

# Improvements Report

<b>Team Name</b>	Phoenix Aquatic Club
<b>Meet Name</b>	NCAC SEPTEMBER 24, 2017 FIRST
<b>Meet Date</b>	09/24/2017
<b>Meet Location</b>	Yonkers, NY
<b>Baseline Time Range</b>	09/01/2016 - 09/30/2017
<b>Report Date</b>	09/27/2017

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Improvement
<b>Aydin, Eren</b>	10	M	12 & Under 100 IM	F	17		1:45.95Y	
			12 & Under 50 Back	F	20		50.09Y	2.32
			12 & Under 50 Breast	F	23		54.87Y	1.44
			12 & Under 50 Free	F	25		41.68Y	1.01
<b>Choi, Alexis</b>	9	F	12 & Under 100 IM	F	19		1:52.21Y	
			12 & Under 50 Back	F	25		53.91Y	
			12 & Under 50 Breast	F	13	4.00	48.55Y	
			12 & Under 50 Fly	F	16	1.00	51.94Y	
			12 & Under 50 Free	F	22		41.73Y	
<b>Choi, Olivia</b>	7	F	12 & Under 50 Back	F	27		58.01Y	
			12 & Under 50 Fly	F	17		1:03.16Y	
			12 & Under 50 Free	F	28		48.97Y	
<b>Chrenko, Alex</b>	15	M	13 & Over 100 IM	F	8	11.00	1:03.00Y	-3.25
			13 & Over 50 Back	F	13	4.00	30.59Y	-0.57
			13 & Over 50 Breast	F	1	20.00	30.87Y	-0.70
			13 & Over 50 Fly	F	11	6.00	28.30Y	-0.62
			13 & Over 50 Free	F	9	9.00	25.10Y	0.32
<b>Christensen, Patricia</b>	16	F	13 & Over 100 IM	F	3	16.00	1:07.92Y	
			13 & Over 50 Back	F	4	15.00	31.59Y	
			13 & Over 50 Breast	F	6	13.00	35.92Y	
			13 & Over 50 Fly	F	4	15.00	29.32Y	
			13 & Over 50 Free	F	4	15.00	27.18Y	
<b>Conti, Gabriella</b>	13	F	13 & Over 100 IM	F	18		1:16.46Y	1.00
			13 & Over 50 Back	F	18		36.36Y	-0.23
			13 & Over 50 Breast	F	19		41.10Y	1.93
			13 & Over 50 Fly	F	16	1.00	34.02Y	-0.21
			13 & Over 50 Free	F	23		29.84Y	0.24
<b>Finley, Michael</b>	14	M	13 & Over 100 IM	F	16	1.00	1:08.00Y	-4.91
			13 & Over 50 Back	F	8	11.00	29.91Y	
			13 & Over 50 Breast	F	12	5.00	33.99Y	-4.22
			13 & Over 50 Fly	F	18		29.92Y	
			13 & Over 50 Free	F	16	1.00	26.27Y	-0.73
<b>Flynn, Grace</b>	15	F	13 & Over 100 IM	F	6	13.00	1:10.00Y	-0.54
			13 & Over 50 Back	F	3	16.00	31.37Y	2.20
			13 & Over 50 Breast	F	12	5.00	37.89Y	-1.31
			13 & Over 50 Fly	F	10	7.00	31.33Y	0.06
			13 & Over 50 Free	F	10	7.00	28.22Y	0.96
<b>Flynn, Richard</b>	15	M	13 & Over 100 IM	F	3	16.00	1:01.85Y	-4.72
			13 & Over 50 Back	F	10	7.00	30.15Y	-1.02
			13 & Over 50 Breast	F	8	11.00	33.18Y	-2.57

			13 & Over 50 Fly	F	7	12.00	27.34Y	-1.17
			13 & Over 50 Free	F	10	7.00	25.36Y	0.57
<b>Gamboli, Luke</b>	17	M	13 & Over 100 IM	F	7	12.00	1:02.85Y	
			13 & Over 50 Back	F	4	15.00	28.61Y	
			13 & Over 50 Breast	F	9	9.00	33.40Y	
			13 & Over 50 Fly	F	2	17.00	26.07Y	
			13 & Over 50 Free	F	11	6.00	25.52Y	
<b>Garretson, Phoebe</b>	8	F	12 & Under 50 Back	F	24		52.28Y	
			12 & Under 50 Breast	F	25		1:05.82Y	
			12 & Under 50 Free	F	26		48.68Y	
<b>Gatto, Kristina</b>	15	F	13 & Over 100 IM	F	24		1:18.69Y	
			13 & Over 50 Back	F	17		36.17Y	
			13 & Over 50 Breast	F	24		44.24Y	
			13 & Over 50 Free	F	15	2.00	28.66Y	
<b>Gatto, Robert</b>	13	M	13 & Over 100 IM	F	26		1:15.40Y	2.55
			13 & Over 50 Back	F	24		35.68Y	-0.03
			13 & Over 50 Breast	F	25		41.24Y	-1.23
			13 & Over 50 Fly	F	23		32.37Y	-1.90
			13 & Over 50 Free	F	24		28.24Y	-1.00
<b>Getsos, Dahlia</b>	16	F	13 & Over 100 IM	F	15	2.00	1:14.67Y	1.01
			13 & Over 50 Back	F	6	13.00	32.23Y	1.48
			13 & Over 50 Breast	F	14	3.00	39.31Y	
			13 & Over 50 Fly	F	15	2.00	33.41Y	
			13 & Over 50 Free	F	11	6.00	28.39Y	1.01
<b>Gordinier, Peter, Jr.</b>	17	M	13 & Over 100 IM	F	6	13.00	1:02.42Y	
			13 & Over 50 Back	F	5	14.00	29.53Y	
			13 & Over 50 Breast	F	4	14.00	31.54Y	
			13 & Over 50 Fly	F	6	13.00	27.21Y	
			13 & Over 50 Free	F	3	16.00	23.67Y	0.14
<b>Guindine, Geoffrey</b>	13	M	13 & Over 100 IM	F	10	7.00	1:04.39Y	2.27
			13 & Over 50 Back	F	14	3.00	30.77Y	0.22
			13 & Over 50 Breast	F	6	13.00	32.69Y	
			13 & Over 50 Fly	F	13	4.00	28.48Y	-1.74
			13 & Over 50 Free	F	12	5.00	25.59Y	0.16
<b>Hall, Katelyn</b>	17	F	13 & Over 100 IM	F	11	6.00	1:12.04Y	0.48
			13 & Over 50 Back	F	11	6.00	33.85Y	1.64
			13 & Over 50 Breast	F	4	15.00	35.73Y	
			13 & Over 50 Fly	F	6	13.00	30.33Y	1.27
			13 & Over 50 Free	F	3	16.00	27.16Y	1.08
<b>JEOUNG, GENE</b>	13	M	13 & Over 100 IM	F	17		1:09.04Y	
			13 & Over 50 Back	F	21		33.19Y	
			13 & Over 50 Breast	F	16	1.00	36.55Y	
			13 & Over 50 Fly	F	21		31.88Y	
			13 & Over 50 Free	F	22		27.78Y	
<b>Jun, Yongchan</b>	17	M	13 & Over 100 IM	F	2	17.00	1:00.45Y	
			13 & Over 50 Back	F	3	16.00	28.09Y	
			13 & Over 50 Breast	F	7	12.00	32.83Y	
			13 & Over 50 Fly	F	3	16.00	26.53Y	
			13 & Over 50 Free	F	5	14.00	23.85Y	0.70
<b>Karpenko, Dennis</b>	13	M	13 & Over 100 IM	F	18		1:10.33Y	-1.23
			13 & Over 50 Back	F	17		31.61Y	0.08
			13 & Over 50 Breast	F	21		38.32Y	
			13 & Over 50 Fly	F	17		29.40Y	-1.26

			13 & Over 50 Free	F	17		26.30Y	-0.91
<b>Karpenko, Stefan</b>	8	M	12 & Under 50 Back	F	27		53.60Y	
			12 & Under 50 Free	F	35		49.96Y	
<b>Kim, Christopher</b>	15	M	13 & Over 100 IM	F	11	5.00	1:06.00Y	
			13 & Over 50 Back	F	16	1.00	31.26Y	
			13 & Over 50 Breast	F	3	16.00	31.52Y	
			13 & Over 50 Fly	F	12	5.00	28.41Y	
			13 & Over 50 Free	F	14	3.00	25.89Y	0.05
<b>Kim, Jacob</b>	10	M	12 & Under 100 IM	F	14	3.00	1:31.63Y	
			12 & Under 50 Back	F	15	2.00	43.31Y	
			12 & Under 50 Breast	F	14	3.00	47.04Y	
			12 & Under 50 Fly	F	9	9.00	39.82Y	
			12 & Under 50 Free	F	12	5.00	33.46Y	
<b>Kim, Nicholas</b>	15	M	13 & Over 100 IM	F	11	5.00	1:06.00Y	
			13 & Over 50 Back	F	12	5.00	30.42Y	
			13 & Over 50 Breast	F	17		36.61Y	
			13 & Over 50 Fly	F	9	9.00	27.94Y	
			13 & Over 50 Free	F	13	4.00	25.87Y	
<b>Kim, William</b>	13	M	13 & Over 100 IM	F	15	2.00	1:07.41Y	-1.57
			13 & Over 50 Back	F	15	2.00	31.12Y	-1.89
			13 & Over 50 Breast	F	14	3.00	35.14Y	-0.20
			13 & Over 50 Fly	F	21		31.88Y	
			13 & Over 50 Free	F	20		27.17Y	0.12
<b>Kolesnikov, Nicholas</b>	11	M	12 & Under 100 IM	F	12	5.00	1:29.66Y	-0.33
			12 & Under 50 Back	F	12	5.00	40.39Y	0.13
			12 & Under 50 Breast	F	13	4.00	45.99Y	-2.61
			12 & Under 50 Fly	F	12	5.00	44.28Y	
			12 & Under 50 Free	F	13	4.00	33.66Y	-1.51
<b>Kwon, Joshua</b>	14	M	13 & Over 100 IM	F	23		1:13.08Y	-6.16
			13 & Over 50 Back	F	22		35.01Y	-2.68
			13 & Over 50 Breast	F	15	2.00	35.21Y	-2.23
			13 & Over 50 Fly	F	26		33.35Y	-5.02
			13 & Over 50 Free	F	28		29.34Y	-1.94
<b>Lee, Michelle</b>	13	F	13 & Over 100 IM	F	5	14.00	1:08.95Y	
			13 & Over 50 Back	F	10	7.00	33.44Y	0.14
			13 & Over 50 Breast	F	2	17.00	33.51Y	-0.58
			13 & Over 50 Fly	F	9	9.00	31.14Y	0.40
			13 & Over 50 Free	F	7	12.00	27.96Y	0.54
<b>Lyubman, Eric</b>	7	M	12 & Under 50 Free	F	34		46.59Y	
<b>Lyubman, Ron</b>	11	M	12 & Under 100 IM	F	10	7.00	1:18.36Y	0.39
			12 & Under 50 Back	F	9	9.00	36.21Y	-0.82
			12 & Under 50 Breast	F	8	11.00	41.71Y	1.18
			12 & Under 50 Fly	F	3	16.00	34.46Y	0.16
			12 & Under 50 Free	F	8	11.00	30.27Y	-0.83
<b>Lyubman, Samuel</b>	13	M	13 & Over 100 IM	F	24		1:13.23Y	0.28
			13 & Over 50 Back	F	19		32.05Y	-0.59
			13 & Over 50 Breast	F	23		40.34Y	-2.03
			13 & Over 50 Fly	F	14	3.00	28.80Y	-0.80
			13 & Over 50 Free	F	23		28.00Y	0.31
<b>Maretic, Matthew</b>	17	M	13 & Over 100 IM	F	4	14.00	1:02.10Y	-5.46
			13 & Over 50 Back	F	7	12.00	29.63Y	-1.60
			13 & Over 50 Breast	F	4	14.00	31.54Y	-2.31
			13 & Over 50 Fly	F	5	14.00	27.13Y	-0.36

			13 & Over 50 Free	F	2	17.00	23.63Y	0.57
<b>Martinko, John</b>	10	M	12 & Under 50 Back	F	32		1:04.48Y	-7.71
			12 & Under 50 Breast	F	27		1:09.68Y	0.41
			12 & Under 50 Free	F	36		58.53Y	-2.11
<b>Martinko, Mia</b>	12	F	12 & Under 100 IM	F	6	13.00	1:24.00Y	5.24
			12 & Under 50 Back	F	6	13.00	39.73Y	2.15
			12 & Under 50 Breast	F	10	7.00	43.77Y	-0.32
			12 & Under 50 Fly	F	7	12.00	38.59Y	0.49
			12 & Under 50 Free	F	8	11.00	32.92Y	0.79
<b>Martinko, Thomas</b>	7	M	12 & Under 50 Back	F	33		1:23.18Y	-4.20
			12 & Under 50 Free	F	38		1:07.95Y	-9.68
<b>Marzano, Haleigh</b>	16	F	13 & Over 100 IM	F	1	20.00	1:04.05Y	
			13 & Over 50 Back	F	2	17.00	30.31Y	1.29
			13 & Over 50 Breast	F	1	20.00	33.05Y	2.24
			13 & Over 50 Fly	F	2	17.00	29.24Y	1.61
			13 & Over 50 Free	F	1	20.00	26.42Y	0.24
<b>Marzano, Tyler</b>	14	M	13 & Over 100 IM	F	20		1:11.08Y	
			13 & Over 50 Back	F	20		33.11Y	
			13 & Over 50 Breast	F	13	4.00	34.52Y	
			13 & Over 50 Fly	F	20		31.48Y	
			13 & Over 50 Free	F	19		27.02Y	0.36
<b>Maselli, Paolo</b>	12	M	12 & Under 100 IM	F	11	6.00	1:24.04Y	0.43
			12 & Under 50 Back	F	10	7.00	37.69Y	0.44
			12 & Under 50 Breast	F	10	7.00	43.10Y	-1.48
			12 & Under 50 Fly	F	7	12.00	39.06Y	1.34
			12 & Under 50 Free	F	10	7.00	31.89Y	-0.44
<b>Mcdonough, Madison</b>	16	F	13 & Over 100 IM	F	2	17.00	1:04.21Y	-5.58
			13 & Over 50 Back	F	1	20.00	29.49Y	1.25
			13 & Over 50 Breast	F	3	16.00	35.59Y	0.61
			13 & Over 50 Fly	F	1	20.00	28.75Y	-0.61
			13 & Over 50 Free	F	2	17.00	26.73Y	0.65
<b>Milstein, Jillian</b>	10	F	12 & Under 100 IM	F	12	5.00	1:35.02Y	-5.76
			12 & Under 50 Back	F	13	4.00	43.70Y	-2.16
			12 & Under 50 Breast	F	14	3.00	48.95Y	-1.97
			12 & Under 50 Free	F	19		37.84Y	-0.56
<b>Paltag, Daniel</b>	11	M	12 & Under 100 IM	F	15	2.00	1:31.74Y	-15.08
			12 & Under 50 Back	F	14	3.00	43.13Y	-0.13
			12 & Under 50 Breast	F	18		49.94Y	-2.16
			12 & Under 50 Fly	F	11	6.00	44.02Y	-2.08
			12 & Under 50 Free	F	16	1.00	34.72Y	-4.46
<b>Paltag, Gabriela</b>	8	F	12 & Under 100 IM	F	17		1:39.70Y	0.58
			12 & Under 50 Back	F	18		46.86Y	2.65
			12 & Under 50 Breast	F	21		53.43Y	-2.94
			12 & Under 50 Fly	F	15	2.00	51.21Y	2.63
			12 & Under 50 Free	F	16	1.00	36.04Y	-2.68
<b>Parisi, Lauren</b>	17	F	13 & Over 100 IM	F	23		1:18.14Y	-0.02
			13 & Over 50 Back	F	21		39.10Y	
			13 & Over 50 Breast	F	13	4.00	38.85Y	1.17
			13 & Over 50 Fly	F	23		35.89Y	
			13 & Over 50 Free	F	25		30.86Y	2.17
<b>Romanov, Maxim</b>	9	M	12 & Under 50 Back	F	31		58.69Y	
			12 & Under 50 Free	F	33		46.13Y	
<b>Romanov, Victoria</b>	11	F	12 & Under 100 IM	F	13	4.00	1:35.05Y	-7.30

			12 & Under 50 Back	F	16	1.00	45.48Y	-6.31
			12 & Under 50 Breast	F	9	9.00	43.57Y	-3.83
			12 & Under 50 Fly	F	14	3.00	47.84Y	-4.11
			12 & Under 50 Free	F	11	6.00	34.54Y	-3.31
<b>Rose, Alexander</b>	14	M	13 & Over 100 IM	F	13	4.00	1:06.30Y	2.36
			13 & Over 50 Back	F	9	9.00	29.92Y	-0.72
			13 & Over 50 Breast	F	20		38.03Y	
			13 & Over 50 Fly	F	16	1.00	29.26Y	
			13 & Over 50 Free	F	15	2.00	26.18Y	0.10
<b>Rose, Benjamin</b>	16	M	13 & Over 100 IM	F	4	14.00	1:02.10Y	-0.36
			13 & Over 50 Back	F	2	17.00	27.83Y	
			13 & Over 50 Breast	F	10	7.00	33.74Y	0.00
			13 & Over 50 Fly	F	10	7.00	28.19Y	
			13 & Over 50 Free	F	7	12.00	24.73Y	0.13
<b>Sarier-Smith, Hannah</b>	10	F	12 & Under 50 Back	F	17		46.29Y	
			12 & Under 50 Breast	F	20		53.22Y	
			12 & Under 50 Fly	F	9	9.00	45.81Y	
			12 & Under 50 Free	F	13	4.00	35.00Y	
<b>Shaw, Danielle</b>	17	F	13 & Over 100 IM	F	20		1:17.35Y	
			13 & Over 50 Back	F	19		36.40Y	
			13 & Over 50 Breast	F	22		43.70Y	
			13 & Over 50 Fly	F	17		34.20Y	
			13 & Over 50 Free	F	24		29.88Y	1.89
<b>Shaw, Jessica</b>	13	F	13 & Over 100 IM	F	17		1:15.29Y	0.36
			13 & Over 50 Back	F	9	9.00	33.17Y	1.77
			13 & Over 50 Breast	F	17		39.72Y	-0.58
			13 & Over 50 Fly	F	14	3.00	32.64Y	0.64
			13 & Over 50 Free	F	19		29.16Y	0.97
<b>Shell, Adam</b>	9	M	12 & Under 50 Back	F	30		57.78Y	5.41
			12 & Under 50 Breast	F	25		1:00.37Y	-12.46
			12 & Under 50 Free	F	31		45.72Y	1.02
<b>Sobocinski, Alexandra</b>	17	F	13 & Over 100 IM	F	4	15.00	1:08.02Y	-5.90
			13 & Over 50 Back	F	5	14.00	32.17Y	-0.29
			13 & Over 50 Breast	F	9	9.00	37.00Y	
			13 & Over 50 Fly	F	5	14.00	29.54Y	-1.79
			13 & Over 50 Free	F	8	11.00	28.18Y	-0.05
<b>Stangeby, Jon-Christian</b>	16	M	13 & Over 100 IM	F	9	9.00	1:04.22Y	
			13 & Over 50 Back	F	6	13.00	29.59Y	
			13 & Over 50 Breast	F	11	6.00	33.83Y	
			13 & Over 50 Fly	F	4	15.00	26.65Y	
			13 & Over 50 Free	F	8	11.00	24.90Y	1.12
<b>Storch, Rebecca</b>	12	F	12 & Under 100 IM	F	8	11.00	1:27.37Y	
			12 & Under 50 Back	F	12	5.00	43.68Y	2.84
			12 & Under 50 Breast	F	11	6.00	44.87Y	
			12 & Under 50 Fly	F	6	13.00	38.28Y	-2.13
			12 & Under 50 Free	F	6	13.00	31.95Y	-1.75
<b>Szukics, Lauren</b>	7	F	12 & Under 50 Back	F	22		50.21Y	-7.48
			12 & Under 50 Breast	F	27		1:09.81Y	-4.97
			12 & Under 50 Free	F	27		48.69Y	-2.23
<b>Tallides, Eleni</b>	13	F	13 & Over 100 IM	F	7	12.00	1:10.89Y	2.76
			13 & Over 50 Back	F	13	4.00	34.47Y	1.25
			13 & Over 50 Breast	F	7	12.00	36.25Y	2.23
			13 & Over 50 Fly	F	13	4.00	32.14Y	1.64

			13 & Over 50 Free	F	9	9.00	28.20Y	1.20
<b>Taylor, Beau</b>	7	M	12 & Under 50 Back	F	34		1:23.51Y	-13.85
			12 & Under 50 Free	F	37		1:07.88Y	-4.83
<b>Taylor, Skye</b>	12	F	12 & Under 100 IM	F	18		1:42.19Y	-2.09
			12 & Under 50 Back	F	14	3.00	44.14Y	-0.58
			12 & Under 50 Breast	F	16	1.00	49.78Y	-4.12
			12 & Under 50 Fly	F	10	7.00	45.89Y	-5.32
			12 & Under 50 Free	F	15	2.00	35.79Y	-1.89
<b>Taylor, Zane</b>	9	M	12 & Under 100 IM	F	19		1:56.30Y	-7.64
			12 & Under 50 Back	F	26		52.36Y	-1.13
			12 & Under 50 Breast	F	24		55.82Y	-6.37
			12 & Under 50 Free	F	29		44.24Y	-2.87
<b>Tomioka, Jeremiah</b>	10	M	12 & Under 100 IM	F	16	1.00	1:35.36Y	1.59
			12 & Under 50 Back	F	13	4.00	42.69Y	-0.23
			12 & Under 50 Breast	F	22		54.46Y	3.08
			12 & Under 50 Fly	F	14	3.00	46.04Y	4.46
			12 & Under 50 Free	F	19		36.09Y	0.90
<b>Tomioka, Joshua</b>	14	M	13 & Over 100 IM	F	22		1:12.78Y	
			13 & Over 50 Back	F	23		35.11Y	
			13 & Over 50 Breast	F	18		37.78Y	
			13 & Over 50 Fly	F	24		32.67Y	
			13 & Over 50 Free	F	27		29.26Y	0.87
<b>Tritter, Ellis</b>	11	M	12 & Under 50 Back	F	24		51.24Y	
			12 & Under 50 Breast	F	19		51.23Y	
			12 & Under 50 Free	F	21		36.99Y	
<b>Tritter, Hudson</b>	15	M	13 & Over 100 IM	F	1	20.00	58.93Y	
			13 & Over 50 Back	F	1	20.00	25.70Y	1.15
			13 & Over 50 Breast	F	2	17.00	31.50Y	
			13 & Over 50 Fly	F	1	20.00	25.60Y	
			13 & Over 50 Free	F	4	15.00	23.72Y	-0.64
<b>Valentini, Ilaria</b>	14	F	13 & Over 100 IM	F	16	1.00	1:14.89Y	-2.89
			13 & Over 50 Back	F	8	11.00	32.78Y	-3.03
			13 & Over 50 Breast	F	25		44.86Y	
			13 & Over 50 Fly	F	7	12.00	30.53Y	
			13 & Over 50 Free	F	17		28.80Y	1.15
<b>Wadsworth, Anna</b>	16	F	13 & Over 100 IM	F	12	5.00	1:12.60Y	
			13 & Over 50 Back	F	12	5.00	34.41Y	
			13 & Over 50 Fly	F	8	11.00	30.66Y	
			13 & Over 50 Free	F	14	3.00	28.56Y	-0.11
<b>Wentland, Emma</b>	15	F	13 & Over 50 Back	F	7	12.00	32.52Y	
			13 & Over 50 Breast	F	18		40.09Y	
			13 & Over 50 Free	F	6	13.00	27.85Y	0.24
<b>Wentland, Sara</b>	13	F	13 & Over 100 IM	F	13	4.00	1:13.72Y	-1.94
			13 & Over 50 Back	F	14	3.00	34.55Y	1.15
			13 & Over 50 Breast	F	15	2.00	39.57Y	0.48
			13 & Over 50 Fly	F	20		34.78Y	-0.16
			13 & Over 50 Free	F	21		29.57Y	-0.39
<b>Zoelle, Ryan</b>	9	F	12 & Under 50 Back	F	21		48.48Y	1.10
			12 & Under 50 Breast	F	23		55.03Y	-12.05
			12 & Under 50 Fly	F	13	4.00	46.85Y	-2.10
			12 & Under 50 Free	F	24		42.72Y	-2.18