Congratulations to

* Emily Escobedo of Condors on her performances representing Metro at the ISL!
* Vanessa Chong of Badger for setting Metro record in girls 17-18 200 yard fly
* Kiki Kennedy of LIAC for Metro record in girls 15-16 100 yard back
* Cavan Gormsen of LIAC for Metro records in girls 15-16 500,1000,1650 yard freestyle
* Tess Howley of LIAC for Metro records in girls 15-16 100,200 yard fly
* Jack Kelly of EAST for Metro records in boys 17-18 100, 200 yard breast
* All Metro Olympic Trials Qualifiers and teams

We are pleased that we will be able to provide an in-person Senior METS during the summer LC cycle and are committed to offering a safe and high-quality competition for all participants. The format may be adjusted as needed depending on circumstances at the time.

The eastern zone has indicated their intention to run the 15-18 meet at reduced capacity this summer.

We are making a call for senior committee members. We would like to organize a diverse group of coaches and athletes to ensure decisions made at the BOD level are reflective of the various perspectives within the LSC. Senior chair decision making should not be unilateral, and while we will not agree on all course of action, each voice impacts legislation and decision making.

Finally, we are working on the logistics to propose a Metro all-start camp tentatively for Spring 2022. We hope to have coach support to staff with a mixture of experienced and up-and-coming coaches. Please let us know if you are interested in attending something like this as a coach.

Don & Zac