

Stingrays Stats



June 1 - Intrasquad & BBQ ...

... a new annual family favorite! 90 churned it up. You'd think a laid-back performances. Guess who didn't get the have entered into the equation, yet that Stingrays Stats! How about 136 PB races Counting three for three [in alphabetical Davis, Logan Hoiseth, Andy Holton, Vlad Larson, Dean Newman & David Rall.



swimmers showed up, suited up and atmosphere would lead to laid-back memo? Choosing their own events may can't begin to account for these and 70 athletes who earned them? order]: Andy Roa Albarracin, Trevor Hrynashka, Luke Kronbetter, Jordyn

Dropping whopping seconds down the drain were Andy Roa Albarracin 8.15 in 25 back & 12.83 in 50 free, Michelle Cocker 7.50 in 50 breast, Kate Goebel 9.67 in 50 free, Nathan Jeevamani 8.37 in 100 IM, Harrison Siepker 21.01 in 25 free & Sawyer Tomlinson 37.35 in 50 free.

Scratching Six Seconds off the scoreboard were Jake Lopez 6.16 in 25 breast, Diogo Lucio 6.69 in 50 fly & Minh Nguyen 6.54 in 50 free. In space-rocket speak, T-Minus [Team-Minus] Five, Four, Three, Two, One: Julea Rich & Celia Ruiz five; Andy Holton, David Rall & Audrey Stanbach four; Olivia Arno, Salma Garrison & Andy Roa Albarracin three; Ryan D'Mello, Rosie Fischer, Salma Garrison & David Rall [x2] two; and Jonah Newlin, May Nguyen [x2], Minh Nguyen, Eli Rall, Audrey Stanbach, Everett Stanbach, Soraya Stearns & Jaellian Waite-Kearns one. Blastoff!

Tho' all of the Results are posted on our Website, you may ask: Why the emphasis on these Stingrays Stats? Because sports are all about doing your best Time & Time Again. Plus, unbeknownst to us here, this was an incremental second-by-second prelude to *off-the-charts* PBs at the next meet on ...

... June 9 - Johnson Ranch

While talking Facts & Figures, what's up with this unusual stat ... the temperatures? Meet days are inevitably the hottest of the week, and **We Believe** in our current great fortune!

Now for our hearty welcome to the 270+/- Barracudas! At 127, we small-but-mighty ate a few bubbles. But, seriously, who cares? Being over twice the Stingrays' size, JR provided increased competition, which translated directly into *unprecedented* PB counts. After pushing ourselves during the Intrasquad, this combo produced more skyrocketed stats. The Bests Were Yet to Be, and it was totally FUN!



First, let's take a moment to recognize the dynamic duo who always added to our meets' FUN! Announcers/DJs Jeff Nauertz and Michael Marks, such a wonderful, long-term tag-team, entertained us for the last time here at home. Jeff & Tiffany Nauertz served as four-year co-presidents, and their daughter Hannah is now headed to LMU. We appreciate their devotion and wish them all well. Okay. Let's do this! Unfazed by the masses, our Believers were Ready-Bench Ready to Race!



Down & Dirty Stats: 108 Stingrays kicked out personal-bests, 78 deducted more than full seconds, and 71% marked/set/goaled to PBs in every single one of their swims! [An unknown total couldn't crunch snow-cones fast enough. PBs factored somewhere in there, too!] The final score, 358 vs. 470, was closer than anticipated and did nothing but propel us forward ... in preparation for the following week.

Breaking down these noteworthy numerals, here are the moving magicians who made double-digits disappear: Jamie Abdulla 12.25 in 100 IM, Tucker Bish 16.97 in 25 fly, Tarun Karthik 18.26 in 25 free & Billy Kauffman 23.04 in 25 free. Single, yet strong, digits: Cameron Chatfield 9.70 in 25 breast, Jacob Heller 8.98 in 50 free & Abigail Smith 6.64 in 25 breast.



Those shaving five: Kennedy Anido 5.7 in 25 back, Luca Bortolletto 5.62 in 100 free, Henry Fischer 5.71 in 100 IM, Rosie Fischer 5.32 in 100 free, Jayden Fritz 5.32 in 25 fly, Alayna Kauffman 5.52 in 25 free, George Kisling 5.04 in 50 free, Jonah Newlin 5.29 in 25 free & Hayden Nguyen 5.37 in 100 free. Fours: Kameron Anido 4.12 in 25 free & 4.89 in 25 back, Lily June Boykin 4.62 in 25 fly, Ashlyn Brock 4.58 in 100 free, Trevor Davis 4.20 in 50 free, Zachary Espinoza 4.00 in 100 free, Vlad Hrynashka 4.24 in 25 fly, Joy Jang 4.76 in 50 fly, Quentin Lipscomb 4.27 in 100 free, Cade Rucker 4.19 in 100 IM, Sloane Ruiz 4.30 in 25 free & Lola Waite-Kearns 4.07 in 25 breast. In the 11-12 boys 200 medley relay, clocking in at 20:07.88 & slamming first to the wall were Joseph Bortolletto, Will Goebel, Henry Fischer & Luca Bortolletto.

Honorable Mention to the tons of threes, twos & ones and other tight relays! Once again, this meet's PBs were sky-high, and there's no room to list every deserving swimmer. These are remarkable feats, and we're proud of all hard-earned accomplishments!

And then we trekked over to Piranha-land on ...

... June 16 - Elk Grove

One gargantuan team! Calculating 'em on and fought to the finish! Counting backward to one of the final 13-14 girls 100 free relay. As depicted, Pimenta & Catherine Cocker were 1:52.20 vs. EG's 1:52.02. Thrilling! photo, all Stingrays were all smiles ... performances.



350+/-, 90 dedicated Stingrays took Enough said about that disparate stat. events, let's recap this nail-biter, the Lauren Jones, Kayla Hussey, Jenna blink-of-an-eye touched out. GR's Throughout the day, just like in this everyone happy with their powerful

Please be mindful that these stats are skewed in comparison to the other competitions. The more Stingrays the merrier! From this small quantity, there were 129 PBs ... super-quick swims! Being gargantuan, each of EG's age groups is deep. So a special shout-out to 7-8 Vlad Hrynashka, our stinging Stingray who placed first in every event!

Focusing again on individual races, 21 Gold River athletes tallied up all PBs: Mckinsey Cavanaugh, Cameron Chatfield, Matthew Choi, Nadia Davis, Jacob Espinoza, Zaccary Espinoza, Will Goebel, Logan Hoiseth, Grace Hussey, Lauren Jones, Morgan Jones, Luke Kronbetter, Jordyn Larson, Alexandria Lipscomb, Quentin Lipscomb, Maya Maldonado, Kove Pena, Jenna Pimenta, Kaeli Savorn & Ann Vu.

The Colorado subtracted 22.44 seconds from Jacob Heller's 50 free. Audrey Domine waved bye-bye to 6.53 in 100 IM, 6.71 to Maya Maldonado in 50 free, 5.88 to Kameron Anido in 25 free, 4.32 to Alec Day in 100 IM, 4.08 to Jordyn Waite-Kerns in 100 back, 3.77 to Mckinsey Cavanaugh in 25 breast, 3.13 & 3.50 respectively to Cameron Chatfield in 25 back & 50 free, 3.11 to Eylse Freitas in 50 free, 3.50 to Luke Kronbetter in 50 free & 3.66 to Sawyer Tomlinson in 50 free.

In the twos, by name only: Sophia Brinzei, Catherine Cocker, Zaccary Espinoza, Jayden Fritz, Grace Hussey, Kayla Hussey, Lauren Jones, Morgan Jones, Alexa Kronbetter, Kaylea Kurtz, Kove Pena [x2], Cade Rucker and Kaeli Savorn. A bit more math? More than one second in 42 other races dissolved into the chlorine.



This year's amazing team picture has been posted by Tom Jones. All other photos are appended shortly after each meet. As the result of his making a concerted effort to capture all swimmers, parents and volunteers, you'll love perusing through them. No spoiler alert: Suffice it to say that you new families are in for a treat at Awards Night! When looking at the Results, likewise posted within a couple of days after a meet, be sure to scroll down and check out the MOC qualifiers. Thus far, 34 have made the cut. And with these kinds of accruing times, many more Stingrays will be in Woodland wearing their MOC caps!

With only three League duals and an more important than ever. Coach Jeff to the podium] to write down his goals, see them first thing in the morning, a skeptic or don't think this method Just ask Michael Phelps.

<p>Ready/Set/Goal</p> <p>Event: _____</p> <p>Current Time: _____</p> <p>GOAL Time: _____</p> <p>Strategy: _____</p>	<p>Ready/Set/Goal</p> <p>Event: _____</p> <p>Current Time: _____</p> <p>GOAL Time: _____</p> <p>Strategy: _____</p>
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invitational on our schedule, Goal-Setting is was taught as a youngster [and practiced it up look at them every night, sleep on the numbers, achieve each one, and start all over again. Still works? Give it a go. Goal-Setting is **Golden!**

Coach Bob Bowman & Michael Phelps: <https://www.yourswimlog.com/michael-phelps-goal-setting/>

Print-ready Mark/Set/Goal forms: https://www.teamunify.com/SubTabGeneric.jsp?team=recncslgr&_stabilid=176847

Our Stingrays Stats [as accumulated above] are very fast, getting incredibly faster, and will be fastest of all soon. Also going crazy fast? The Stingrays Season! So now's the time to dip into double-practices and watch the times continue to plunge. See Ya' at the Races!!!

WE BELIEVE!