



# Colorado Swimming Athlete Newsletter

# Colorado Swimming Athlete Representatives

## **Senior Athlete Representative:**

Sophia Bradac

## **Junior Athlete Representatives:**

Huarui Lai

## **Athlete Representatives at Large:**

Kristin Hultgren

Miriam Skari

## **Seasonal Athlete Representative:**

Adam Austin

Lila Renke

# Colorado Swimming 2020 Graduates

Dear athletes, parents, coaches, and others,

Reading this, I'm sure swimming holds a special space in your life, and it does in mine too. I'm so proud of all of your accomplishments, going from swimming your first event to qualifying for state, regionals, zones, sectionals, junior nationals, or the Olympic Trials. Know that your team, your support network, and Colorado Swimming is proud of your astounding achievements.

Before the pandemic, we'd wake up in the early hours of the morning, even before the sunrise, to train or weight lift. Right after school, we'd either train again or go home to prepare for a later practice that ends after the sun sets. On certain weekends, we would get the exciting opportunity to compete and see the result of our hard work. Our daily schedules revolved around swim practices and competitions, so when pools shut down, we were left with a void in our lives. Our lives were no longer filled with seeing teammates, persisting through practices, or racing on the weekends. So what were we left with?

This pandemic has most definitely impacted us all, whether that be through family members, schools, jobs, or other instances. While it can be easier at times to focus on all that is going wrong in the world, it's extremely important to notice the positive instances as well. My team, specifically, has put aside time each week to hold weekly group meetings, engage in social media challenges, play bingo games, Kahoot quizzes, or do partner or group workouts. We've found time to reflect on why we swim, what matters to us, and what our goals are ultimately bringing us closer together as a team.

As Colorado Swimming, we are a team together, and the valuable skills we've gained over the course of our swimming journey is what matters. For many of us, swimming has become part of our lives: a way of clearing our mind, finding peace in the water, a way of dedicating passion and motivation to a sport that trains the mind and the body, or a way of finding friends and a community of support. Swimming has taught us to be disciplined and to manage our time well; it has taught us the value of hard work, dedication, and persistence; it has taught us how to be there for our teammates through the hills and valleys of the sport; and it has taught us to be resilient, relentlessly chasing after our goals despite a ripped suit, a slippery start, or a broken cap. These skills, most importantly, will stick with us in the years to come, even after the pandemic. Our next challenge is no longer holding our breath in the last fifteen yards of the 50 freestyle, kicking underwater for as far as we can for backstroke and butterfly, or keeping our arms moving quickly in breaststroke — it's overcoming this pandemic. I believe that through the countless times we've exhibited diligence and persistence to overcome strenuous practices or races, that this is a race we can conquer. The athletes, the parents, and the coaches that make up this sport will arise from this pandemic mentally stronger and more ready than ever to get back into the sport we all love so much. But until that time of safety returns, stay strong, stay healthy, and stay safe!

Sincerely,

Huarui Lai

Athlete Representative

# Colorado Swimming 2020 Graduates

During this unprecedented time, many of us have experienced hardships we never thought we would have to face. As a senior in high school, I was unable to experience the final stretch of high school. Things we had been looking forward to for years were suddenly taken away from us including prom, senior bbq, and even graduation. Additionally, I will not be swimming in college so the cancellations of practices this summer was also quite disappointing.

Although this time proves to be one of uncertainty, there has been an emergence of creativity and flexibility. Many high schools have adapted and have sought out how to celebrate the class of 2020. Additionally, I have been fortunate enough to have attended Regis Jesuit High School and the idea of prom and graduation is still up in the air. I believe as a community, and especially the class of 2020, will emerge stronger. We will become a class of triumph, even in times of disappointment.

Miriam Skari

Senior Athlete Representative

# Colorado Swimming 2020 Graduates



**Savana Baker**

Full Armour Swim Team  
U of Wyoming—Nursing



**Madeline Bane**

Woodmoor Waves  
U of Wyoming—Kinesiology



**Allie Barwind**

ACES  
George Washington U—Biology



**Madison Black**

Elevation Swim Club  
U of Iowa—Pre-Med



**Sophia Bradac**

TOPS  
U of Notre Dame—Business



**Olivia Bridenbaugh**

Longmont  
U of Utah—Biochemistry

# Colorado Swimming 2020 Graduates



**Amber Brooks**

Colorado Stars  
U of Utah Honors College—Pre-med



**Laelle Brovold**

Falcons  
U of Wyoming—Undeclared



**Avery Burks**

ACES  
Colorado Mesa U—Undecided



**Spencer MinSung Burks**

DSA  
Baylor U—Molecular Biology



**Danny Bynum**

Montrose Marlins  
CU Boulder—Engineering



**Sean Carr**

DSA  
Tufts U—Architecture

# Colorado Swimming 2020 Graduates



**Hannah Chabin**

Aquawolves  
Concordia U Irvine—Business



**Kandice Chandra**

Elevation Athletics  
Binghamton U—Health Neuroscience



**Carol Cho**

HRA  
U of Virginia—Neuroscience



**Ryan Cordova**

ACES  
US Naval Academy—Aerospace Engineering



**Phoebe Croston**

HRA  
Eastern Illinois U—Exercise & Sports Science



**Emilia Culberson**

Elevation Athletics  
Seattle U—Business

# Colorado Swimming 2020 Graduates



**Megan Deevy**

TOPS

UCSC—Environ Studies & Marine Bio



**Holley Dennis**

TOPS

U of Minnesota Twin Cities—Engineering



**Logan Devereaux**

ACES

St Ambrose U—Exercise Science/PT



**Tehya Dobrovlny**

Eaton Red Waves

Western Washington U—Biology/Genetics



**Jordan Dolan**

CUDA

Colorado Sate U—Undeclared



**Ella Drury**

ACES

U of Hawaii Manoa—Biology



# Colorado Swimming 2020 Graduates



**Simeon Ehm**

ACES  
Valparaiso U—Environmental Engineering



**Cody Evaristo**

MCHS  
US Army—13M



**Sean Findley**

Longmont Redtails  
Colorado School of Mines—Undecided



**Brahm Fischer**

SRAY  
Colorado College—Biology



**Brooke Ford**

HRA  
U of Wyoming—Nursing



**Jordan Fowler**

LJ  
US Navy—Equipment Operator

# Colorado Swimming 2020 Graduates



**Trevor Fox**

ACES  
Washington U St Louis—Engineering



**Tanner Guderian**

ACES  
U of Utah—Pre-med



**Jackson Gurley**

TOPS  
U of South Dakota—Business



**Lars Hanna**

Aquawolves  
Cali State U Bakersfield—Engineering



**Jade Hoard**

Longmont  
Colorado State U—Biochemistry



**Elsa Huebsch**

FST  
Colorado Mesa U—Biochemistry

# Colorado Swimming 2020 Graduates



**Maya Jabbour**

ALPS  
Other—Aquatics



**Mara Johnson**

Loveland  
St Olaf College—Biology/Pre Med



**Alisyn Kaiser**

Northglenn Fusion  
CU Boulder—Marketing



**Trey Kennedy**

CSST  
Pikes Peak CC—Zoology



**Erin Keown**

Elevation Athletics  
CSU—Biomedical/Mechanical Engineering



**Delany Kidd**

Maverick Aquatics  
Colorado Mesa U—Mass Communication

# Colorado Swimming 2020 Graduates



**Lauren Kline**

DSA  
U of Redlands—Biology/Health Wellness



**Alexandre Kramer**

ACES  
Chapman U—Undeclared



**Keeley LaRiviere**

HRA  
Claremont McKenna—Neuro & Public Policy



**Madelyn Letendre**

Woodmoor waves  
US Air Force Academy—Biochemistry



**Katey Lewicki**

Elevation Athletics  
North Carolina State U—Marketing



**Harrison Lierz**

Elevation Athletics  
U of Tennessee Knoxville—Engineering

# Colorado Swimming 2020 Graduates



**Kelli Lofing**

La Junta  
CU Denver—Biology/Premed



**Abby Malloy**

Aquawolves  
Texas Christian U—Buisness



**Josie Martus**

HRA  
Grand Canyon U—Hospitality Management



**Reagan Mathieson**

DSA  
San Jose State—Biomedical Engineering



**Anna Mauerello**

Pueblo County Swim Team  
Western Colorado U—Pre-med



**Sally McDonnell**

Sopris  
CU Boulder—Neuroscience

# Colorado Swimming 2020 Graduates



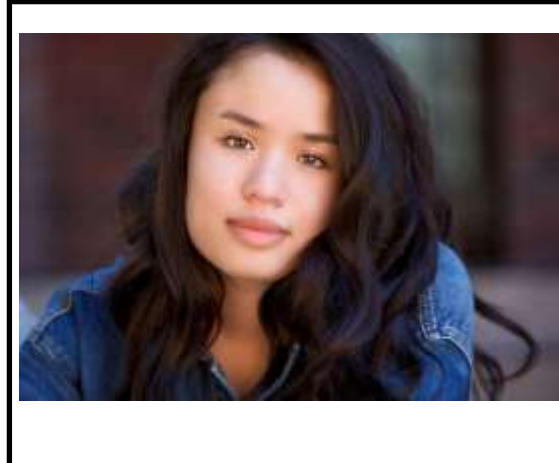
**Lukas Miller**

Elevation  
North Carolina State U—Engineering



**Elise Mishmash**

Pueblo County Swim Team  
Minnesota State Mankato—Education



**Madeleine Neider**

Falfins  
UCCS—Nursing



**Carmen Nollsch**

Greenwood Tiger Sharks  
BYU Provo—Physiology & Developmental Bio



**Annie Osmun**

HRA  
Colorado School of Mines—Engineering



**Ellie Parker**

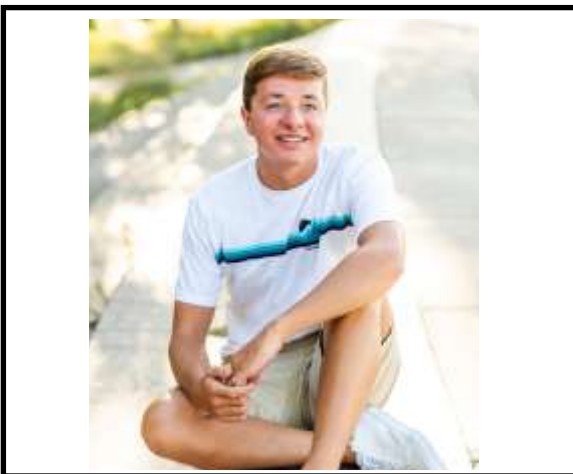
Elevation  
Rhodes College—Neuroscience

# Colorado Swimming 2020 Graduates



**Joshua Rummel**

Northglenn Fusion  
Arizona Christian U—Business Admin & Sports Mang



**Tony Saenz**

CUDA  
Colorado College—Biology & Kinesiology



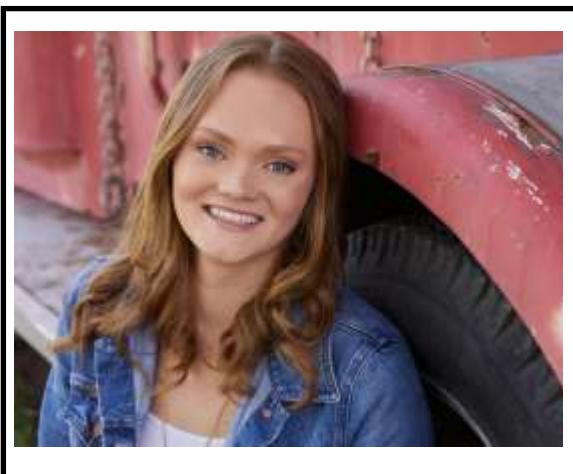
**Anarose Schwamm**

Greenwood Tiger Sharks  
Creighton U—Nursing



**Abbie Shaw**

Elevation  
U of Kentucky—Pre-Med



**Sydney Silver**

TOPS  
U of Texas Austin—Special Education



**Miriam Skari**

DSA  
Carroll College—Pre-Dental

# Colorado Swimming 2020 Graduates



**Thora Smith**  
YODA Aquaforce  
Red Rocks—Graphic Design



**Ryan Tierney**  
DSA  
Harvard—Economics



**Lauren Van Fleet**  
DSA  
U of South Dakota—Medical Biology



**Isabelle Wederquist**  
Falfins  
CU Boulder—Buisness



**Anna Wetzel**  
ACES  
U of Hawaii—Kinesiology



**Kiersten Whitmore**  
HRA  
Colorado College—Pre-Law



# Congratulations to the 2020 Senior Class

## Colorado Swimming Graduates:

Hoping your life gets stronger

With each new flip turn

**“What lies behind us and what lies before us are small matters  
compared to what lies within us”**

**Ralph Waldo Emerson**