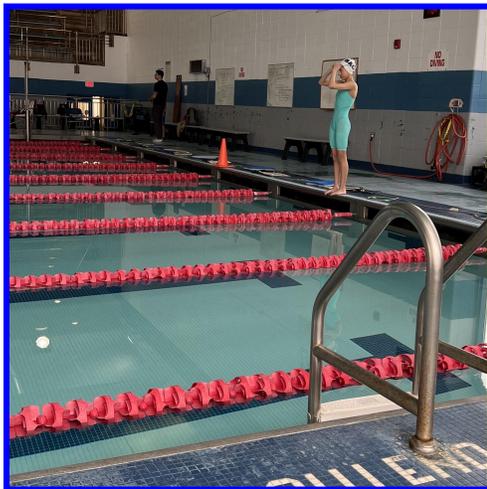


2023 Swim Atlantic City Meet Recap:

Last weekend, swimmers from the Junior and Senior Squad attended the 2023 Swim Atlantic City meet. It was the first time this meet has ever been hosted before. It was held in an outstanding facility that includes an eight lane short course meters pool. Berkeley competed in a selection of events out of the 200 Individual Medley, 100 freestyle, 100 backstroke, 100 breaststroke, and 100 butterfly. Some athletes finished up their meet with the 1650 freestyle, where they once again were tough and swam well. Good job to all of the athletes who raced in Atlantic City!



The Juniors and Seniors had an exciting time at the swim meet and competed very well. Here are their top highlights of the eventful day: Nicola Formon said, “My favorite part of the swim meet was cheering on my teammates while they swam. Having a positive team spirit was very encouraging and key for motivating us to push our limits while racing.”

Chloe Lee explained, “My favorite part was the laid back setting of the meet. The breaks between each of the strokes really helped me be able to swim my best and get some PRs [personal records]. The meter pool setting was also another good part of the meet because I was able to see where I was for meters in preparation for the long course season.”



As Nicola expressed, being supportive of your teammates is an important part of swim meets. It is one of BAC's three team goals every time we attend a meet. Additionally, as Chloe mentioned, this meet gave athletes a great opportunity to swim meters and see where they are in their season.



Sara and Yara Kashkoush stated, "Our favorite part of the Atlantic City meet was

that it was very fun and we were able to break some of our best times in some events. We really enjoyed being able to compete in a relaxed setting, which allowed us to swim our best." Clara and Eva

Tanguay shared, "Our favorite part of the swim meet was swimming the 100 breaststroke." Clara added on, "I also enjoyed hanging out with my teammates."



Philip Youssef described "I loved the meet as a whole, the setting, people, and

overall vibe was very positive and comfortable. My personal favorite thing about this meet is the pool. The events were very quick to the point and unlike anything I have seen before. This meet style was very simple and easy to understand making the experience even better. Overall, the meet was great and I hope to see it grow over time."



Along with having some amazing races, they also set some meet records! Congratulations to Yara Kashkoush, Eva Tanguay, Philip Youssef, Sara Kashkoush, and Nicola Formon for setting some of these records! Great job again to

everyone who participated in the meet, including Ori Palumbo, Chloe Lee, and Clara Tanguay. Overall, we had a very fun time in Atlantic City, and can't wait to swim there again.

