

SENIOR SPOTLIGHT 2022

Sara-Michael Jann is a home school graduate and headed to swim and study at Gardner-Webb University in the



fall. She plans to study Biology with a concentration in Pre-Veterinary Medicine and a minor in Healthcare Management. She will miss the community of YSSC most, “especially my teammates in National Group who have become like a family to me over the past 11 years”. Coach Eduardo and Coach Dan have had significant impacts on Sara-Michael’s swimming. Eduardo for being an encourager through hard practices and bad races and because “his energy on the pool deck always remind me to have fun! Coach Dan because he always pushes us to be better in and out of the pool and is a big part of the reason I was able to continue my swimming career in college”. One of her greatest moments in swimming was when she achieved her first short course Y National qualifying time, in the 400 IM. “So many teammates cheered for me and were genuinely happy for me and it

made me realize how swimming is so much bigger than just myself and how much of a team sport it really is.” Sara-Michael says that knowing she had an entire team supporting and encouraging her to keep going helped her to keep swimming when things got tough. She advises the seniors to “remember where you are right now. I know it can be super stressful sometimes, but remember to have fun and enjoy every moment, because it really does go by so fast!”. She reminds those thinking of walking away from swimming that they will also be leaving a community of people who support and care about you and your goals. But do what is ultimately best for them. Her most embarrassing moment is when she was 9 and she dove in for the 50 breaststroke during the older boys’ 200 butterfly. She would have continued with soccer had she not continued swimming and her favorite treat is mint chocolate ice cream.

Drew Schutt is a graduate of Southside Christian School. He will pursue a Finance degree at the University of Tennessee this fall. He says Coach Harmilee had a significant impact on him as he “pushed me in the pool and made me enjoy coming to practice. In addition to Harmilee, I always thought that all my coaches wanted the best for me and always wanted me to succeed.” What he will miss most about YSSC is “being with friends and being able to work with everyone on a daily basis.” Drew advises the younger swimmers to “always work hard, but also make sure that you enjoy the process of developing as a swimmer and reaching your goals”. A race that he was most excited for was the 100 butterfly at high school state meet his junior year. “I won the event and also qualified for my first Y Nationals”. Knowing that a bad meet was a temporary setback and recognizing that he was able to train with some of his best friends on a daily basis helped him to “just keep swimming”. To seniors, Drew encourages to go to practice and work hard every single day...“the season goes by quickly, so enjoy it while it lasts”. His most embarrassing moment was when he was a rookie at Y Nationals and had to walk around with an “Avatar arrow” on the top of his head and is something he will never forget. He would have played soccer if he weren’t a swimmer and his favorite treat is “key lime pie”. His favorite saying is “Every once in a while, someone amazing comes into your life...and here I am. You’re welcome”. Haha!





Charlotte Stull is a graduate of Mauldin High School. She will continue her swimming and academic career at Campbellsville University in Kentucky and will work toward a degree in Elementary Education. She tells the rising seniors to enjoy the last year because it goes very fast. She will miss her “teammates and the wonderful and encouraging atmosphere they create”. When asked what kept her swimming when experiencing a rough season or meet, Charlotte said her teammates were what helped keep her motivated. She said “The YSSC family is so supporting and uplifting that it is hard to not want to keep swimming.” She says coaches Scott and Eduardo both had a great impact on her swimming. “They both made me appreciate the sport in more ways than I ever thought possible, and they never let me give up”. To the younger Cukes, Charlotte says to “pay attention and work hard because that is the prime time to become an excellent swimmer and create good habits.” She also says that she would encourage those that are contemplating a move away from the sport to consider “what they would be leaving behind and to think if swimming is something they would be ok never doing again”. Her most embarrassing moment was behind the block when she was 9, when she SHOULD have already visited the restroom. She would have been a basketball or soccer player if she were not a swimmer and her favorite treat is Rice Krispy Treats.

Sam Harmon is a graduate of Southside Christian School. He will be heading to the University of South Carolina Honors College to pursue a degree in Biochemistry and Molecular Biology. Sam is considering participating in the club swim team at USC. He tells the younger swimmers to “keep at it” in swimming and that his biggest regret is “not starting year-round sooner. If you put in the effort as a younger swimmer, it will pay major dividends when you become older and realize your goals.” To the upcoming YSSC seniors, Sam says “swimming is the best tool to motivate you through the final year of high school. The second semester of senior year is tough but having an output like swimming for your stress and mental fatigue is extremely helpful. Also, during senior year, many people have the opportunity to take fewer classes at school, allowing for the opportunity to buy into swimming even more. Allow yourself to change things up and put more effort toward practice attendance and exercise, and you might surprise yourself in and out of the pool.” Sam encourages swimmers to keep swimming for your friends.



“As you get older, it is much more difficult to improve timewise, so make sociality your goal. Buy into the team aspect, and it will be worth your time.” Sam will miss his friends, his coaches, and daily workouts as he moves away from Cuke Nation. He says Coach Eduardo has definitely had the greatest impact on his swimming. When he began swimming year round four years ago, Sam says he couldn’t say he “loved” swimming. But...today, “I can say that I love swimming, and I owe that all to Eduardo. His passion for swimming and confidence in me has given me something to be passionate about, as well.” His greatest experience as a swimmer was the 2022 Short Course Y Nationals. He didn’t really expect to see drops at the meet, but had a personal best in the 200 breast time trial to officially earn the YMCA short course qualifying time! Sam’s most embarrassing moment was during his first year as a Cuke. He earned the 200 Breaststroke state cut just a couple weeks before state and was qualified in three events total. At the state meet, “I was watching the races leading up to the 200 Breaststroke, and I saw that someone no-showed in lane 8. I thought to myself, “ouch someone’s missing their event...at STATE!... That was me—I was watching my heat of the 200 Breaststroke”. He likely would have played baseball or tried basketball if he had not pursued swimming and he has sweet tooth for treats...brownies, cookies, or baked sweets.



Ella Penny is a graduate of Eastside High School. She will be swimming for Lenoir Rhyne University next fall and will pursue a degree in Elementary Education. What she will miss most about YSSC is the family atmosphere and the teammates with which she has grown up. These teammates were what kept her going when she experienced a challenging season or meet. Coach Eduardo made a huge impact on Ella because of his belief and confidence in her. His steadfast encouragement helped her pursue and reach her goals. She tells the seniors to not be afraid to “jump into the leadership role, but also do not let it overwhelm you. Enjoy your last season.” She encourages anyone thinking of leaving the sport to remember that if they love swimming, they will miss it. But, if “you know it isn’t for you anymore, then don’t put yourself through the early mornings and hard practices”. To the younger generation of Cukes, Ella says to “do what you love and always keep pushing yourself. Surround yourself with those who support and push you to your goals”. Her most embarrassing moment was when she choked on water during a race and had to get out and then get checked out by a lifeguard. She would have pursued basketball and softball if she were not a swimmer and her favorite

treats when she is not in training are “sleep and time with the family.”

John Walker Bolding is a graduate of Southside Christian School and will be pursuing a Chemical Engineering Degree at Clemson University this fall. He says Coach Eduardo had a significant impact on his swimming at YSSC because “he helped when it was hardest for me and helped me get my first Y Cut. He is always so encouraging, and he made it easy to come to practice”. He says his favorite swim moments were being a South Carolina State Champion and qualifying for Futures. When asked what he will miss most, John Walker says his “friends and all the memories, and competing at a high level”. His friends were also pivotal in encouraging him to keep following his dreams and pushing for his goals when things got tough at the pool. He encourages the rising seniors to “enjoy it and don’t waste a practice or a meet. Have fun and the fast swimming will come with that”. For those that are discouraged and are thinking about walking away, John Walker says “it gets really hard, and sometimes it seems like you will never get better, or someone will always be faster than you. But that isn’t true, you can push past that and overcome it. Nothing lasts forever. It may be hard and it may feel hard to go to practice but it will definitely be worth it if you persevere”. John Walker encourages the younger swimmers to “try not to focus on your times. Put your focus on your training and what you are doing. Focus on trying as hard as you can, that’s all that matters! Sometimes that means you add and many times that will lead to a best time. But giving up is the worst thing to do. Also have fun...never take anything too serious, one bad race shouldn’t define you”. His most embarrassing swim moment was when his big buddy was helping him with dives and John Walker’s suit came down. Or...that time when he had to swim the 200 IM in a heat all by himself. His favorite treat is Krispy Kreme donuts, and he would have pursued baseball if not for swimming.





Evan Otten is a graduate of Mauldin High School and plans to study Exercise Science at Elon University this fall. He will miss his teammates most of all from YSSC. He says he would encourage the seniors to “enjoy the time while it lasts; the ending will come sooner than you know it”. One of the most impactful coaches he had was Coach Andy Hwang. He was “my first year-round coach and was the one that got me to fall in love with swimming”. One of the best experiences he had as a Cuke was when he qualified for Long Course YMCA Nationals during the summer of 2019. He reminds Cukes that “you are not just swimming for yourself but for your team and teammates” which should serve as motivation to get through a tough meet or season. Evan tells the younger swimmers “To have fun and make friends. Don’t push yourself too hard and enjoy the moments”. He says his most embarrassing moments were “probably leaving early during a set and doing a set completely wrong”. If he were not a swimmer, Evan would have been a baseball or basketball player. His favorite treat when he isn’t training is donuts and his favorite quote is “May the Force be with you”.

Jack Greiner is a graduate of Riverside High School and will continue his education by pursuing an engineering degree at Clemson University. Jack would encourage the younger swimmers to “hold onto their friendships and have fun”. To the seniors, Jack advises to “not stress about the red numbers on the scoreboard...as long as you are having fun, you have nothing to stress or worry about”. He would ask someone that is thinking of walking away from swimming if they love to swim. “If they say yes, then I would suggest to keep doing what you love, but if you have no love for the sport then you should move on and find something you love.” When asked what he will miss most about YSSC, Jack said “I will miss the friendships and bonding at practice”. Coach Harmilee had a great impact on Jack as a person. “He made me realize I am much more capable of things than I realize”. Jack said the “love for the sport kept me going through hard times. One of Jack’s happiest and most memorable moments was when he achieved his first age group sectional qualifying time at short course state. Jack says his most embarrassing swim moment was swimming the 400 IM with strep throat. He would have pursued rock climbing or men’s volleyball, if not swimming and his favorite go to meal is a good cheeseburger.

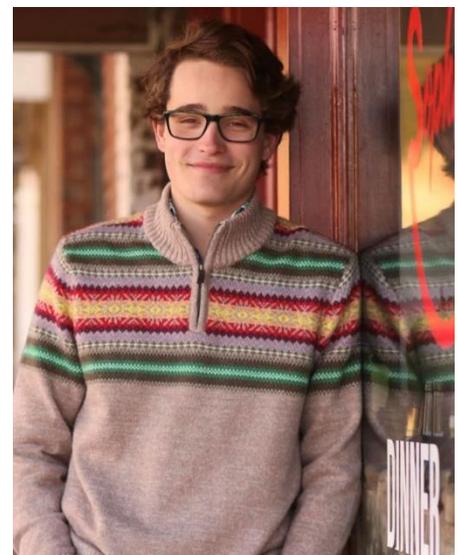




Robin Domingo is a graduate of Byrnes High School. He will continue his academic and swimming career at McGill University in Canada. He plans to study Computer Science. Robin says he will miss the coaching staff, “the boys”, and the rest of the team as he moves on from YSSC. An assistant coach from his summer league team in Canada greatly impacted his swimming because “of how similar he was to me at my age at that time. He was also a swimmer on that team and gave me the inspiration to continue swimming”. Robin says that “one of my most memorable races was my 200 fly at 2021 short course state. This was the first time I won an event at state meet while also qualifying for winter juniors for the first time.” He goes on to say that “doing better next time and fixing my mistakes” motivated him to keep working when going through a rough season. His advice for the rising seniors is “A lot can happen in one year, or nothing can happen. The choice is yours”. Robin encourages the younger swimmers by saying “if you put in the required work and effort into both swimming and outside of swimming you, will reach your goals”. For

anyone thinking of leaving the sport, Robin says “if you are not having fun swimming, it will be hard to stay with the sport. You have to learn what makes swimming fun to you, because it is honestly different for everyone”. His most embarrassing moment was almost missing his event. He would have been a volleyball player if not a swimmer and his favorite treat is OREOS.

Lucas Wilson is a graduate of Spartanburg Day School. He will be pursuing an engineering degree at Clemson University in the fall. He will miss Coach Eduardo and the people of YSSC the most. “I met some really great friends here”. Lucas said Coach Harmilee and Coach Eduardo had significant impacts on him as a swimmer. “Coach Harmilee was a big part of my younger years swimming, and Coach Eduardo provided constant motivation that was helpful to my attitude”. He advises seniors to “balance school and swimming. Be careful how much time you spend on either. A good “life-work” balance is needed for a healthy mind”. The motivation of his teammates and coaches were pivotal in keeping Lucas continuing to swim. He says that one of the best parts was “winning high school state twice in a row through relays racing against my YSSC teammates”. Lucas encourages the younger swimmers to “build connections and make lots of friends. You’re in the trenches together; might as well laugh about it”. His most embarrassing moment was swimming a race with a hole in the back of his suit. He says he might have pursued football if not for swimming, and that his favorite treat is Chick-fil-a. Lucas’s favorite quote is “success is not final, failure is not fatal; it is the courage to continue that counts” (Winston Churchill).



Kirsti McEnroe is a graduate of Spartanburg High School and will study Human Biology as a student athlete at Stanford University this fall. She will miss the traditions YSSC has for YNats the most. She will also “miss the energy and enthusiasm that the coaches bring to the pool deck every practice. Most of all, I will miss my friends in national group.”



Kirsti says that after a difficult meet, she focuses on what aspects of a meet went well and where she could improve including “stroke technique, race plan, mental approach, pre-race preparation, nutrition, and recovery before and throughout the meet.” Kirsti also emphasizes that she would acknowledge what she did well and point out the positives, while also observing ways she could strengthen her training. “Progress isn’t linear” is a quote that gives her comfort and helps her to trust the process, her coaches, and training. “The mindset allows me to go back to the drawing board after a bad meet and keep working smart and hard”. She advises seniors to “reflect on how they want to show up as a leader on the team and what they want to accomplish during their final year on the team. Senior year flies by and I urge the seniors to soak up every big and small moment and stay present throughout the whole year” She cautions against “senioritis” attitudes and to remember that this is their last year at home and the last time they will be around these

people...”so stay present in each moment and make each moment count. Ten years from now, you won’t remember the times you went of the bad races; instead, you will remember the memories and friendships made.” Kirsti says that one of her greatest accomplishments was going 1:46.33 in her 200 freestyle at Short Course YNats this year. She has experienced some highs and lows with that event—breakthroughs and let downs. “Going into YNats this year, I had done a lot of work to build up my confidence and my race plan and grow stronger in the weight room. Additionally, I worked to prepare for that finals race with visualization and mental preparation. I ended up dropping a full second off my time from 2 years ago, which isn’t a lot of time, but it meant the world to me. For so long, I thought I could never get faster in that race, but this race reinforced all the trust and hard work I had put into it. Hearing my teammates cheering for me as I touched the wall and getting to wave to my mom in the stands was one of my favorite moments in swimming”. She says that Coach Dan has had a profound impact on her swimming. “He has coached me for three years now and our relationship has grown into a collaborative partnership which has allowed me to succeed as a swimmer and leader. Together, we have discovered what I need to swim fast, how to approach my races, and how to push my limits in practice. He has been immensely helpful in improving both my physical strength and my mental agility. I am so thankful to have been a part of his group and I cannot thank him enough for everything he has done for me and this team”. She encourages the younger swimmers to “Dream Big” and the swimmers thinking of leaving the sport to “find their ‘why’ and remember the little kid that fell in love with swimming”. Her most embarrassing moment was when she stopped a 50 short in her 1650 race at the “mile meet”. She would have pursued cross country or basketball if not for swimming and her favorite treat is a brownie sundae.

Congratulations to all of our Class of '22 CUKES! Wishing you all the best on your next chapter! Go Cukes-more than a team.