

These Williamson County pre-teens are standing out in the pool

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Daun Lutz, the lead coach for Excel Aquatics' 10 & under swim team, has created an environment which rewards team-orientated, selfless attitudes and behaviors in an individually-focused sporting event.

And it's working.

Excel Aquatics traveled to Knoxville earlier this month with 230 swimmers to compete at the Tennessee Aquatics Fall Classic Invationals. The Brentwood-based team left winners of more than 50 events.

Even more impressive: Three swimmers distinguished themselves by winning every event they competed in.

Meet Charlie Turner, Callum Farneth and Gavin Fu.

Turner won all seven of his events, including relays, a feat which helped him earn a No. 1 ranking in his age bracket in Tennessee.

"I felt proud of myself," said Turner, who started swimming competitively at age 6.

At the Knoxville event, he dominated the 10 & under 100-yard breaststroke (1:28.12), 100-yard butterfly (1:13.85), 100-yard freestyle (1:04.68), 200-yard individual medley (2:38.08) and 50-yard fly (31.75).

His teammate, Fu, won events in the boys 13-14 division: the 200-yard breast in 2:16.21, the 100-yard individual medley in 57.27 and the 100-yard breaststroke in 1:02.55).

"I like being consistent and disciplined," Fu said.

Even more notable than Fu's performances was his response to how he felt after competing. He described it as relief combined with a rush of adrenaline.

Fu's individual goals include excelling at the upcoming Junior National Championships.

It's no surprise one of his idols is 23-time Olympic gold medalist Michael Phelps.

"The amount of work he puts in," Fu started. "I hope one day I will be up there."

Farneth's memorable day included winning the events in his 11-12 boys age division. He won the 100-yard fly (1:03.77), the 200-yard individual medley (2:23.57) and the 50-yard fly (28.08).

"Just an amazing weight off my chest," Farneth said enthusiastically.

Farneth looks up to his teammate, Caleb Ashbrook, thanks to his amazing mindset.

"We all enjoy competing with each other to make each other better," Farneth



Callum Farneth leads 11-12 swimmers in a team cheer. Head Coach Steven Murry joins in as well. PHOTOS COURTESY OF DAUN LUTZ



Victorious boys 10 and under 200 Free relay team. Back - Keaton Hubbard. Front from left to right Charlie Turner, Logan Ayca, Winston Whitaker.

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Coach Daun Lutz talking to Excel's 10 and under swimmers following warm ups.
PHOTOS COURTESY OF DAUN LUTZ

Pool

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said of their motivating practices. "That way we all benefit."

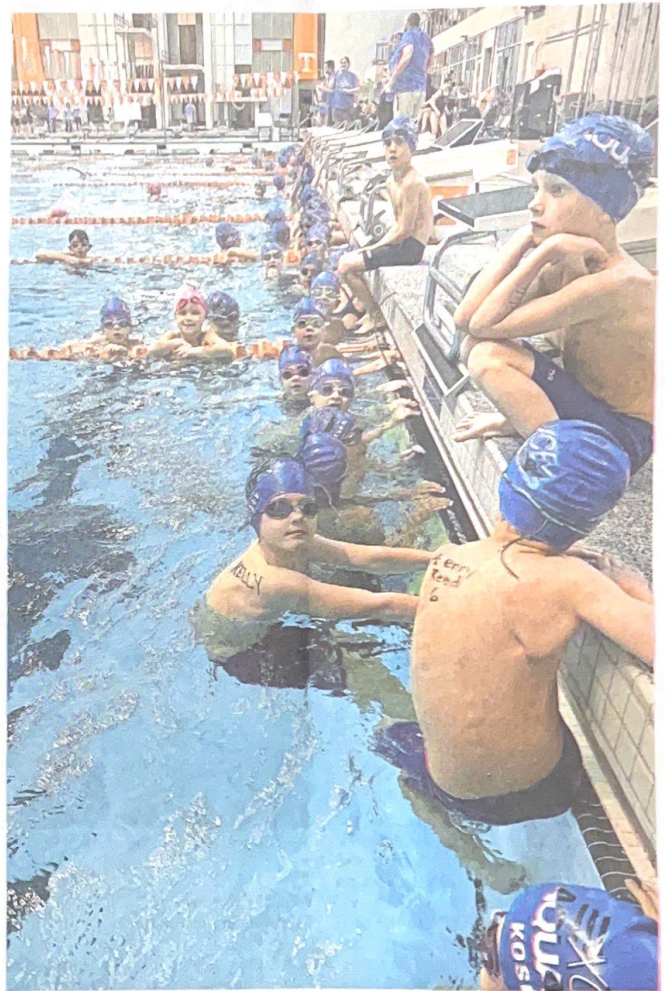
Added Lutz: "I remember what they used to be."

Lutz, an avid equestrian whose son swam competitively as a child, has been with the team for 10 years and has taught many of these athletes how to swim.

Over a decade, she has assembled an impressive coaching staff to help fulfill her vision of creating a competitive, family-

oriented, championship culture. Spencer Jyawook was an Olympic Trials 50-meter freestyle competitor. Benji DeMotte previously coached Olympic gold medalist Ryan Murphy as a youngster. Head coach Steven Murry advanced to the 2008 Olympic Trial Finals.

Customarily, Excel Aquatics' alumni who are Division I swimmers return to Williamson County to mentor the next generation of swimmers. Parents also help to shuffle kids from swimming pools to dry-land facilities — about 10 minutes away — in order for them to lift weights and stretch, or receive physical therapy and personal training. Swimmers range in age from 5-18.



Excel 12 and under swimmers during warm ups.