



FISH of the Month – October

Henry Rossman – Audrey Moore Senior Group

Congratulations to our October FISH of the Month, Henry Rossman! Henry is in his second year with the Audrey Moore Senior Group, but has been with the FISH since he was a Mini. So far this season, Henry has elevated his practice intensity and is seeing it pay off in a big way. At his first meet of the season, the PVS October Open, Henry went 7 for 7 best times and even achieved his goal time in the 400 IM.

His time of 4:06.20 earned him his first qualifying time for the USA Swimming Futures Championship – a high-level regional meet which is a stepping stone between Sectionals and Junior Nationals. Futures takes place at the end of the summer season in late July, which means Henry has plenty of time to add even more events to his qualified list. However, he doesn't just want to stop there. Henry says he is most excited to continue to qualify more events for high level meets and represent FISH at the National level.

If this fall is any indication, it seems Henry is well on his way. We are excited to see what is still in store for Mr. Rossman. Congratulations and keep up the great work!

Fast Facts with Henry

Favorite Event: 400 IM

Favorite Stroke: Freestyle

Favorite Pre-Meet Snack/M meal: Uncrustables and any kind of fruit

Favorite Electrolyte Drink Flavor: Body Armor – Tropical Punch

Favorite Activity (Away From The Pool): Playing baseball