic attitude is really beginning to show with her recent racing abilities. Great things are in her future with her developing athletic focus. Awesome, Rio! Some thrilling racing!

## Platinum

- **Josh Smith** – Josh had an awesome weekend, gaining best times in the majority of his events. Not only were they best times, he was dropping over ten seconds in a single swim. He had a fantastic kick start to our long course season and I am excited for the meets to come. Great job.
- **Tyler Moore** – This was Tyler's first meet swimming with the OSSC and he did a great job. He dropped time in multiple events by over 9 seconds each. He was also thrown out of his comfort zone and forced to swim some breaststroke events where he is much less confident and did surprisingly well. In practice, he is a hard worker and it is already showing at meets. Keep it up.

## Senior

- **Justin Christensen** – Known more as a distance specialist, Justin has been extremely diligent about improving his overall speed to excel in his shorter events. It definitely showed this weekend as he was able to go new best times in his 50 free and 100 free. In addition, his 200 fly was one of his best swims as he has been focused on his body position and breathing pattern in that event. Great job, Justin!
- **Brooke Farren** – Brooke had a great meet this weekend! She has been very diligent on improving in and out of the pool. She has been very focused on her underwater kicking and attacking each swim from the start, and it showed this weekend. She achieved some new best times and is setting herself up for a great end of the season. Nice job, Brooke!

## National Team

- **Hannah Routh** – I selected Hannah because I saw her challenging herself and getting better throughout the weekend. While we still have some work to do with her breaststroke, I was proud of her IM effort. I also loved watching her competitive spirit come out in some close races. Her backstroke and butterfly were particularly strong, which is great to see in the first meet of the long course season. This is a good baseline to begin the long course season. As Hannah continues to challenge herself in practice on a daily basis, I think she's going to have a great long course season!