



2018 NASA Winter Classic Meet Recap

SWIMMERS OF THE MEET

Exploration I-Nora Metzger

Nora joined us as a graduate from swim school and came in ready to learn anything and everything we were willing to teach her. She has a great attitude and loves to work hard. She almost has all of our core skills mastered and gives her best at every race. Keep working hard Nora, you are doing a great job!

Exploration II-Rohen Sievers

Rohen has battled back to back illnesses that took him out of the pool for several days but came back and got to work! Rohen's love for practices is definitely showing in his races; he competed in 9 races this weekend and was legal in all 9 and the majority even had a time drop. Rohen you always give it your all in practices and you had a great meet this weekend because of it! Keep it up buddy!

Green-Bailey Forsyth

Bailey dropped time in almost every event with a total dropped time of 14 seconds! She was even able to get a divisional cut. Bailey always comes to practice with a positive attitude and is willing to put in the work that is asked of her. I'm so very excited for Bailey to continue growing as a swimmer!

Yellow-Charlie Lang

Charlie had a great NASA meet. He dropped over 18 seconds in 7 out of 10 events. He swam a new state cut in the 200 IM. He improved his 50 and 100 breast(already state cuts) by over a second each. He's a very strong swimmer with a lot of potential. Way to Go, Charlie!

Red-Sierra Guadnola

Sierra earned best times in 5 of her events and dropped over 27 seconds, including an awesome 20 second improvement in her 500! Sierra is working to improve her turns and breathing patterns in practice and I expect to see more time drops in the next few meets. Keep up the good work!

Blue-Lauren Harris

Lauren has had several meets in a row where she has performed very well in most of her races. This meet was no different. She continues to move closer to her State cuts, and with her continued hard work in the pool and at dryland she is making every effort to achieve that goal. Lauren doesn't just show up for practice. When she is present, she gives 100% and has been able to swim under her best time several times this season at practice. Keep up the great work Lauren.

SWAC EVENT WINNERS

Patrick Collins

8&Under 100 Individual Medley, 25 Backstroke, 50 Backstroke

Carson Gass

8&Under 25 Butterfly

Charlie Lang

9&10 50 Breaststroke

Macartney Mahler

9&10 100 Butterfly, 200 Individual Medley

Ripley Merritt

13&Over 100 Butterfly

Jason Starodub

9&10 100 Backstroke, 100 Butterfly, 200 Freestyle, 200 Individual Medley, 50 Backstroke, 50 Butterfly

Rohen Sievers

8&Under 25 Freestyle

TOP 10 TOTAL TIME DROPPED (in seconds)

Ripley Merritt-37.35

Maggie Steward-37.02

Ethan Thorson-27.92

Sierra Guadnola-27.28

Jillian Lynam-19.33

Hayden Shurtz-18.54

Charlie Lang-17.86

Aaron Lazoff-17.17

Malika Ahmad-15.73

Bailey Forsyth-14.19

100% LIFETIME BESTS

Malika Ahmad

ALL-BUT-1 LIFETIME BESTS

Henry Collins, Bailey Forsyth, Nora Metzger, Ethan Thorson