

SIENNA PREMIER AQUATICS



SHARKS PENTATHLON RECAP - September 24, 2022

SPA had approximately 45 swimmers attend the Sharks Pentathlon.

Swimmers were offered one event (25, 50 or 100) of each stroke and an IM. It was great to see everyone race and focus on the "little things" that are worked on in practice every day.

SPA FIRST TIMERS

Congratulations to these SPA Swimmers that competed in their first meet with SPA! We are so glad you did!

<i>Frances B</i>	<i>Ian S</i>
<i>Eleanora B</i>	<i>Lilly S</i>
<i>Wyatt C</i>	<i>McKenna S</i>
<i>Legend C</i>	<i>Violet S</i>
<i>London C</i>	<i>William S</i>
<i>Howard H</i>	<i>Dhruv V</i>
<i>Luke H</i>	<i>Aubrey Y</i>
<i>Abigail S</i>	

SPA SPIRIT SHOUT OUT

SPA Coaches want to give a special shout out to the following swimmers who showed amazing SPA spirit on deck!

<i>London Coleman</i>	<i>Abigail Smith</i>
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TOP 25 FINISHES

Lots of fast swimming from SPA Swimmers!

Fiayo A (50 BK, 50 BR, 50 FR)
Frances B (25 BK, 50 FR, 25 FR)
Kate B (100 BK, 100 BR, 100 FR, 200 IM)
Kloe B (50 FL, 50 BK, 50 FR)
Eleanora B (50 FR, 25 FR)
Ella C (200 IM)
Laila C (50 BK, 50 BR, 50 FR)
Legend C (25 FL, 25 BK, 50 FR, 25 FR)
London C (50 FL, 50 BK, 50 FR, 100 IM)
Julianne D (100 FL, 100 BK, 100 BR, 100 FR, 200 IM)
Vivi D (100 FL, 100 BK, 100 BR, 100 FR, 200 IM)
Emma F (100 FL, 100 BK, 100 BR, 100 FR, 200 IM)
Max G (50 FL, 50 BK)
Howard H (50 BR, 50 FR, 100 IM)
Kaden J (100 FL, 100 BK, 100 BR, 100 FR, 200 IM)
Madison J (50 FL, 50 BK, 50 BR, 50 FR, 100 IM)
Ethan L (50 BK)
James M (100 FL, 100 BR)
Ellie N (100 FL, 100 BK, 100 BR, 100 FR, 200 IM)
Ethan P (100 FL, 100 BK, 100 BR, 100 FR, 200 IM)
Marc S (100 FL, 100 FR, 200 IM)
Ian S (50 FR)
Violet S (25 BK, 50 FR)
Mason T (50 FL, 50 BR, 50 FR, 100 IM)
Ryan V (100 BR, 100 FR, 200 IM)
Luke W (100 BK, 100 FR, 200 IM)
Drennan W (50 FL, 50 BK, 50 BR, 50 FR, 100 IM)
Camille W (50 FL)
Abigail Y (100 BR, 200 IM)
Aubrey Y (50 FL, 50 BK)

WOW! NEW TIME STANDARDS MET

A SPA SHOUT OUT to the following swimmers who reached a new motivational time standard at the meet!

<i>Akinjaiyeju, Fiayo</i>	<i>B</i>	<i>50 BK</i>
<i>Brock, Kloe</i>	<i>B</i>	<i>50 FL</i>
<i>Coleman, London</i>	<i>B</i>	<i>100 IM</i>
	<i>B</i>	<i>50 BK</i>
<i>Ewers, Adley</i>	<i>B</i>	<i>50 FR</i>
<i>Godfrey, Ben</i>	<i>B</i>	<i>50 BK</i>
	<i>B</i>	<i>50 FL</i>
<i>Jones, Madison</i>	<i>BB</i>	<i>100 IM</i>
	<i>B</i>	<i>50 BR</i>
<i>Moore, James</i>	<i>B</i>	<i>100 FL</i>
	<i>B</i>	<i>200 IM</i>
<i>Napoleoni, Ellie</i>	<i>BB</i>	<i>100 FR</i>
<i>Partin, Ethan</i>	<i>A</i>	<i>100 FR</i>
	<i>BB</i>	<i>200 IM</i>
<i>Thomas, Mason</i>	<i>B</i>	<i>100 IM</i>
	<i>B</i>	<i>50 BR</i>
	<i>BB</i>	<i>50 FL</i>
	<i>BB</i>	<i>50 FR</i>
<i>Verano, Ryan</i>	<i>B</i>	<i>200 IM</i>
<i>Walker, Luke</i>	<i>BB</i>	<i>100 FR</i>
	<i>B</i>	<i>200 IM</i>
<i>Watson, Drennan</i>	<i>BB</i>	<i>50 FL</i>
	<i>BB</i>	<i>50 FR</i>

Every 4 years, USA Swimming (USAS) establishes time standards for swimmers of every age group that range from B to AAAA to give swimmers benchmarks for goal-setting and to track improvement. These time standards are intended to motivate swimmers in each age group to work their way up from a B standard to a BB standard and then to an A standard, an AA standard, an AAA standard and finally to an AAAA standard.

NEW EVENT SUCCESS

Congratulations to the following swimmers who completed a new event for the first time! Keep up the hard work!

<i>Breuleux, Frances</i>	<i>25 BK</i>
	<i>25 FR</i>
	<i>50 FR</i>
<i>Brum, Eleanora</i>	<i>25 BK</i>
	<i>25 FR</i>
	<i>50 FR</i>
<i>Canny, Wyatt</i>	<i>100 FR</i>
<i>Hamilton, Howard</i>	<i>100 IM</i>
	<i>50 BR</i>
<i>LeBlanc, Haley</i>	<i>50 FL</i>
	<i>50 FR</i>
<i>Moore, Luke</i>	<i>50 FL</i>
<i>Smith, Abigail</i>	<i>100 IM</i>
	<i>50 BR</i>
<i>Smith, Ian</i>	<i>50 FR</i>
<i>Smith, Lilly</i>	<i>50 BK</i>
<i>Smith, McKenna</i>	<i>50 BK</i>
<i>Smith, Violet</i>	<i>25 BK</i>
	<i>25 FR</i>
	<i>50 FR</i>
<i>Smith, William</i>	<i>50 BK</i>
	<i>50 FR</i>
<i>Varma, Dhruv</i>	<i>50 BK</i>
	<i>50 FR</i>
<i>Yanez, Aubrey</i>	<i>100 IM</i>
	<i>50 BK</i>
	<i>50 BR</i>
	<i>50 FL</i>
	<i>50 FR</i>

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