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| **[www.usaswimming.org](http://www.usaswimming.org)**  [**www.swimohio.org**](http://www.swimohio.org) | **The Greater Columbus Swim Team of Ohio GCSTO**  **614-478-5445**[**www.gcsto.com**](http://www.gcsto.com) |
|  | **From The GCSTO Offices March 2, 2018**  ***GCSTO Strong… GCSTO Proud!*** |
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|  | **ATHLETE PERFORMANCE INFORMATION**  **\*\*\*\*\*\* UASC Triple Crown Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **CA Level 1**  **Sophia York**: Sophia continues to grow at every practice. Her swimming is improving, which lead to a great meet. She swam the 100 IM in 1.42 seconds and had a time drop of 14.69 seconds. She also dropped time in her 25 breaststroke and 25 butterfly races. Way to go Sophia, keep it up!  **SC Level 1**  **Natalie Fischer:** Natalie is one of the few SC level 1 swimmers who competed in both days of the meet, and she is the only one who dropped time in every single event! She dropped nearly 20 seconds in her 100 IM and 8 seconds in her 50 free, for a combined loss of about 33 seconds in all six of her events. Even more impressive is just how much smoother Natalie’s strokes have become, demonstrated in the beautiful 25 breaststroke she swam! More importantly, Natalie comes to every practice ready to work, and always has a positive attitude at practice and at meets. Great job, Nat!  **CA Level 2**  **Gavin Lewis:** Gavin definitely earned another "swimmer of the meet" title after his performance at this meet.  After dropping 14 seconds in the 200 freestyle, he received a BB cut with a time of 2:23.83.  Gavin also dropped 2 seconds in his 100 fly and 1 second in his 100 freestyle with a time of 1:02.85. Gavin is swimming smarter than he ever has before and he is continuing to drop time in all of his events.  He truly has stepped up with his performance at practice and is showing a sense of leadership with the other swimmers.  He is more than ready to step up and take on the next level.  Keep up the hard work! Great job, Gavin!  **SC Level 2**  **Alyssa Gray:** Alyssa is being named the swimmer of the meet again after she had a meet of a lifetime here! Alyssa dropped 14 seconds in her 100 free, 12 seconds in her 100 fly, and 3 seconds in her 100 IM. Alyssa is one of the hardest workers we have and it is continuing to pay off. Great job Alyssa!  **CA & SC Level 3**  **Beans Gaver:** Beans has been working very hard at practice. She had the highest attendance percentage during Christmas break and it really shows. Beans has been focused on improving her strokes at practice every day. She is becoming a true leader to her peers. At this meet, Beans dropped time in every event she swam and swam the 100 fly for the first time. Keep up the hard work.  **100% Lifetime Bests**  Madison Burris  Natalie Fischer  Araceli Gaver  Alyssa Gray  Riley Ranke  Eli Stoll  Wylee Whittredge  Samantha York  **All-But-One Lifetime Bests**  Chloe Albrecht  Emmett Culbert  Isabella Felter  Molly Fitzpatrick  Kyle Lark  Natalie Lark  Carlie McClurg  Lincoln McNeely  Jack Ryan  Grace Zercher  **Top 10 Total Time Dropped At Meet**  **1. Talia Toler -56.49 – WOW!**  2. Natalie Fischer -32.46  3. Riley Pool -30.73  4. Alyssa Gray -26.85  5. Natalie Lark -21.09  6. Gavin Lewis -16.45  7. Sophia York -14.69  8. Isabella Felter -11.41  9. Samantha York -11.17  10. Ben Couch -8.33  **\*\*\*\*\*\* GCSTO/WOR Kelly German Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **CA Level 1**  **Nick Quattro:** Nick is always happy and his teammates love him! His positive attitude is contagious. His consistent hard work at practice lead to a great meet. He was constantly cheering on his teammates. Nick swam the 50 fly and ended up dropping 6.82 seconds with a time of 45.14. Thanks for always being a team player Nick, and keep up the great work.  **SC Level 1**  **Jacob Crosson:** Jake continues to blow me away this season with just how well he is doing, and this was a particularly phenomenal meet for him! He swam three events on both Saturday and Sunday, and he dropped time in every single event! His most notable time drops were the 15 seconds that he dropped in his 100 IM and 11 seconds that he dropped in his 100 back. Jake has also been working on improving his breathing technique in his freestyle and this showed in both his 50 and 100 free events. Most impressive, however, is the fact that Jake qualified for finals in his 50 back, making him the only level 1 swimmer to qualify for finals in any event! And not only did Jake qualify for finals, but he dropped an additional second in his 50 back at finals after already dropping two seconds at prelims that morning! Way to go, Jake, keep up the GREAT work!  **CA Level 2**  **Jacob Washburn:** This is the meet where everything finally “clicked” for Jacob.  He dropped 3 seconds in his 50 freestyle, 12 seconds in his 100 backstroke, 15 seconds in his 100 freestyle, 4 seconds in his 50 backstroke, and 10 seconds in his 50 fly.  He also swam the 100 butterfly for the first time at this meet and did extremely well.  Although he does not particularly favor the butterfly stroke, he has been doing so well in the fly events and he truly is a naturally talented butterfly swimmer.  Jacob is putting in the effort and the hard work needed to improve his strokes and it definitely showed at this meet.  He comes to practice with a great attitude and is eager to learn.  Great job, Jacob!  **SC Level 2**  **Carlie McClurg:** Carlie had such a great meet this whole weekend. She dropped time in almost every event and even dropped 20 seconds in her 100 fly! It was so awesome to see Carlie have some aggression and fight in her swimming this season! Carlie also works so well on her technique in practice and it really showed in this meet. Keep up the hard work Carlie!  **CA & SC Level 3**  **Liam Timmons:** Liam only swam one day but did fantastic. He has been working hard in practice and really working on his stroke technique. Liam swam 3 events and just missed getting lifetime best times in all. He dropped over 7 seconds in two events. Liam's high attendance and hard work in practice is really showing in meets. Keep up the great work.  **100% Lifetime Bests**  Madison Burris  Jacob Crosson  Grace Edwards  Noah Hart  Dexter Shop  Morgan Spalding  Greyson Thomas  **All-But-One Lifetime Bests**  Molly Fitzpatrick  Alyssa Gray  Max Hengely  Abhi Iruthaya  Tuckor Lambert  Lincoln McNeely  Jack Ryan  Lucy Ryan  Aizza Schirg  Isabel Sheridan  Liam Timmons  Robert Turner  **Top 10 Total Time Dropped At Meet**  **1. Ryan Washburn -52.93 seconds… ANOTHER WOW!**  2. Jacob Crosson -37.61  3. Talia Toler -36.67  4. Jacob Washburn -32.03  5. Carlie McClurg -30.16  6. Olivia Dersoon -30.12  7. Robert Turner -23.93  8. Natanya Kleit -23.13  9. Lillian Essex -18.77  10. Sophia York -15.44  **\*\*\*\*\*\* Circle City Classic Meet \*\*\*\*\*\***  **Top 10 Total Time Dropped At Meet**  **1. Eli Stoll -29.71 seconds**  2. Olivia Lewis -10.77  3. Alysa Li -6.16  4. Andy Li -4.94  5. Zoe Callander -4.3  6. Chloe Albrecht -4.11  7. Gavin Lewis -3.05  8. Arianna Denney --1.82  9. Samantha York -1.46  10. Grace Bartley -1.46    **\*\*\*\*\*\* GCSTO Last Ditch Meet \*\*\*\*\*\***  **Swimmers of The Meets**  **Novice**  **Josh Erhsam:** Josh had strong swims in his 50 free, 50 back and 100 free showing considerable time drops in all three events! Nice finish to his season's hard work! Good job!!  **CA Level 1**  **Wyeth Carle:** Wi-Fi swam six events and dropped time in all of them. Awesome job! He dropped 5.05 seconds in his 100 backstroke event and 4.88 seconds in the 100 breaststroke. Overall he dropped 20.06 seconds in all of his events. WOW! Wi-Fi works very hard and never misses a practice. It really paid off at this meet. You are a wonderful addition to our level one group Wi-Fi! Congratulations.  **SC Level 1**  **Evan Alioto:** This was Evan’s first meet of the year and he did amazingly! He dropped time in three of his four events, including a beautiful 100 breast stroke! The only reason he did not drop time in his fourth event, the 100 IM, is because he did not have a previous time. However, he completed it legally and it looked wonderful! Way to go, Evs!  **CA Level 2**  **Greyson Thomas:** Greyson dropped time in every single one of his events at this meet. Greyson dropped 3 seconds in his 50 fly, 7 seconds in his 100 backstroke, 3 seconds in his 50 breast, 3 seconds in his 100 freestyle, and finally achieved a BB cut in his 50 freestyle with a final time of 30.09. This is outstanding for where we are in the season right now and for how hard we have been working the swimmers at practice. Greyson is one of the hardest workers in Level 2 and it shows every time he races. He works so hard during practice and is always asking questions about how to improve his stroke and how to get faster. If he is already dropping this much time while tired, I cannot wait to see how much time he drops once he is rested for regionals. Great job, Greyson!  **SC Level 2**  **Rickey Olger:** Rickey swam the 500 for the 2nd time ever and dropped time and was able to pace himself well throughout the race. On top of that Rickey had an amazing attitude throughout the whole meet! He came to talk to the coaches after every event to ask questions and was so receptive. Keep up that awesome attitude Rickey!  **CA & SC Level 3**  **Raghav Ramachandiran:** Raghav has not swam many meets this year but when he does he drops tons of time. He has been increasing his attendance to practice and working on improving his strokes and his endurance. Raghav swam seven events over the two days and dropped in 6 of the 7 events. He improved his times by over 22 seconds. Keep working hard Raghav because it is paying off!  **100% Lifetime Bests**  Evan Alioto  Sonny Alioto  Joshua Ehrsam  Alyssa Gray  Elijah Mansur  Dexter Shop  Liam Timmons  Jacob Washburn    **All-But-One Lifetime Bests**  Maya Anger  Daniel Baer  Noah Hart  Max Hengely  Kyle Lark  Natalie Lark  Madison Lee  Chayse Neese  Nick Quattro  Liliana Rossette  Lucy Ryan  Aizza Schirg  Morgan Spalding  Lauren Stevens  Robert Turner  Alahna Wester  Clark Whittredge    **Top 10 Total Time Dropped At Meet**  **1. Noah Hart -44.92seconds… WAY TO GO!**  2. Ryan Washburn -37.01  3. Luke Boltz -36.46  4. AJ Denny -29.75  5. Jack Ryan -29.7  6. Chloe Albrecht -27.93  7. Morgan Lavilla -26.92  8. Emmett Culbert -26.26  9. Jacob Washburn -23.94  10. Joshua Ehrsam -22.52  **Within 3% Of State Age Group Cuts Team**  ***Chloe Albrecht (11-12):*** 50 free  ***Cade Helms (13-14):*** 100 free, 200 free, 100 back, 200 back, 200 IM  ***Kasey Lichtner (13-14):*** 50 free, 200 free, 200 IM  ***Annaliess Stith (11-12):*** 100 breast, 200 IM  ***Zoey Callander (11-12):*** 50 free, 50 Breast  ***Sam York (11-12):*** 50 back, 50 free  ***Anna Denney (13-14):*** 100 free  ***William Harpster (11-12):*** 50 free  ***Gavin Lewis (11-12):*** 100 free, 50 back  ***Andy Li (11-12):*** 100 breast, 100 back  ***Ally Grieshop (13-14):*** 1650 free  **Within 6% Of State Age Group Cuts Team**  ***Kasey Lichtner (13-14):*** 500 free, 1650 free, 100 back, 200 back, 100 fly  ***Annaliess Stith (11-12):*** 100 fly, 50 back, 200 free  ***Eli Stoll (13-14):*** 200 free, 500 free  ***Anna Denney (13-14):*** 50 free, 500 free, 200 IM  ***AJ Denny (13-14):*** 50 free, 100 free, 100 Breast, 200 Breast  ***Andy Li (11-12):*** 100 IM, 50 free  ***Alyssa Li (11-12):*** 100 back, 50 free  ***Jacob Crosson (9-10):*** 50 Breast  ***Gavin Lewis (11-12):*** 100 IM, 100 Fly, 200 free  ***Greyson Thomas (11-12):*** 50 free  ***Wylee Whittredge (11-12):*** 100 Breast  **(The Following Teams Are Determined Off of Times Performed As of 1-1-18)**    **GCSTO’s State Age Group Team**  ***Gold Level (6 or more individual events)***  **Eli Stoll:** 50 free (23.96), 100 free, 100 back (54.72), 200 back (2:01.79), 100 breast (1:04.89), 200 breast (2:20.30), 100 fly (55.39), 200 fly (2:02.87), 200 IM (2:09.40), 400 IM (4:36.60)  **Andy Li (as a 9-10):** 50 free (30.48), 100 free (1:07.10), 50 back (34.18), 100 back (1:13.50 ), 50 breast (37.74), 100 breast (1:23.45 ), 50 fly (33.27 ), 100 fly (1:16.44), 100 IM (1:14.16 ), 200 IM (2:41.09)  **Olivia Lewis:** 50 free (29.73), 100 free (1:06.65), 50 back (34.36), 50 breast (37.99), 100 IM (1:17.93), 100 Breast (1:25.67), 100 Back (1:17.51), 50 fly (33.88), 200 IM (2:49.22), 200 free (2:28.88)  ***Silver Level (3-5 individual events)***  **Annaliess Stith:** 50 free (27.15), 100 free (58.61), 50 breast (34.42), 50 fly (30.04), 200 Breast (2:51.15)  **Kasey Lichtner:** 100 free (56.16), 100 breast (1:10.28), 200 breast (2:33.10), 200 IM (2:18.07), 400 IM (4:54.42)  **Andy Li** (current 11-12): 50 back (32.73), 50 Fly (31.11), 50 Breast (36.79), 200 back (2:29.66)  ***Bronze Level (1-2 individual events)***  **Gavin Lewis:** 50 Free (28.00), 50 Fly (31.31)  **Cade Helms:** 50 free (24.21), 100 fly (59.22)  **Alyssa (11-12):** 50 back (32.21)  **Sectional Team**  **Harvey Culbert –** 100 Breast, 200 Breast, 100 Fly, 200 IM, 400 IM  **Hannah Olger –** 50 Free, 100 Free  **Grant Cicci –** 50 Free, 100 Free  **Graham Carpenter –** 100 Breast, 100 Fly  **Grace Riddle –** 100 Free, 100 Back, 200 Back  **Future’s Team**  **Harvey Culbert –** 100 Breast, 200 Breast  **Hannah Olger –** 50 Free  **Grant Cicci** – 50 Free, 100 Free  **Grace Riddle –** 100 Back, 200 Back  **Junior National Team**  **Harvey Culbert –** 100 Breast, 200 Breast  **Grant Cicci** – 50 Free |
|  | **WHO TO CONTACT**  **Greater Columbus Swim School (swimming lessons operating year around at multiple facilities) – Erin**  **Harris (614-582-2597 or** [**erinharris.gcss@gmail.com**](mailto:erinharris.gcss@gmail.com)**) for Columbus Academy, St. Charles, Wyandotte Athletic**  **Club & Columbus Sports Club lessons.**  **Greater Columbus Home School Program (our swim team program for home school children) – Steve**  **Nye (614-478-5445 or** [**stevenye@sbcglobal.net**](mailto:stevenye@sbcglobal.netb)**)**  **Training & Swim Meet Questions** – Your coach.  ***THANKS FOR BEING A PART OF OUR TEAM!!!!!*** |
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