



ARLINGTON AQUATIC CLUB

2019-2020 VIRTUAL BANQUET PRESENTATION

INTRODUCTION

PRESENTED BY HEAD COACH EVAN STILES

- **From all of the AAC Coaching staff- we all hope that you and your family are doing well, staying safe, and are able to stay active, healthy, and sane. We wish we could all be together to celebrate but we hope this will be a bright spot in your day and you will enjoy tonight.**
- **From Evan- I would first like to thank you all for taking some time to celebrate all the great accomplishments of AAC this season. Albeit a shorter season than we would all have liked, it was a fun and successful year. I love being able to tell you guys how awesome our team has done and how proud you should all be of the great job that you, the team, and your teammates have done this year. Before I get to the groups and awards part of this presentation, I have to thank a bunch of people. First, I need to thank our incredible coaching staff. They have been committed to this team, provided leadership and guidance, and helped the kids learn how to be better swimmers and allowing them to have fun doing it. They have also done a great job keeping the kids engaged over the past few weeks. I would also like to thank the AAC Boosters Board. The amount of time and effort you all put in behind the scenes mostly goes unnoticed, but everyone should know that a good amount of the success of this team comes from the work you have dedicated to this team. A huge thank you to our Boosters- Mark Black, Adam Kress, Jim Huske, Megan McMorrow, Marijke Landon, Jennifer Doll, Brad Hughes, Phyllis Cuttino, and Trevin Dalton. I would like to recognize 2 Board members who have been on the board for a few years and will not be returning to the Board next year...Marijke Landon and Megan McMorrow. They have both served as Boosters for the last 4 years and have brought insight, and ideas to our meetings. They have both been instrumental in taking on the travel component of our team- organizing everything from hotels, flights, van rentals, catering, outfitting, and chaperoning. They have also been a part of many different parts of what our Boosters do. Thank you! We will miss you. Next, I would like to thank all the parents. I always say this but I think I should keep saying it. You have sacrificed your time and energy carpooling, timing, officiating, running concessions, donating, being on the Board, or any of the other many little jobs that are necessary to help our team run and be successful. Thank you for volunteering your time to help AAC. We couldn't do it without you. I would lastly like to Thank the swimmers. You guys are why we are all here. We want the best for you and we enjoy coming to practice every day and that's because of you, your hard work, your good attitudes, your goofiness, and that's what we look forward to. So...Thank you for being you!**

TEAM-WIDE RECAP

PRESENTED BY HEAD COACH EVAN STILES

- AAC was newly recognized by USA Swimming as a Silver Medal Club 
- AAC was recognized by USA Swimming as a team ranking in the Top 10% of all the teams in the Country. AAC was the 114th ranked team in Short Course and the 226th ranked team in LC.
- AAC won Sport Fair for the 6th year in a row!!!!!!
- We became a USA Swimming Safe Sport Recognized Team 
- We broke 47 individual Team records and 3 relay team records
- We had 42 swimmers qualify for higher level travel meets.
- We have 112 swimmers who achieved their Golden Gator Patch
- We will hand out 30 Scholar Swimmer awards

My words to you tonight are: I want you all to realize that swimming is an amazing sport. If you set goals, work hard, believe in your coaches, and most importantly- believe in yourself...you will be able to achieve great things. Swimmers are successful people. Their combination of work ethic, commitment, focus, and having fun are all keys to being able to being successful in life; be that in the pool, in school, or future endeavors down the road.

I hope you all are excited, encouraged, and proud of the successes we have had both as individuals and as a team. You have all put in a lot of hard work throughout the season and it is now your time to shine.

Below, each coach will “talk” more about their groups successes so let’s get going with the groups and their awards. Enjoy the show.

AGE GROUP PREP - WAKEFIELD OVERVIEW

PRESENTED BY LEAD COACH JULIE GALLION

What a season we had this year. I was sorry to see our “in person” time come to an end so early, but I have really enjoyed our time on Zoom working on our dryland skills. The coaches and I really enjoyed this group. We had a diverse cast of characters that kept us on our toes and smiles on our faces, at least most of the time! I enjoyed seeing them all grow in their strokes and watch all the new friendships they made along the way. The primary focus of the group was basic stroke technique and development and I am happy to report at the end of the season we were seeing one of our fundamental techniques (drop in streamlines off the wall) from everyone constantly in the group. We obviously saw a lot of other improvements but this one is a biggie in my book. It sets up your stroke for success from the start and I like to see all my swimmers accomplish this well before they leave my group. This is something we focused heavily on and all the coaches were ecstatic to see that habit being formed from all the swimmers.

I am proud of all this group has accomplished. Our overall attendance was great (71%) for the season. That is so important when we are trying to cement basic stroke mechanics. I challenged the group to participate in meets this season. After all we are a competitive group, but we understand that swimming isn't the only thing swimmers this age participate in. I am proud to say that we had 90% of the group participate in meets, with 50% of the group meeting the “3 meet” goal I set for the group. I am sure this number would have been much higher if we were able to get in our final championship meet. There was a group of swimmers that went above and beyond that goal and participated in 5 meets this season. I would like to give a high five to those swimmers: Gracie Breton, Sophia Cordon, Leah Dober, Anna Dober, Roman Dobronogov, Riley McFarren and Amelia Young. Way to go!!

Dryland Challenge – Over the month of April I put together a Mile Challenge for the Age Group and Age Group Prep swimmers. The challenge for those that wanted to participate was to walk, ride or run a mile a day or more five days a week. The results are in and I am proud to say we logged 851 miles overall. The top distance went to Mason Yiengst who logged a whopping 192.3 miles! Second to Mason was Paige McAleer who logged 119 miles. I am so proud of all of you. Way to be Gator Strong!

AGE GROUP PREP - WAKEFIELD MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH JULE GALLION

The most improved award goes to swimmers who have really stood out and have shown the most improvement over the season. Coaches looked at such things as stroke improvement, attitude, sportsmanship, and work ethic. Our winners are:

- **Lucas Retzke.** Lucas really improved in meet performance. He went from a reluctant swim meet participant to enjoying meets. He also grew as a practice swimmer by being more focused.
- **Riley McFarren.** Riley really grew in her strokes over the season. Her butterfly technique really came together at the end of the season. She has a great attitude and works hard at practice.
- **Sophia Cordon.** Sophia also has improved in her strokes over the season. She started the season a little reserved in her racing but has come along as the season progressed.
- **Sara Jo Porter.** Sara Jo had a monkey on her back this season, the dreaded backstroke flip turn. She did them perfectly in practice but struggled at meets. Through lots of patience and practice she got them down at the end of the season. Sara Jo worked hard and was receptive to feedback.

AGE GROUP PREP - WAKEFIELD COACHES AWARDS

PRESENTED BY LEAD COACH JULIE GALLION

We have 5 coaches award winners this season. These five swimmers stood out in the group. All these swimmers had great work ethics in the pool, had smiles on their faces and enjoyed themselves at practice. They were quick to help their teammates and showed great sportsmanship. They all worked on stroke changes we gave them and in general were great to coach.

- Gracie Breton Gracie is dedicated, cheerful swimmer with a big smile. We could always count on her to demonstrate.**
- Amelia Young Amelia was one of our leaders in the group. She always had a great attitude, inquisitive and a good friend to swimmers in the group.**
- Fletcher Black Fletcher came to practice with a great attitude and was a hard worker. We enjoyed his sense of humor and work ethic.**
- Noah Gunville Noah was a leader in our group this season. First in his lane, light-hearted and playful, but never disrespectful.**
- Leah Dober Leah was always happy at practice and meets. She is encouraging to her teammates.**

AGE GROUP PREP - WAKEFIELD MOST OUTSTANDING AWARD WINNER

PRESENTED BY LEAD COACH JULIE GALLION

8&Under Boy:

TJ Zochowski- We had the pleasure of having the winner of this award in our group this season. This award is given to the swimmer who has the most top times in their age group. This year's outstanding 8 and under male swimmer is TJ Zochowski. TJ had top times in 25 Breast, 25 Fly and 100 IM. It has been a pleasure coaching TJ. He is a great teammate and such a fun part of our group. Congratulations TJ!

AGE GROUP PREP - WAKEFIELD GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH JULIE GALLION

This award is given to swimmers who swim a set number of events for their age group. We realize that two big meets were removed from our schedule due to the shut down so we made some changes to the requirement. Because of that we awarded it to those swimmers who we felt could legally swim their final 1 to 2 events they were missing for the award. I would like to add that some swimmers did get all their events swum before our season was cut short. Their names are denoted with an asterisk.

Leah Dober*

Riley McFarren*

Sara Jo Porter*

Roman Dobronogov*

Gracie Breton

Amelia Young

Sophia Gordon

AGE GROUP PREP - W-L OVERVIEW

PRESENTED BY LEAD COACH CARTER CLINE

This group had a great year and is filled with a lot of promising young swimmers! The main focus of any Age Group Prep is technique. And these guys did a really awesome job of building on what they already knew and using the drill progressions and feedback from the coaches to improve their strokes, starts, underwaters, and turns immensely. I was really impressed with how great the group as a whole looked at the end of our season compared to the beginning. We also had great meet participation and a lot of fun!

AGE GROUP PREP - W-L MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH CARTER CLINE

- **Alexandra Johnson-** Alex had an awesome year which was all due to her own hard work at practice. She went from not know how to do flipturns at all to mastering both freestyle and backstroke flipturns with some of the best underwaters in the group. She started off only wanting to swim 25 free and back at meets, so signing up for 50s of all the strokes plus IM. She also was really engaged at practice, implementing tips from coaches and applying our feedback. Great job this year, Alex!
- **Jillian Crenshaw-** Jillian is a super hard worker with an awesome competitive edge! She has a great attitude at every practice and over to push herself. She was always asking to be moved up to the faster interval group because she enjoyed the challenge. She made great improvements in all 4 strokes this year and has a bright future in the sport of swimming. Keep up the good work, Jillian!

AGE GROUP PREP - W-L COACHES AWARDS

PRESENTED BY LEAD COACH CARTER CLINE

- **Hadley Scribner-** Hadley had a really great season and showed a lot of dedication to swimming. Her practice attendance was stellar and she was definitely a leader in the group. Her steady improvement in all four strokes really showed, she did a great job of pushing herself when we did harder training sets, and she was always willing to demonstrate her great technique on drills and turns when asked. Awesome job, Hadley!
- **Misheel Baterdene-** Misheel is a little powerhouse with an incredible future in swimming ahead of her! Her attention to details such as streamlines, underwaters, turns, and improving her start is absolutely awesome, as is her focus on improving her stroke technique and implementing feedback from the coaches. Even though she was one of the youngest in the group, she always set a great example for her teammates. She loves to race and her enthusiasm for swimming is evident at every practice and meet! Way to go, Misheel!
- **Miles Wright-** Miles had an awesome season and really did a great job all around. He came to practice every day with a positive attitude and excited to swim. He was a leader in the group who paid attention, worked hard, and was extremely coachable. Miles wasn't scared to try new events at swim meets, coming to really enjoy the 200 IM! The coaches are really excited to see what Miles does in the future since he improved and developed so much this season. Nice work, Miles!

AGE GROUP PREP - W-L GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH CARTER CLINE

Misheel Baterdene

Ansley Cameron

Sam Varona

AGE GROUP PREP - YORKTOWN

PRESENTED BY LEAD COACH ADRIEN HENRIC

What an interesting year this has been! Regardless of the current events, this group had an amazing season. Practices weren't always easy and meets weren't always best times.

That's what makes this group so special, we had 25 swimmers this year and every one of them showed determination and resilience. I can't think of a better life lesson to learn. Just because you didn't do your best one practice or one meet, that doesn't mean your season is ruined. It means you buckle down and try to do better each time you have another opportunity to get in the pool.

At the beginning of the season, I challenged each swimmer to push themselves and even with a short season I saw each and every one of them accomplish that goal. Age group prep is supposed to prepare you for Age Group, this year I am thankful to say that we have a couple of swimmers in our group this year that meet the age and discipline required to move up.

If this is your first year in AGP, I am proud that you took on a new challenge because throughout the season we increased our yardage decreased our intervals. If this is your second year in AGP, you had a better idea of what to look forward too and I applaud you for setting the example to the younger swimmers by leading the lanes and keeping track of the interval!

If there's one lesson you learned this year, I hope it's that despite circumstances you can't control, you always have the ability to do better each and every time you step foot in the pool. This lesson applies to many different areas of life! If you put the effort into things you can control then you will see results. I can't tell you how proud of this group I am.

I wish you all the best of luck for your possibly upcoming summer season, next season at AAC, or whatever task or goal you seek to accomplish. Stay safe and healthy and I look forward to seeing you all soon!

AGE GROUP PREP - YORKTOWN MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH ADRIEN HENRIC

Most Improved Since Season began:

- Marin McManus 25 Fr 26.21 to 20.03 -23.58%-6.18
- Lukas Black 100 Free 1:49.21 to 1:36.11 -12%-13.10
- Marin McManus 50 Fr 52.67 to 46.62 -11.49%-6.05
- Anabel Buczek 50 back 48.37 to 43.04 -11.02%-5.33
- Marin McManus 50 BR 59.56 to 53.35 -10.43%-6.21
- Bella Foshay 50 Free 40.80 to 36.87 -9.63%-3.93
- Hannah Glaccum 25 BR 33.36 to 30.19 -9.5%-3.17
- William Steipp 100 Fr 1:37.22 to 1:29.74 -7.69%-7.48

Most Improved Since Last Season:

- Hannah Glaccum 50 free 1:27.04 to 58.23 -33.10%-28.81
- Rafayel Sargsyan 100 BR 2:17.04 to 1:37.10 -29.14%-39.94

AGE GROUP PREP - YORKTOWN COACHES AWARDS

PRESENTED BY LEAD COACH ADRIEN HENRIC

— **Caroline Hartman - work ethic**

— **Nicholas Snow -work ethic**

— **William Steipp- attitude**

— **Anabel Buczek- attitude**

AGE GROUP PREP - YORKTOWN GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH ADRIEN HENRIC

- **Bella Foshay**
- **Lukas Black**
- **Nicholas Snow**

AGE GROUP - WAKEFIELD OVERVIEW

PRESENTED BY LEAD COACH JULIE GALLION

What a season we had this year. I was sorry to see our “in person” time come to an end so early, but I have really enjoyed our time on Zoom working on our dryland skills. All the coaches really enjoyed this high-energy group. The swimmers really enjoyed each other, sometimes too much. The group worked hard and enjoyed the challenges that we put in front of them. We did focus most of our time on establishing proper stroke technique and increasing their aerobic training capacity. We all, coaches and swimmers alike, were disappointed we didn’t get to complete our 500 free group swim at March Madness. It was something we were working towards in practice and I think the swimmers were excited about completing. Refinement of our technique and focusing on both big and little changes in our strokes was a major focus this season. I was happy to see the improvement especially off the walls in this group, something we made a big priority.

Dryland Challenge – Over the month of April I put together a Mile Challenge for the Age Group and Age Group Prep swimmers. The challenge for those that wanted to participate was to walk, ride or run a mile a day or more five days a week. The results are in and I am proud to say we logged 851 miles overall. The top distance went to Mason Yiengst who logged a whopping 192.3 miles! Second to Mason was Paige McAleer who logged 119 miles. I am so proud of all of you. Way to be Gator Strong!

I am proud of all this group has accomplished. Our overall attendance was great (74%) for the season. That is so important when we are trying to cement basic stroke mechanics. I challenged the group to participate in meets this season. After all we are a competitive group, but we understand that swimming isn’t the only thing swimmers this age participate in. I am proud to say that we had 93% of the group participate in meets, with 48% of the group meeting the “4 meet” goal I set for the group. I am sure this number would have been much higher if we were able to get in our final championship meet. There was a group of swimmers that went above and beyond that goal and participated in 5 meets this season. I would like to give a high five to those swimmers: Isaac Doll, Behr Galanes, Anna LeNard, Paige McAleer, Claire McMillan, Nicole Nyamgarav, Noah Popp, Mason Yiengst and Mariam Popp. Way to go!!

AGE GROUP - WAKEFIELD MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH JULIE GALLION

The most improved award goes to swimmers who have really stood out and have shown the most improvement over the season. Coaches looked at such things as stroke improvement, attitude, sportsmanship, and work ethic. Our winners are:

- Max Sadler-** Max really came along this season. He pushed himself in practice and meets and realized he was faster than he thought. It was great to see him realize what he could do.
- Miriam Popp-** Miriam moved up to this group partway through the season and really excelled. She improved in all her strokes and really fit in well despite not practicing in this higher intensity group for half the season.
- Nicole Nyamgarav-** Nicole was a dedicated swimmer who worked hard and took coaches feedback to improve her strokes. She made big strides in her butterfly and is a great all-around swimmer.

AGE GROUP - WAKEFIELD COACHES AWARDS

PRESENTED BY LEAD COACH JULIE GALLION

We have 3 coaches award winners this season. These three swimmers stood out in the group. All these swimmers had great work ethics in the pool, had smiles on their faces and enjoyed themselves at practice. They were quick to help their teammates and showed great sportsmanship. They all worked on stroke changes we gave them and in general were great to coach.

- Jocelyn Schweitzer- Jocelyn is dedicated, cheerful swimmer that always gave 110% at practice. Her cheeks were often rosie-red the entire practice!**
- Noah Popp- Noah was one of our leaders in the group. Noah has a fun personality and likes to keep things interesting! He is a great teammate and was fun to coach.**
- Anna LeNard- Anna is an incredibly hard worker and faced every set with all she had. She always has a sweet smile, ready to try anything and is a fierce competitor in the pool!**

AGE GROUP - WAKEFIELD MOST OUTSTANDING AWARD WINNER

PRESENTED BY LEAD COACH JULE GALLION

8&Under Girl:

Audrey Yiengst- We had the pleasure of having the winner of this award in our group this season. This award is given to the swimmer who has the most top times in their age group. This year's outstanding 8 and under female swimmer is Audrey Yiengst. Audrey had top times in 25 Back, 25 Fly, 50 Fly and 100 Free. Audrey is a great all-around swimmer and enjoys racing. Congratulations Audrey!

AGE GROUP - WAKEFIELD GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH JULE GALLION

This award is given to swimmers who swim a set number of events for their age group. We realize that two big meets were removed from our schedule due to the shut down so we made some changes to the requirement, especially since we were supposed to swim the 500 free as a group at March Madness! Because of that we awarded it to those swimmers who we felt could legally swim their final 1 to 2 events they were missing for the award. I would like to add that some swimmers did get all their events swum before our season was cut short. Their names are denoted with an asterisk.

Claire McMillan*

Audrey Yiengst*

Miriam Popp

Behr Galanes

Mason Yiengst

Anna LeNard

Mei Mei Roth

Noah Popp

AGE GROUP - W-L OVERVIEW

PRESENTED BY LEAD COACH CARTER CLINE

Wow! This group had such an amazing year, I'm not sure where to begin! If I had to pick three words to sum up our season they would be - improvement, support, and cohesion. Our group came to every practice ready to accept any and all challenges from the coaches- including focusing on their technique during skills and drills and then implementing this into their strokes, pushing themselves and their teammates during really tough sets, and stepping up to race each other when asked. They were also incredibly supportive of each other at meets, cheering for each other and watching each others races. For these reasons, it should come as no shock to see the time improvements throughout the year!

AGE GROUP - W-L MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH CARTER CLINE

- **Tommy Keane-** Tommy's first year in Age Group was really successful! Moving up to a higher group always has a transition period, and Tommy really took on the challenges presented to him by the coaches. He steadily moved up in interval groups and gained confidence in doing this. He also really listened to the coaches on our tips to change his strokes and the improvements were really obvious after the work he put in. His hard work culminated in him making his first JO cut ever! Way to go, Tommy!
- **Logan Abbott-** Logan also had a great first year in Age Group, taking the group by storm with her energy and efforts! She is a really hard worker who never gives up in practice and has a great all around attitude. She isn't afraid to ask for feedback or say, "Am I doing this right?" She had some really big time drops, improved her strokes (especially her breast and back), and had a great season all around. Keep up the good work, Logan!

AGE GROUP - W-L COACHES AWARDS

PRESENTED BY LEAD COACH CARTER CLINE

- **William Lepre-** William had a breakout year for his swimming career this season. He was really engaged in every practice we had and was great about taking tips from coaches and making small changes to his strokes, starts, and turns that made big differences. William has always loved racing, but this year his focus at practice was what really stood out to the coaches. His dedication and efforts were outstanding this year and it really paid off!

Awesome job, William!

- **Bryn Cameron-** Bryn had an incredibly successful season this year and is probably one of the most dedicated swimmers on our entire team. She really loves the sport of swimming and it shows in her attitude and efforts every day at practice. Every day when she walks in she excited to know what the practice will be, and then stays after practice to break it down with me. She does a wonderful job of pushing herself on the hard sets AND really focusing on her technique and the little things the coaches want the kids to think about. She is great about setting goals for herself and doing what it takes to achieve them. She is also an incredibly supportive teammate and her enthusiasm rubs off on everyone else in the group. Great job, Bryn!

AGE GROUP - W-L MOST OUTSTANDING AWARD WINNERS

PRESENTED BY LEAD COACH CARTER CLINE

■ 9-10 Girl:

Katie McDonald- Katie had an awesome swim season and I'm so proud to announce that she is AAC's Most Outstanding 9-10 Girl. She is a hard worker with a great attitude, a very supportive teammate and friend, and she had some tremendous accomplishments this year. Katie had three top-8 finished at Sport Fair Winter Classic, scoring a whopping 42 points for the team individually. She also achieved nine Junior Olympic cuts AND one Zones cut for the 10&Under age group before turning 11 in March. Great job, Katie!

■ 11-12 Boy:

Alex Hans- Alex absolutely blew me away this year with his efforts and achievements in the pool, and I am thrilled to present him with the award for AAC's Most Outstanding 11-12 Boy . It was really exciting to watch his competitive spirit take center stage with swimming this year, and the increased dedication and intensity really paid off. Alex had five top-16 finished at Sport Fair Winter Classic, scoring 22 points for the team individually, and this was an 11 year old. He also achieved nine Junior Olympic cuts and was set up to do some really fast swimming in March. This was an incredible breakout year for Alex and I am extremely proud of him!

AGE GROUP - W-L GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH CARTER CLINE

Arya Bhargava

Nikhil Bhargava

Bryn Cameron

Violet Dunkel

Arriam Gebre

Alex Hans

Emory Haynes

Tommy Keane

Katie McDonald

Maddy McManus

Elizabeth Pilot

Sylvie Zochowski

AGE GROUP PLUS OVERVIEW

PRESENTED BY LEAD COACH KATHRYN MCABEE

We had a great – even if somewhat shortened – season in Age Group Plus. This was my first year coaching this group, after many years coaching Age Group, and Kevin’s second with the group. While most of the group wasn’t a fan of the early morning Friday practices, we had a great season working on technique, building endurance, trying new events at practice, and seeing how long we could avoid getting in the pool at the beginning of practice! Individuals dropped time in events they’ve previously swam and pushed themselves to try new and challenging events – 200 fly anyone? And test sets in practice became something that folks didn’t hate, quite as much. I look forward to seeing everyone in the group next season, whether in Age Group Plus again or at meets because you’ve moved on to other groups.

AGE GROUP PLUS MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH KATHRYN MCABEE

- **Our first Most Improved Award recipient goes to a young woman who is completing her first year of year-round swimming. She came into the season still needing work on some of her strokes and technique, along with turns. By the end of the season, she was beating most of her lane in breaststroke and her butterfly was much smoother. She had considerable time drops during meets, and pushed herself to try new events each meet. Her love for swimming and passion for learning spilled over outside of the pool, where she would watch videos online to learn more about stroke and turn technique. Her enthusiastic attitude will take her far. Our first Most Improved Award goes to Kayden Matthews.**
- **Our second Most Improved Award recipient goes to a young woman who also swam with me last year. She works hard at practice every day she is there, pushing herself in every set and test set. She started the season by requesting dry land exercises she could do at home so that she could improve more, and also took the time to run on her own. She had considerable time drops throughout the season, and her endurance for longer events and harder practices grew significantly. I have no doubt that she will continue to grow and advance in the sport based on her work ethic. Our second Most Improved Award goes to Katie Thomason.**

AGE GROUP PLUS COACHES AWARDS

PRESENTED BY LEAD COACH KATHRYN MCABEE

Our Coach's Award recipients go to two individuals who always came to practice with a "can do" attitude. They were often the first individuals in the pool to start warmup, and it wasn't unusual for them to finish the warmup before the entire group had entered the pool. They pushed themselves through difficult workouts, challenging themselves and striving to grow as individuals and athletes. They were always up for trying new events at swim meets. Overall, they set the tone and attitude for the group – one of positivity, encouragement, and desire to be at practice. Combined, their positive work ethic and enthusiasm will be assets to them in both swimming and anywhere else in life. This season's Coach's Award winners for Age Group Plus are Athena Smith and Ella Walsh.

AGE GROUP PLUS GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH KATHRYN MCABEE

This season, we had three individuals who received their Golden Gator patch. All three had completed all of the events for the 12 & under Golden Gator, with the exception of the 500 free, and they were scheduled to swim that event. Our Golden Gator recipients are: Joey Liller, Alex Richardson, and Katie Thomason.

AGE GROUP PERFORMANCE OVERVIEW

PRESENTED BY LEAD COACH BETHANY ELLIS

What a season this has been! This year we had a relatively small group with a wide range of ages and abilities. Our small group of 21 dropped 751.27 seconds over the course of the season. There were also so many breakthrough swims for folks who looked at events and were overwhelmed just at the thought of swimming them, and then they went out and crushed it! This year we had 1 LC Zones qualifier: Moses Wolf, 1 SC Zones Qualifier: Sasha Taylor, and 5 NCSA Age Group Qualifiers: Scarlett Gray, Azmera Gebre, Jonas Yiengst, Moses Wolf, and Connor Minear, and 11 Junior Olympics Qualifiers: John Paul Giza, Scarlett Gray, Clara McCarthy, Connor Minear, Diego Ramos, Maya Ramos, Sasha Taylor, Moses Wolf, Grace Woolsey, Jonas Yiengst, and Nick Zochowski. I know this season was cut short in length, but it sure was full of so many successes! I am so proud of all the confidence gained, goals achieved, seconds dropped, and friends made. I am grateful for all of our parents who schlepped their kiddos back and forth to our practices and meets. I am grateful for their encouraging words, cheering their kiddos on, and their time spent volunteering and supporting the team. Thank you so much to my two assistants: Cabell & Kevin, as well as the rest of our awesome coaching staff. You make this team feel like home! Go Gators!

AGE GROUP PERFORMANCE MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH BETHANY ELLIS

■ Coach Cabell-

Ryann Anderson- This swimmer came to us from another team and made some major changes to her training habits throughout the season. She started off not able to finish a practice and not wanting to talk to anyone on the team. She finished the season as one of our strongest swimmers every practice and having me glare at her to keep quiet.

■ Coach Kevin-

Clara McCarthy- This swimmer joined our group a couple weeks into the season after moving up from Age Group. She worked really hard over the course of the season and after a couple months was regularly leading or near the front of her lane in practice. She dropped a lot of time in each of her 4 strokes and qualified for both IMX and JO's. Even when there were a few moments along the way when she was a bit nervous before some races, she was able to pull off great swims anyway.

■ Coach Bethany-

Jason Doll- Jason has come so far this season! Starting the season being ok with being at the back of the lane and progressing so quickly where from a couple months in he was leading a lane every practice. Jason is such a hard worker and I appreciate his positive attitude. He is a true leader and he really in many ways was the glue that held our group together this year. Such big improvements in technique and confidence. Fantastic job Jason!

Willa McCarthy- Willa was a wonderful addition to the group this year. She came to us with a lot of hesitation about what was required of her for the season, but little by little she saw that she was capable of so much more than she even realized! Willa requested specific feedback throughout our practices. We would make a correction and she would do her best to make the change that we said she should make and would continue to check back in "is that better?", "how about that time, I think I got it right there". Willa demonstrated a true drive to succeed and improve in every practice. I am so proud of how far she came this season and I am very excited to see what next season will bring. Willa, thank you for working so hard and keeping practices fun and light-hearted with your playful banter and silly nature. Keep up the good work!

Maya Ramos- Maya made significant improvements to her attitude and willingness to apply the feedback she was given over the course of the season. I think so much of this is based on her gains in confidence and realization that we know what we are talking about when we tell her that she is capable of great things in meets AND practices and there is no need to save up for choice portions of sets. These big improvements in confidence, attitude, and receptiveness made such a big difference in her performance while training and in competition. I am so proud of how far she came this year and really look forward to seeing all that she accomplishes in the years to come. So proud of you Maya! You really are so strong and capable and you will do great things!!!

AGE GROUP PERFORMANCE COACHES AWARDS

PRESENTED BY LEAD COACH BETHANY ELLIS

■ Coach Cabell-

Grace Woolsey- To pick my coaches' award I thought about who's named I yelled the least this season. This girl is a shining example of the ideal athlete: hardworking, respectful, and willing to take feedback. She is a pleasure to have on deck and in the pool.

■ Coach Kevin-

Connor Minear- This is a swimmer who has an absolutely great attitude and just as great a work ethic. He regularly does great in practice and is good at taking what we do during practice and using it to make him better in races. He is great for his age at understanding some of the more complicated technical parts of swimming. And of course, he looks like he's had a lot of fun doing all of this. He'll definitely be missed next season.

■ Coach Bethany-

Baylor Jarkowski- Bay joined the group a few months into the season, but had a full season of impact on our group. As soon as I would step foot onto the pool deck, he'd stroll right up to me with a huge smile on his face and ask how my day was and what we would be working on. Bay started with the group swimming at the back of the lane, but consistently placed himself in lane one and would ask for feedback throughout every practice. His desire to improve and strong work ethic truly paid off this season! I am so proud of how far he has come and I am looking forward to seeing the improvements he will make in future seasons! Great job Bay!

AGE GROUP PERFORMANCE MOST OUTSTANDING AWARD

PRESENTED BY LEAD COACH BETHANY ELLIS

11-12 Boy:

Moses Wolf- What an awesome 2 seasons it has been watching this kiddo grow as a swimmer. Moses works hard, is present and positive, and it shows. I am grateful for getting to experience the joy of coaching the kiddos that come in and believe you when you tell them what they are capable of, believe you when you tell them what they need to do to improve, really buy into the process, and trust their coaches. It's refreshing, and that is what coaching Moses is like! Moses set 5 new team records this year in the following events: 200 yd IM, 200 yd Fly, 200 yd Breast, 100 yd Breast, and 1000 yd Free. Moses qualified and swam at the 2019 LC Zones meet and qualified for NCSA Age Group Champs. Awesome job this season Moses! Keep up the good work!!!

AGE GROUP PERFORMANCE GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH BETHANY ELLIS

This award is earned by swimming a set variety of events for each swimmer's age group. As discussed at the beginning of the season, working toward the goal of achieving a Golden Gator Patch is a requirement for Age Group Performance. Because of the season being cut short, we decided that those swimmers who only had 1 or 2 events remaining, should also be given credit for this achievement. I would like to add that some swimmers did get all their events swum before our season came to an end. Their names are denoted with an asterisk.

Azmera Gebre

Scarlett Gray

Clara McCarthy*

Willa McCarthy

Maya Ramos*

Sasha Taylor*

Grace Woolsey*

John Paul Giza

Charles Hotra*

Baylor Jarkowski

Connor Minear*

John Parfomak*

Diego Ramos*

Moses Wolf*

Jonas Yiengst*

Nicholas Zochowski*

AGE GROUP PERFORMANCE SCHOLAR ATHLETES

PRESENTED BY LEAD COACH BETHANY ELLIS

Scarlett Gray

Azmera Gebre

Maya Ramos

Sasha Taylor

SENIOR PREP OVERVIEW

PRESENTED BY LEAD COACH KEVIN NOLAN

- **Thank you Paul and Adrien on how much they have done and how much they mean to the group. This was a weird year for SR Prep (swimming world) with what has happened in the past couple months. We came into the year with high expectation for all the kids and they meet them every time. There are so many young leaders in the group and they came together and became the best SR Prep we have had without showing us everything they had left in the tank. Each of these young adults came into practice every day to work hard and to improve each day and it paid off in the amount of time dropped over the season. (Without the big march meets) They believed in the process and did the work together and became a team in a mostly an individual sport. I am proud of every kid in Sr Prep for putting in the hard work and trusting the coaching staff to get them where they want to be.**
- **In last we would like thank the board and the rest of the coaching staff making AAC like a family. To all the parents we know it's hard with all the sports/activities the kid's play, Thank you for driving them to the early morning meets and Helping with out with meets.**

Thank you,

Kevin, Paul, and Adrien

We will be back, and better then ever AAC STRONG

SENIOR PREP MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH KEVIN NOLAN

- **Will Walters-** When Will joined the group, we were not sure how he would fit in and what to expect from him. He came everyday with a drive to get better and it showed when he crushed it at Sport fair. He had big time drops over the season and I knew he was going to have an awesome JOs and would have made Age Group NCSA. I can't wait to see what he shows us next year.
- **Josh Wolf-** He came into the group with big goals of making JOs. He worked on his strokes all year and focusing on how he could get better. Overall best all around improvement in all strokes. Works on the small details of the race in practice and takes his time with drills. He hardly ever sits out of practice and it showed in his improvement over the year and he made JOs
- **Caleb Wolf-** This young man came to SR Prep with big goals. He worked hard and rose to every challenge that we gave him. All the hard work paid off and showed in his time drops over the season and he also made JOs. He also Developed better stroke mechanics to swim more efficiently. Most notably, improved breath control and awareness of stroke count in freestyle, as well as breaststroke pullout technique. Not in the event he thought. That just shows how he worked on his strokes.
- **Faith Gibson-** She came into the year a little scared and didn't think she could do it. She proved to herself and the coaching staff that she belongs in Sr Prep. She had big improvements over the year and had an awesome high school year. Her hard work paid off and she vastly improved her stroke mechanics and times. We just wish we could have seen her swim at March madness and seen what she is capable of doing.
- **Josie Gieseman-** We had very high expectations for her and she didn't disappoint us. I am very proud of the young lady she has become. She came into the year with a new drive and worked hard every day and she got most of her goals. She is our go-to for open-turn demos. Started the season with a random muscle injury at the first meet. Recovered and came back strong with big time drops. If there was no covid-19 she would have dropped more time and made finals at JO's and Age Group NCSA. We are proud of her and there are going to be big things to come in her swimming. Keep working hard and keep up your drive.
- **Natalie Kaldahl-** She came into the season with a lot of Age group NCSA cuts and aged up in December and lost them. She gives great effort both in and out of the water to improve. One of the better dryland participants. Never gets out during practice. Most notably improved on kicking and open-turns. She was working hard and improving in all of her events and we knew she would have a good shot at making her cuts again. She was one of the hardest workers in the group and never complained about what the practice was and always gave 100%. When the time comes we can't wait till she can show us what she got.
- **Isabelle Bristol-** She came to Sr prep late in the season. Isabelle was lucky because I was also coaching high school sprint and she showed the desire to get better and wanted more. She told us that she wanted to become a swimmer and she did. She was not scared to swim an event that she never swam and always wanted more. She has high potential to get better and become an even greater swimmer.

SENIOR PREP COACHES AWARDS

PRESENTED BY LEAD COACH KEVIN NOLAN

- **Lauren Fatouros-** She became the hard working team leader. She always asked what she could do and she helped making Sr Prep the group so tight. Lauren made huge improvements over the year. She was always trying to get better each day (even lead the lane with the boys) you never heard her complain about what kind of practice it was. She would do whatever was being told and worked on all her strokes. We enjoyed coaching her over the year and watch her improve. She has a bright future in swimming, now only if she cut back on softball.
- **Rachel Conley-** Rachel comes into practice with a big smile and always is always positive even why things get hard. She had a great year with lots of new best times and making the sectional team for us. Can't wait to see how much faster she will get.
- **Yalguun Baterdene-** Yalguun is one of the hardest works in the group. She is one of the fist kids to get into the pool for warm up. She never stops trying and believes in the process.
- **Maggie Sughrue-** Maggie is a hard worker and is always trying to improve. She had some big time drops over the season. Outswims everybody in the pool during practice. Doesn't sit out or take breaks. Always keeping up the pace during the toughest sets. She made Jos in and was on her way to trying to make age group NCSA. She also had a great high school season for Wakefield high school.
- **Kellen Cameron-** Pace setter. Focused on performance. Thrives off competition. He is always leading the lane and making everyone else work harder. He has some of the top times in PVS for his age. Cabell and Anthony are lucky that Kellen didn't get to swim because he would have broke the team's record. The future is going to be bright for him.
- **Zack Berner-** He had a great year. He worked hard and it paid off in his swimming. Zack was Lane Leader. Helps Paul lead practice when Kevin isn't there. One of the first in the water. Warm up is done when Zack finishes. Swims effortlessly, technique clinician. He is going to be a kid to watch.
- **Jolan Foronda-** Jolan is an outstanding swimmer and a great worker. He is the first on in for warm up and one of the last to leave. He broke the 13-14boys 100 breaststroke record and had a good chance at the 200 breaststroke. Doesn't complain. Collects kickboards for team mates. Does the whole warm down. His breaststroke kicks are a blur. He has the jokes and the games. I have heard that he is tic tock famous.
- **Lucas Zidlicky-** Lucas has one of the most competitive drives I have seen. He always wants to win. Has a Big Game mindset. Steps up to challenges in practice and performs under pressure in meets. I can always tell he is having a good time. He step up his swimming this year and was going to have a big spring.

SENIOR PREP MOST OUTSTANDING AWARD WINNER

PRESENTED BY LEAD COACH KEVIN NOLAN

11-12 Girl:

Danielle Hughes- I had the pleasure to coach 11-12 most outstanding girl. She worked hard and it showed in her swimming. All of her strokes are coming along. We tried new events this year and it paid off. She had big time drops in all of her events, and looking to have a big spring. Where she would have broken more team records. When she continues to work hard and focus on her strokes a bit more. Faster times will be coming. I know they are coming.

SENIOR PREP GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH KEVIN NOLAN

Yalguun Baterdene

Isabelle Bristol

Rachel Conley

Kara Curry

Lauren Fatouros

Josie Gieseman

Danielle Hughes

Natalie Kaldahl

Sarah Newman

Madeline Strong

Maggie Sughrue

Madeleine Turley

Gabriella Young-Smith

Zack Berner

Arav Bhargava

Kellen Cameron

Cooper Donovan

Jolan Foronda

Stefan Jafari

Eli Martin

Liam Thomson

Will Walters

Josh Wolf

Caleb Wolf

Lucas Zidlicky

SENIOR PREP SCHOLAR ATHLETES

PRESENTED BY LEAD COACH KEVIN NOLAN

Jolan Foronda

Maggie Sughrue

Yalguun Baterdene

Lauren Fatouros

Rachel Conley

Eli Martin

Danielle Hughes

Sarah Newman

Kellen Cameron

Josie Gieseman

SENIOR OVERVIEW

PRESENTED BY LEAD COACH EVAN STILES

My group had a fun year. We had a lot of talent in the pool and not a lot of drama out of the pool. The team really seemed to get along and support each other which led to a really great training environment. Our group was able to step up its training and challenge each other every day. Something new we tried was to create themes for morning practices which allowed us to focus on underwaters, starts and turns, stroke technique, and other little details that are important for racing and speed.

One of the highlights was going to the TAC meet. The team got to travel, bond, and swim fast. We also had a really great Sport Fair meet where most of our swimmers contributed in massive ways, helping us win the meet for the 6th year in a row. We had 2 swimmers participate at the US Open in December- Torri and MK, which was a great showing for AAC and a great experience for them. And then in the high school season, the AAC Senior group represented their schools with force. We had numerous State Champions as well as many other State meet qualifiers.

We all agree that there was a lot of unfinished business left out there. We had over 25 swimmers that were going to go to a higher level meet in March, where they were definitely ready to throw down some awesome swims!

Even though our season was cut short, our group still broke 33 individual team records, done by 8 different swimmers.

I hope we can also agree that we will all come back stronger and hungrier to reach new heights once we get back in the water. Set your goals high and let's go get them!!

SENIOR MOST IMPROVED AWARDS

PRESENTED BY LEAD COACH EVAN STILES

- **Aoun Al-Hiari-** Aoun started out this year in John's group where he spent 3 months. In November, after numerous prodding from the coaches, especially Cabell- "do you know how fast you could go if you actually tried in practice?", Aoun had a change of heart. He started fully committing himself to swimming. His practice attendance improved, his practice habits improved, and his attitude and work ethic improved dramatically. Sport Fair was a breakout meet and he kept it up through the rest of the season. We encourage him to continue the effort once we get back in the pool.
- **Emily Andrews-** This swimmer has been on AAC since Age Group Prep. She really turned it around this year in respect to her attitude and started to perform at meets in a much more positive way. Most importantly, she learned to relax, have some fun, and go fast without the pressure. She had one of the highest practice attendances in the group.
- **Caroline Burgeson-** This swimmer gained the most maturity out of the water for our group this year. Not only did she make her first NCSA Jr National cut, but learned to balance her new workload at school and at the pool. She struggled with both when the season started and learned better time management skills throughout. She began to train at an elite level by the end of the season and that was due to her learning to prioritize. We are so proud of her growth as a young athlete and cannot wait to see her flourish in the years ahead. Learning the process is the hardest part for many athletes, and she now has that in her arsenal for future swimming battles!
- **Erik Judy-** This gentleman was new to the team this year. At the beginning of the year he was only coming to morning practices. As he came to more practices, he began to find his place on the team and build confidence in himself. Throughout the year he was always trying to find ways to get better, asking questions after practice and thoroughly trying to figure out his strokes. In every dryland exercise he was one of the few people that could give Coach Matt a run for his money. He has always stayed positive and focused. Hope he is ready to step it up even more next season.

SENIOR COACHES AWARDS

PRESENTED BY LEAD COACH EVAN STILES

- Kate Bailey-** This girl has done a great job working through her emotions in AAC practices since Age Group Prep. She digs deep when the going gets tough and trains hard regardless of what is going on in her life. She gives everything she has in the pool and at school; even though puppets are still a little difficult for her. With a high-five and a smile she'll get back to any set, regardless of how rough it is. She has also learned how talented she is and how fast she can be.
- Anthony Doll-** This guy showed up ready to train this season. Nothing was going to get in the way of his swimming. When he arrived to the pool every day, his focus was on having a fantastic year. He busted out every practice, always wanted to do the hardest sets in the pool and during dryland. His work ethic was motivating to his teammates and he helped them raise their efforts.
- Olivia Heck-** This young lady was new to the team this year. She had some adjustments to make at the beginning but fit right in and worked very hard. Her attendance record was one of if not the best in the group, even going over 100%. She is very focused on her goals to the point where she became obsessed and would even overlook the positive things she was doing. With her determination and work ethic I cannot wait to see what she can do in the future.
- Mikey Hubbard-** Mikey wants to be better and puts a lot of pressure on himself to succeed. His drive to excel is obvious. He works as hard as he can on everything he does. He wants practices to be hard and he enjoys the challenges those practice present. As a result, he made his first Sectional cuts this year and had his sights on throwing down some great swims at that meet. Stay driven.

SENIOR MOST OUTSTANDING AWARD WINNERS

PRESENTED BY LEAD COACH EVAN STILES

■ 13-14 Girl:

Catherine Hughes- Catherine moved up to the Senior group this year and she was still young. The move up was an adjustment for her but she persevered and worked hard. Once she adapted to the training, she was able to make some great improvements in the water. She battled through some injuries and illnesses to still have the fastest times in her age group on the team in 13 events.

■ 13-14 Boy:

Nolan Dunkel- Nolan had a great year. He trained well with the big boys and dominated the competition in his age group. Nolan broke 9 individual records and was on 3 new relay team records. Nolan is a horse. He has the potential to do some great things in the pool. He knows how to swim fast but he is also willing to swim the longer events that others don't like as much.

■ Senior Girl:

Torri Huske- Torri had another amazing season. Last August, at Nationals, Torri broke the National Age Group record in the 100 Fly. It was the oldest record on the books- 37 years old. This swim qualified Torri to be a member of the USA Swimming National Team- AAC's first. In December, she became the National Champion in the 100 fly at the US Open. Torri broke 15 individual team records this year and was preparing to have an unbelievable meet at the Olympic Trials. Watch out world in 2021- she will be bigger, badder, better, and faster.

■ Senior Boy:

Jack Mowery- Jack had a great year. Not only did he become a better team leader, he also worked hard in the pool. When Jack was on, his teammates would have to step up to rise to his level. Jack qualified for the US Open and chose to skip it to swim at Sport Fair with his team, where he had a great meet. He broke the team record in the 200 IM. Jack had his sights set on having an awesome NCSA Jr Nationals where I am sure he would have done big things.

SENIOR GOLDEN GATOR PATCH RECIPIENTS

PRESENTED BY LEAD COACH EVAN STILES

Aoun Al-Hiari

Emily Andrews

Kate Bailey

Tugu Baterdene

Ethan Bean

Rajan Bhargava

Alice Bruce

Caroline Burgeson

Ashley Deabler

Anthony Doll

Aleksei Dudley

Nolan Dunkel

Caroline Forde

Emily Friedman

Lauren Hartel

Rose Hayman

Olivia Heck

Mikey Hubbard

Catherine Hughes

Torri Huske

Erik Judy

Will Landon

Natalie Martin

Evelyn Meggesto

Kelly Melnick

Jack Mowery

Max Nagle

Mackenzie Prall

Holly Prince

Mary Kate Reicherter

Ella Rier

Cate Sheridan

Owen Thomas

Charlotte Thompson

Sydney Cate Thornett

Mirabelle Wetmore

SENIOR SCHOLAR ATHLETES

PRESENTED BY LEAD COACH EVAN STILES

Anthony Doll

Caroline Burgeson

Cooper Donovan

Tugu Baterdene

Owen Thomas

Mary Kate Reicherten

Torri Huske

Emily Friedman

Emily Andrews

Natalie Martin

Catherine Hughes

Mac Marsh

Evelyn Meggesto

Alexandra Browne

Sydney-Gate Thornett

Kate Bailey

AAC GRADUATING SENIORS

Emily Andrews- University of Virginia



Ethan Bean- Bates College *Bates*

Bates

Aleksei Dudley- McDaniel College



Rose Hayman- College of William and Mary



Will Landon- gap year

Jack Mowery- gap year at Mercersburg Academy

Max Nagle- Middlebury College



Middlebury

Mackenzie Prall- James Madison University



Holly Prince- Loyola Marymount University



Mary Kate Reicharter- Indiana University



Ethan Sample- Princeton University



Charlotte Thomson- St. Olaf College

