

FFSC Meet Highlights

DOCS HOLIDAY 5 SPLASH CLASSIC

12/13/14

Congratulations to all swimmers who participated! For full results, go to the Meet Results page on the FFSC website.

New Championship Meet Cuts

Congratulations to the following swimmers on achieving new qualifying times!

Swimmers are listed at the age they will be during the winter championship season.

10 & Under

Caroline Leak Regionals: 50 free

11-12

Alex Hess Regionals: 50 free, 50 back, 100 IM

New Team Records

| | | |
|-----------------------------|---|---------|
| Girls 9-10 50 Back | Olivia Haerr | 37.74 |
| Girls 9-10 100 IM | Olivia Haerr | 1:17.81 |
| Girls 9-10 200 Medley Relay | Amaris Boore, Caroline Leak, Olivia Haerr, Larissa Harr | 2:32.11 |

Coaches' Technique Corner

As an age group swimmer, it is extremely important to focus on technique and race strategy in meets as well as in practice. At every meet, many swimmers drop time because they have been working hard to improve their turns, starts, and various elements of each of their strokes. Each coach picked one race in which a swimmer did a great job applying something we have worked on in practice.

After **Chloe Bowers** swam her first event, we talked about grabbing the front of the block and pushing off with her hands, not just her feet. She was able to make the adjustment right away in the 50 breast. She got a great push off the blocks and went a best time.

- Coach Tommy

Caroline Leak always works hard in practice and has a positive attitude about learning new things. Her dedication paid off this weekend with her second 9-10 regional cut.

- Coach Matt