

# NORTH JEFFCO

## GRADUATING SENIOR EDITION

### **Cailen Chinn**

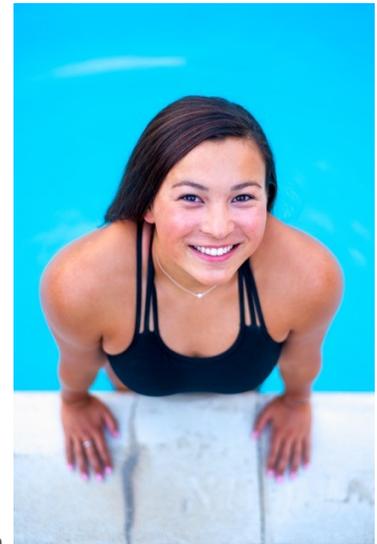
Grade School Lafayette Elementary School

Middle School Nevin Platt Middle School

High School Fairview High School

I plan to swim and study at Emory University in Atlanta, Georgia

Years at Jeffco 2016-present



**What has swimming taught you** - Swimming has taught me to be accountable to my actions, to work hard and have fun doing it and to really challenge myself.

### **If you had it to do all over again, what would you do differently**

I feel like my swimming career has been really successful; I've been really happy with how I've swam the past few years, I'm going to a great college, and I have friends and memories that will last a lifetime. So, I wouldn't have done anything differently!

**Best Swimming Memory** - Celebrating a great travel meet in December 2016 by making A LOT of toast for the whole team. Everyone got a slice because Brett kept telling us his favorite song was "Yeah Toast" by Heywood Banks. It was my first travel meet with Jeffco and it's one that I'll cherish the memories from for a long time.

**What was your favorite thing about swimming as an age grouper** - Going to age group state meets, because it's generally the biggest meet you ever go to, and the team is always really focused on swimming fast but also really excited to be there competing.

**What is your favorite thing about swimming as a senior** - Traveling as a team is one of my favorite things about being a senior, because we always have a lot of fun but we're also focused on having a good meet, both individually and as a team.

**What is the best part of swimming** - All the friends I've made, because even though I'm starting a new chapter, I know I'll have these friends for the rest of my life.

**Advice to our age groupers** Make friends with your teammates, and it makes the hard work fun. Soon enough you'll realize you're a family more than a group of friends! And, anyone can swim in college, if they want to! Don't let anyone tell you that you can't.

# GRADUATING SENIORS

## Sam Cowling

Grade School: West Woods Elementary School

Middle School: Drake Middle School

High School: Ralston Valley High School

College plans: Study cyber security and swim for South Western Oregon Community College

Years at Jeffco: 7



**What has swimming taught you:** How to be a hard worker, and organize my own schedules to have school and swimming and still have a personal life in high school.

**If you had it to do all over again, what would you do differently:** Do it while it's fun and take more breaks when I am burned out.

**Best Swimming Memory:** Every out of state trip as a team, it could be a bunch of us going or even like 5 swimmers but no matter what it was always a great time and experience.

**What was your favorite thing about swimming as an age grouper:** Being able to cut time on every race at almost every meet was always a blast.

**What is your favorite thing about swimming as a senior:** The friends you make are some of the best friends you ever will make, you will be with the senior group and people for a long time once you get there so make friends and enjoy it as much as you can.

**What is the best part of swimming:** Swimming is one of my favorite things to do when I am not feeling good, if I had a bad day swimming can make it better it's a great way to let that stuff out.

**Advice to our age groupers:** Enjoy swimming as much as you can, having fun is more important than best times but they tend to come hand in hand with each other. Just make friends and have fun and enjoy your time in the water no matter how hard it is at times.

# GRADUATING SENIORS

These swimmers have put in a lot of hard work and dedication to the sport of swimming to allow them opportunities at the college level. Whether swimming or not in colleges, they have reaped the benefits of swimming.

There are varying levels of college swimming from Division I, which is the strongest and fastest, Division II, Division III and club swimming. Whatever level fits into the swimmer's collegiate and time requirements and possible swimming goals, the opportunity exists for all.

Check the Alumni page for former Jeffco swimmers who are currently competing in college. There are Jeffco swimmers competing all over the United States. We are proud of our college swimmers! You will see these swimmers in the water with the senior group during their Thanksgiving, winter breaks and summer breaks. They compete for Jeffco during this time as well.

# GRADUATING SENIORS

## **Elizabeth Wompey**

Grade School: Fremont Elementary

Middle School: Oberon Middle School

High School: Ralston Valley High School

College plans: Youngstown State University, Ohio

Years at Jeffco: 4



**What has swimming taught you:** Swimming has taught me many things but a few that stand out are teamwork and time management

**If you had it to do all over again, what would you do differently:** I would have joined a club team earlier

**Best swimming memory:** When we swam in Texas my junior year. Everyone swam really well and the team environment was amazing!

**What was your favorite thing about swimming as an age grouper:** I swam summer club when I was younger and I loved to swim outside!

**What was your favorite thing about swimming as a senior:** Definitely travel meets!

**What is the best part of swimming:** Swimming really well at a championship meet and being able to see all of your hard work pay off.

**Advice to our age groupers:** Listen to your coach! I know that it sounds obvious but they truly know what's best for your swimming. Listening to them as an age grouper will help you be an awesome senior swimmer!

# GRADUATING SENIORS

## Michelle Jun

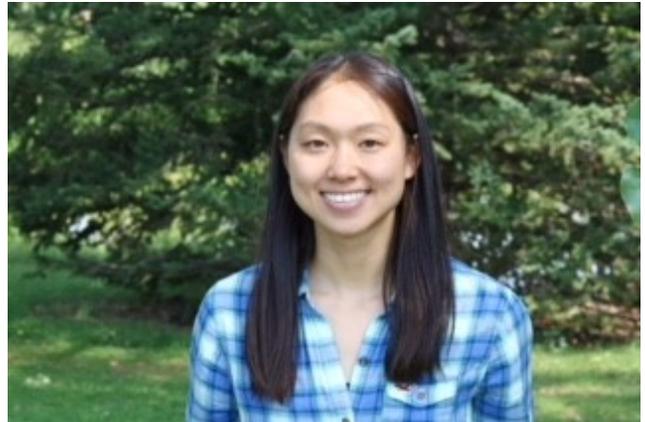
Grade School: Superior Elementary

Middle School: Summit Middle School

High School: Boulder High School

College plans: Studying Computer Science at University of Illinois - Urbana Champagne

Years at Jeffco: 3 years



**What has swimming taught you?:** Swimming has taught me how to manage time more efficiently and how to push yourself in order to improve.

**If you had it to do all over again, what would you do differently:** I would have focused more on technique during practice to avoid being injured.

**Best Jeffco Memory:** My favorite Jeffco memory was my first travel meet with Jeffco to California and my team mates and I learned how to make ninja stars on our 3 hour van ride.

**What was your favorite part of swimming as an age grouper:** Occasionally getting high fives from Jim at swim meets and swimming at meets such as state. There was always a lot of positivity and support from your team mates which made swimming a lot of fun.

**What is your favorite part of swimming as a senior:** My favorite part of swimming in the senior group is our travel meets. I love that our team comes together and supports one another through the entire meet. It's a lot of fun to cheer for each other and have people standing behind your lane as you're swimming.

**What is the best part of swimming:** Meeting and having the chance to spend time with my friends every day. I love being able to be there for one another and making each other laugh no matter what the scenario.

**Advice to our age groupers:** When swimming isn't going well and you don't hit your time for a while, keep trying because it will benefit you in the long run.

# GRADUATING SENIORS

## Isabelle Davenport

Grade School: Meiklejohn Elementary

Middle School: Wayne Carle Middle School

High School: Ralston Valley High School

College plans: Attending and swimming for the University of South Dakota majoring in psychology, minoring in philosophy, on the path to get my law degree.

Years at Jeffco: 5



**Best Swimming Memory:** When we were in Texas, there was really no one at the meet, so we decided to cheer the loudest for everyone and just go crazy. We had the best team support and crazy fast swims. We felt like a super close, tight family.

**What was your favorite part of swimming as an age grouper:** My favorite thing as an age group swimmer was the mile of fly. I have always disliked fly plus never my best stroke, but it was always a fun way to get through my worst stroke.

**What is your favorite part of swimming as a senior:** Swimming as a senior is crazy. It's fun to be one of the older kids on the team because the younger swimmers look up to you. It's also crazy seeing all of my teammates in my class picking and choosing their futures. It's weird to think about us all moving on to our new lives after swimming. It's great being in the senior group because we are so close that they are like my second family.

**What is the best part of swimming:** The best part of swimming is being able to have a place for an outlet. The team is always there, they will always have my back through everything. Swimming also allows me to focus all my thoughts throughout the day and calms me down from the hectic life outside of swimming.

**Advice to our age groupers:** My advice for the age group swimmers would be to stick through it. All the pain of swimming pays off in the end. In the moment it might seem hard but you can make it through it.

**There are additional seniors who didn't have the time to send information about their future plans and memories / advice. Congratulations to all of the seniors graduating and moving into the next chapter.**

# GRADUATING SENIORS

Sedona M. Sanders

Grade School: Flatirons & High Peaks

Middle School: Southern Hills

High School: Fairview High School

College plans: Front Range Community College and EMT school and then transfer to a 4 year university (aiming for Baylor or University of Texas, Austin)

Years at Jeffco: 2



**What has swimming taught you:** Swimming has taught me that building relationships is the most important thing in life. If you have the right people around you, you can do anything you set your mind to because they'll be with you every step of the way. It's also taught me how to train and take care of my body.

**If you had it to do all over again, what would you do differently:** If I had a second chance to start over (swimming, school, both, other, etc.) I would probably have taken better care of myself through middle school because that's when I got my shoulder injury and missed 3 years of doing what I love. For school, I would have tried harder in my classes freshman and sophomore year.

**Best Swimming Memory:** My best swimming memories come from the travel meets we go on.

**What was your favorite thing about swimming as an age grouper:** My favorite thing about swimming as an age grouper was getting candy after I dropped time in an event.

**What is your favorite thing about swimming as a senior:** My favorite thing about swimming as a senior is knowing that all my hard work got me towards the end and I also love the friendships I built when I was young that have lasted so many years.

**What is the best part of swimming:** The best part of swimming is when you work hard for weeks and you have a big meet and you do well. Then you know that all the pain you went through paid off and you feel very good about yourself.

**Advice to our age groupers:** Do what you love and you can do anything you set your mind to. It will be hard but if you want it bad enough you'll always find a way to make it. And don't be afraid to rely on other for help when you need it. That's what friends are for.

**Anything else to share:** I'm so thrilled that I came to Jeffco for the last two years of my high school swimming career. I'm so grateful for all the people I've met and thank you for welcoming me here. Joining was one of the best decisions I could have made.

# GRADUATING SENIORS

## Quinton Pierce

Grade School: Bethel Elementary / Ryan Elementary

Middle School: Angevine Middle School

High School: Boulder High School

College plans: Swim for the University of Pittsburgh—H2oP!!

Years at Jeffco: 2

**What has swimming taught you:** Swimming has taught me a great deal of discipline. Early mornings, late nights, and long weekends. The discipline I have learned with swimming will help me throughout life.

**If you had it to do all over again, what would you do differently:** If I had it to do all over again, I would have definitely started working on my under waters a lot sooner! They go a long way and make a huge difference!

**Best Swimming Memory:** One of my best memories is when I first started swimming. I started on a summer league team in my neighborhood. I remember running down the street with my two best friends to the pool every day. There was always something going on at the pool.

**What was your favorite thing about swimming as an age grouper:** As an age grouper, my favorite thing were the meets. Every meet was a lot of fun. Every time I met new people who became my friends and who are still my friends today – 8 years later.

**What is your favorite thing about swimming as a senior:** My favorite thing as a senior is still hanging out with friends. These are people I would never have known without swimming. I'm glad I have the opportunity to swim with them every day or at meets.

**What is the best part of swimming:** The best part of swimming is when you work hard for weeks and you have a big meet and you do well. Then you know that all the pain you went through paid off and you feel very good about yourself.

**Advice to our age groupers:** The best part of swimming is trying your hardest. Nothing is easy and swimming is certainly not easy but the chance to succeed is always there and it's such a great feeling when you do.



# GRADUATING SENIORS

Anna Austin

Grade School: Landmark Elementary  
Middle School: Oberon Middle School  
High School: Ralston Valley High School  
College plans: Attending and swimming at University of Northern Colorado. Intend to get accepted into the accelerated (4+1) psychology B.A. and Educational Psychology M.A program.  
Years at Jeffco: 9



**What has swimming taught you:** Swimming has taught me time management, hard work and resilience. I took recruiting trips in September of my senior year and fell in love with the University of Idaho. Within a week I verbally committed and in November signed my National Letter of Intent. I was all set and all I had left was to pick classes on April 16th. On April 9th I got a phone call from my college coach informing me about the potential cut of the swim team. Although the Idaho Board of Education granted U of I a 3 year waiver to try to fix their budget deficit, there was still uncertainty for the future. As I closed this door another one opened as I found a new home at UNC. Unfortunately, situations like this happen but they welcome new opportunities. I am proud to represent my state at the collegiate level (and they say it only smells on Wednesdays haha)!

**If you had it to do all over again, what would you do differently:** As an age grouper, I would focus less on speed and more on technique. Bad habits are hard to break!

**What was your favorite thing about swimming as an age grouper:** My favorite thing about swimming as a 12 and under was not having to warm up or cool down as I was tiny and constantly shivering... My coach said I was just wasting energy and to just go out there and race!

**What is your favorite thing about swimming as a senior:** My favorite senior memory was going to the beach with the team after Sectionals in Oregon. The water was freezing but it was definitely more fun than the ice bath I took that meet!

**What is the best part of swimming:** The best part of swimming is meeting new people from other teams and forming relationships with people who have the same passion as you do.

**Advice to our age groupers:** HAVE FUN and do not compare yourself to others as everyone improves at different rates. Set your own goals and go after them :)

# GRADUATING SENIORS

## John Paul Phillips

Grade School: Douglas Elementary

Middle School: Louisville Middle School

High School: Fairview High School

College plans: I will be attending and swimming for University of Chicago

Years at Jeffco: 6



**What has swimming taught you?:** Swimming has taught me how to work hard and improve. I have learned to set goals and make plans to achieve those goals. It has also helped me improve on managing my time and balancing my schedule.

**If you had it to do all over again, what would you do differently:** There are a lot of smaller details of swimming that I am still improving today and I hadn't really started focusing on them until a couple years ago. If I could go back and do something different, I would start working on the smaller details earlier so I would have more time to perfect them.

**Best Swimming Memory:** At 5A High School State in 2017, I was racing against Kyle Mark in the 100 Back in prelims. We had a rivalry for a long time and we were always pushing each other to get better in backstroke. I remember we both had great races and got best times within a tenth of each other. We were both so ecstatic and I will always remember that race fondly.

**What was your favorite part of swimming as an age grouper:** As an age grouper, Colorado State was always the biggest meet for me. It was usually in Fort Collins and I remember my family would always stay at the Cambria Suites. I loved that hotel as a kid and I was always excited to stay there. It was like a travel meet for me before being a senior swimmer.

**What is your favorite part of swimming as a senior:** Just like how I loved traveling to state as an age grouper, my favorite part of being a senior swimmer is going to travel meets with the team. The team always has a lot of fun and it is a great chance to race against new people and go for best times.

**What is the best part of swimming:** Swimming is a very demanding sport. It can be very hard some days to get through practices and I come home tired a lot of days. However, when I get to a meet that I have been training for and have a great race, the feeling of accomplishment and satisfaction in seeing all my hard work pay off is one of the best feelings in the world.

**Advice to our age groupers:** Even when training gets hard, don't stop. Find ways to make it more fun and intern easier. If you are able to go to practice every day and give it your all, the feeling you get when all the hard work pays off is great.

## OUR PARTNERS

Thanks to our partners! Their support in the form of donations of food, money, gift certificates, advertising, is appreciated! Please support these community conscious businesses!



**CITY PIZZA** donated to the Pineapple Meet.  
Check out their restaurant in Arvada!

If you know or work for a company that would like to partner with our team, please send an email to or catch on deck our BOD President Brian Fox.

**amazon**smile  
You shop. Amazon gives.

NJST is part of the Amazon Smile charitable organization donation list. On the front page of the team's website is a link to Amazon that will automatically donate 5% of your purchases to NJST.

## Contact Us

Please call or email for more information or questions about the team, swimming or its operations.

Carmen Babcock  
Head Age Group Coach  
303-887-5467  
swimshady7@yahoo.com

Troy Bugliio  
Gold & White Coach  
bugliotroy@gmail.com

Gayle Schurz  
Red Coach  
gschurz@formmagic.com

Ashley Cully-Strickland  
Green & Orange  
ashstrick@yahoo.com

Brett Stoyell  
Head Senior Coach  
303-887-8495  
brewstoy@hotmail.com

Lana Hearne  
Bookkeeper  
NJST.JH@gmail.com

[www.northjeffcoswimteam.org](http://www.northjeffcoswimteam.org)

Other websites:

[www.jeffcohurricanes.org](http://www.jeffcohurricanes.org)  
[www.coloradoswimming.org](http://www.coloradoswimming.org)  
[www.usaswimming.org](http://www.usaswimming.org)

On NJST's facebook page parents and swimmers can post pictures, as well as updates and events. The team also has an Instagram and twitter page.