SENIOR SPOTLIGHT 2021

Kendall Rossignolis a graduate of Hillcrest High School and is attending Millikin University in Decatur, Illinois this



fall. She plans to study Psychology and swim in college. When asked what she will miss most about YSSC, Kendall said her friends and the coaches. Coach Eduardo and Coach Diego were impactful on her swimming as they both "helped me improve and reach my goals". Kendall says that before she started swimming with the Cukes, she was at a plateau in her swimming. Then, once she started training at YSSC, "I finally was able to reach my goal times and make 5A state automatic cuts" eventually finishing in the top 10 of breaststroke at her high school state meet. She advises seniors to "go to every practice" because that's the only way you will improve. She tells the younger swimmers to "listen to your coaches" because "their advice and critiques" are to help you. Her most embarrassing moment was when Coach Dan laughingly called her out over the microphone when she was late to practice due to her alarm/phone running out of battery. She loves swimming and couldn't imagine life without it. Her favorite

treat when not in training is "pop". Favorite motto: "Last one, fast one" or "Go Get It".

Engineering or Political Science degree at Duke University this fall. He says Coach Eduardo has had the greatest impact on his swimming. "His relentless optimism and encouragement not only helped me achieve my swimming goals, but also helped me further enjoy the sport." He will miss most the relationships he has made over the past several years with his teammates. He says "I've never been part of a more tight-knit and supportive community". One of the greatest moments of Jacob's swim career was achieving a state record in the 400 Medley Relay with Jt, Evan, ad Colin. "Sharing such a moment with my good friends made the moment even more meaningful." When asked what helped him when



dealing with a tough meet/season, Jacob said "My teammates, who were always there to pick me up or make me laugh when I wasn't feeling the best". He advises the seniors to enjoy the final seasons as a swimmer and relish every second as it will be over before you know it. If he weren't a swimmer, Jacob says he would have been a professional basketball player. © Favorite motto: "I've failed over and over and over again in my life. That is why I succeed."-Michael Jordan



Chad Stratton is a graduate of Byrnes High School and will be headed to North Greenville University. He plans to pursue a degree in Cybersecurity. The "people" of YSSC will be what he will miss most about Cuke life. Finishing the open water 5k swim was one of his favorite accomplishments. He says that his own perseverance is what kept him swimming. He advises younger swimmers to "continue thriving. Swimming has a lot of pros that most sports don't have." His advice to rising seniors is "you know what to do", which is also his favorite motto. He mentions Coach Wendy as having a great impact on his swimming, "Coach Wendy has been there for me for years and years. Her support has made me grow strong".

Mollie Folk is a graduate of Christ Episcopal School and is attending Emory University. She will be swimming for the Eagles and plans to study Business and Spanish. She says she will miss her teammates and coaches most from YSSC. "There is a really great and fun team culture and community at YSSC". She had several coaches that impacted her swimming. Mollie says "Coach Wendy helped me to learn what it really means to "try" at practice and meets. She helped me to understand how fun it is to work hard toward goals. Coach Austin really helped me realize that I wanted to improve and get to a higher level of competition. Coach Eduardo really helped me to reach my goals by being encouraging and giving me constructive feedback. Coach Dan has helped me learn how to take ownership of my swimming and helped me to improve the mental aspect of my swimming". Her favorite moment is achieving the Y National Cut in 100



breaststroke at Long Course State. She enjoyed celebrating with her teammates! She encourages senior athletes to enjoy the team travel meets and make the most of meets and practices. Her most embarrassing swim moment was when her cap and goggles came off during a long course mile! (ugh!) Mollie's favorite treat is ice cream and her favorite motto is "Control the controllables".



Annika McEnroe is a graduate of Spartanburg High School and plans to study Biomedical Engineering at the University of California-Berkley. She will continue swimming competitively for the Bears. She urges seniors to "savor the moment because time moves quickly. Stay invested in your time, teammates, coaches, and the sport". For swimmers contemplating leaving the sport behind, she advises to remember "everything the sport has given you, whether that is leadership skills, friends, etc. Think about how the sport has helped you in a positive way...the best athletes are the ones who are hungry for more and know that their training will eventually pay off". Annika uses a "bad meet" to motivate her toward future goals

and tells herself to "trust the process". A few of her favorite moments include YNational relays with her sisiter, Kirsti, Spartanburg High relays with both sisters, Kirsti and Teagan, achieving the Olympic Trials cut and breaking a 200 breaststroke record at YNationals. She says Coach Lindsay has been impactful on her swimming because "she has been the coach that I can go to for anything and she has helped push me to reach my high expectations, be accountable and enjoy/learn from each moment. When asked what she will miss most about YSSC, Annika mentions YNationals, the supportive coaching staff and closely bonded family/friends made through swimming. To young swimmers, she says

"continue to find the fun or thrill in racing. Never doubt your abilities and dream big because nothing is unattainable". Her favorite treat is vanilla ice cream.

Katelyn Mazurowski is a graduate of Boiling Springs High School and is attending Clemson University this fall. She plans to study Mechanical Engineering in Tiger Town. One of the best moments of her YSSC swimming was during her 200 fly at 2019 Long Course State Meet. She says, "not only because I achieved my first Y-Nat Cut, but because I remember seeing my teammates cheering for me at the other end of the pool". She says when she had a tough meet or season that "swimming with my friends and having fun with them" is what kept her going. The friends she made during her time as a Cuke is what she will most about YSSC. Katelyn's most embarrassing swim moment was when her goggles fell off during the 400 IM and she did not complete the race. She tells the seniors to have fun during the last year,



"because it will be over before you realize it". Coach Eduardo made a great impact in her swimming because "he showed me that swimming can be fun, even if practice is hard". She advises younger swimmers to not limit themselves and to remember "you can reach goals that you never thought you would achieve". If she hadn't been a swimmer, she would have tried out for track /field, volleyball or marching band and her favorite treat is a cookie cake!



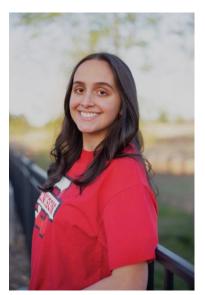
Cam Strattonis a graduate of Byrnes High School and plans to study nursing at Gardner Webb University. He says he will miss most "the people I grew up with throughout the years and Coach Dan for making it possible to reach my goals". One of his favorite moments in YSSC swimming was being part of a record setting 10/under 200 free relay alongside JT Broome, Bode Neale and Zach Zahorec. He says Coach Scott (yellow group) had a great impact in building his technique and character. Cam's favorite motto is Romans 8:20, "All things work together for good...". The encouragement of his parents helped him stay on track during a tough season or meet. He adds "I've definitely hit plenty of bumps in the road, but the journey was most important". He advises seniors AND those thinking of leaving the sport to "just stay in, the rough practices and training are tough, but the memories are forever...so don't let go". To younger swimmers, Cam says "most of these people who you are surrounded by will be your friends and you will always have people to lean on throughout your career, so don't give up no matter the challenge". His most embarrassing moment was when

he was disqualified for a one hand touch during a 200IM. "I remember being behind in the race and was mad, so I looked up at the ref and touched with one hand, who smiled then DQed me". He would have been a football player if not a swimmer and one of his favorite treats is a Costco big muffin!

Jenna Bridges is a graduate of CHASE High School in Forest City, North Carolina. She is studying and swimming at Louisiana State University. Jenna plans on studying Mass Communication/Journalism with a minor in Environmental Science. She advises seniors that whatever chapter is next, "to always remember where you've been and the experiences that have shaped you. Swimming for YSSC has had such a huge positive impact on my life and I would advise rising seniors to remember the personal growth that swimming at YSSC has offered." Jenna adds, "Seniors, grow your branches but always remember your roots!" She says Coach Dan has had a great impact on her swimming as he has "encouraged me to never stop working towards my goals. Coach Dan has taken a very personal approach to coaching that has allowed me to improve in and out of the pool". Jenna says that her love for the sport is what keeps her going during a rough patch. One of her greatest moments in swimming was the 1000 freestyle at the 2019 Short Course YNationals meet. "It was super exciting to get a surprising best times, but is it the



fact that my teammates were on the deck cheering for me throughout the entire thing that makes this swim one of my favorite moments". Jenna's favorite motto is "mind over matter" because she says "if I can stay mentally strong during training and racing, I know I can handle whatever comes my way" and it reminds her to trust the training and work she has done. She will miss most her teammates at YSSC and adds "the memories I have made with friends at YSSC are priceless. I am so thankful to have had such a supportive and loving swim family." Jenna says it is unlikely she would have done another sport because "land sports aren't exactly my thing" and her favorite treat is a cheerwine float.



Sophie Kannee is a graduate of Spartanburg High School. She will attend Denison University this fall and plans to study Psychology. She is excited to swim at the collegiate level for Denison. She advises young swimmers to "enjoy the journey and have fun while trying to reach your goals alongside your friends!" To the seniors, Sophie recommends to "enjoy every moment since you never know exactly what the future holds or how long of a season you will have". When asked about impactful coaches, Sophie replied, "Coach Wendy, Coach Eduardo, and Coach Dan because they always have been there to comfort and encourage me and have taught me to keep my head up and know that there's more to swimming than just a time at the end of a season. Especially Coach Wendy since she taught me how to do a flip turn when I was little ©". One of her favorite moments was achieving her first YNational cut because "it introduced me to a completely different team culture at nationals that made me love YSSC and swimming even more". Sophie's most embarrassing moment was when she was 10 at state meet because "I tripped and fell while getting up on the podium". She

urges those contemplating leaving the sport to consider that "leaving the sport means leaving a large family. Consider the close friendships and identity that you would sacrifice after leaving the sport". She says she will miss her friends most from YSSC because they "have always gotten me through the hard practices and are the reason swimming is so much fun". Her favorite saying is "The ceiling is the roof" (-Coach Dan) and her favorite treat is ice cream.

Lauren Agnew is a graduate of Boiling Springs High School and is part of the Honors College at the University of South Carolina. She plans to study pharmaceutical science at USC. She says she will miss her Senior 1 group the most from YSSC because, "we became really close towards the end of my season and I am really sad that I have to leave them." Coach Eduardo has had the biggest impact on Lauren's swimming. She says Eduardo "always made sure swimming never lost the fun aspect and held me to a standard he knew I was able to achieve, even if I did not". She suggests seniors to "cherish every moment you can. They are not kidding when they say it flies by". Lauren feels like her greatest achievement was getting so close to being part of the national team in such a short time. "The improvement that I went through to get there so quickly was astounding". She reminds athletes that going through a tough meet/season is temporary and what is to come is more important. "A bad day is a minor setback in the grand scheme of things and you won't remember the bad days nearly has much as the good." She says her most embarrassing moment was "false"



starting my last race as a YSSC swimmer and losing my spot as the top qualifier in finals". Her favorite motto is "just keep swimming". Lauren says she would have been a pianist if not a swimmer and her favorite treat is the McDonald's Shamrock Shake.



Taylor Milham is a 2021 graduate of Greenville Technical Charter High school. He is planning to go on a mission this fall, then returning to study industrial engineering. He says one of the greatest accomplishments of his swimming was the 400 relay at this year's short course YMCA Festival meet. Taylor says, "I swam my fastest 100 free split ever and was almost able to get 3rd for the relay". His favorite saying is "your best is always enough". He says that Coach Eduardo had the greatest impact on his swimming because he was his coach most of his time at YSSC and during that time "we became friends and he truly believed in my abilities in reaching for the top". Taylor says he will most the coaching staff and friends he made at YSSC. When asked what kept him swimming in the middle or a tough season, Taylor replied "seeing my improvement in the past has always shown me there is room for improvement, and I wanted to see that improvement". He advises the seniors of YSSC to not give up. "Keep fighting until you have nothing left to aim for because I never thought I would make nationals, but my very last swim meet (before nationals), I did and I am so glad I had coaches push me to

the very end to get that opportunity". He tells younger swimmers that it is going to get harder and it might not be easy but "you always have more strength that you think you do...you still have more you can give". His most embarrassing swim moment was when he "dove in off the blocks during a meet but forgot to tie my suit, and my brief ended up at my ankles". His favorite treat is a Five Guys hamburger.

Ella Hause is a graduate of Riverside High School and is studying engineering at Clemson University. When asked what she will miss most from YSSC, Ella replied "all of my swim friends and the family YSSC has given me & lane 6". Ella says her greatest accomplishment was "not quitting". Way to go, Ella! She said Coach Eduardo had the greatest impact on her swimming. "He made me excited to work hard. When we would do hard sets, he was right there with us, and was so encouraging along the way." She advises seniors to get the work done for college, "do not put it off, get it done. And enjoy your year!". Ella says to the swimmer contemplating leaving the sport, "If that's what's going to be best for you in the long run, do it. I was very close to quitting myself, BUT the reason I chose to stay was because I wasn't ready to leave my friends and family YSSC gave me. In the end, I'm glad I swam until the end and didn't quit!" She encourages young swimmers to recognize the lessons swimming offers discipline, time management, and so many other things which will continue with you throughout life. Her most embarrassing swim moment was when her high school coach thought "it would be smart to put me, a freshman, on our A



relay as the anchor. Our relay was ahead by a whole lap and I lost it for us. It was a pretty big meet, too". Her motto is Philippians 4:13, "I can do all things through Christ who strengthens me". She would have been a soccer player if not a swimmer and her favorite treat when not in training is "sleeping in".



Hudson Hargette is a graduate of East High School. He plans on attending Greenville Tech for a year then transferring to continue his education. He will continue swimming for the Cukes his first year of college! Hudson says Coach Eduardo and Coach Kyle have had a great impact on his swimming "Kyle coaches my summer league team and has developed me a lot as a swimmer. Coach Eduardo has always been encouraging and supportive and I have made great strides while being coached by him. My two high school coaches, Coach Watson and Coach Sharp have had a great impact on my swimming. They taught me how to turn a team into a family." One of his favorite moments was winning the 4A High School State Championship this past year. His favorite quote is by NBA player Russell Westbrook, "I'm never satisfied. I'm always trying to get better and learn from my mistakes." Knowing that the work would eventually pay off is what drove Hudson to keep swimming through a discouraging

meet. He advises seniors to "make the most of your senior year and don't rush through it. It goes by much quicker than you think." He tells the younger swimmers to make swimming "as fun as possible, and you will enjoy it so much more". Hudson wishes he had started swimming year round sooner and encourages those thinking of leaving the sport by saying "all your hard work will pay off if you just stick with it". His most embarrassing moment was when he and few high school teammates broke a ceiling tile at Westside Aquatic Center during the region meet "and we had to pay \$300 to fix it, write a letter of apology to Westside and apologize, in person, to the manager". If he were not a swimmer he would have been a basketball player and his favorite treat is jalapeño chips.

JT Broome is a graduate of Greenville Tech Charter High School. He plans on attending Greenville Tech this fall and continue swimming for the Fightin' Sea Cukes! JT would like to pursue swimming at the collegiate level after another season at YSSC. He knows when he steps away from YSSC, that it will be his friends that he has made here that he will miss most. He says these teammates were always the reason he continued to train saying "even after a bad season or a bad race, I always knew they were there for me and had my back." Achieving his first Summer Junior National cut was one of his greatest accomplishments. "I had always dreamed about swimming at a high level like that and it was a surreal moment getting to that point." Coach Dan and Coach Eduardo had the biggest impact on his swimming



because "they helped me find a love for the sport again and also helped me achieve where I am today". His favorite saying is "Trust the process" because it encouraged him throughout his swimming career. "There were times I wanted to give up and quit but I always knew if I trusted the process that things would take a turn for the better." He encourages younger swimmers to "just have fun. Swimming isn't supposed to be about the pressure or chasing times, it's about having fun and making memories". To the rising seniors, JT says to "enjoy the moment...being a high school senior is an opportunity you get only once in your life, so enjoy it and have fun". His most embarrassing moment was when his dad disqualified him when he was younger. His favorite treat is an ice cream sundae.