



THE LATEST THUNDER
NEWS & INFORMATION

December 17, 2013 Issue

2013 NAC NIKE Music City Invitational December 6-8, 2013 Nashville, TN

NAC Meet Recap:

We just returned from a meet in Nashville. This meet is a great look at how we've been training for the first half of our season. For the coaches, we look for areas of improvement for the second half of the season. We had a total of 158 lifetime bests (out of 176 events) which makes it a very successful meet. (Coaches)

2013 NAC NIKE Music City Invitational Finals results

Men 10 & Under 100 Yard Freestyle

Addison, Mark 8th Place

Men 10 & Under 50 Yard Breaststroke

Addison, Mark 7th Place

Women 13-14 100 Yard Breaststroke

Bowers, Abby 7th Place

Acker, Gabby 8th Place

Men 100 Yard Breaststroke

Berry, Christian 21st Place

Women 13-14 200 Yard Backstroke

Gaushell, MaryHannah 6th Place

Women 200 Yard Backstroke

Matthews, Lynley 10th Place

Men 10 & Under 200 Yard IM

Addison, Mark 4th Place

Men 13-14 200 Yard Freestyle

Hillyard, Joseph 8th Place

Men 11-12 50 Yard Breaststroke

West, Daniel 5th Place

Men 13-14 100 Yard Breaststroke

Gorman, Ryan 6th Place

Women 11-12 100 Back Finals

Cagna, Dani 4th Place

Men 13-14 200 Yard Backstroke

Hillyard, Joseph 4th Place

Gorman, Ryan 10th

Men 200 Yard Backstroke

Brown, Jarrod 14th Place

Women 13-14 400 Yard IM

Gaushell, MaryHannah 2nd Place

Men 10 & Under 100 Yard Butterfly
Payne, Ethan 3rd Place

Men 13-14 200 Yard Butterfly
Hillyard, Joseph 4th Place

Men 10 & Under 50 Yard Freestyle
Payne, Ethan 3rd Place

Women 50 Yard Freestyle
MacQueen, Ali 15th Place

Men 10 & Under 100 Yard IM
Payne, Ethan 3rd Place

Women 13-14 200 Yard IM
Gaushell, MaryHannah 8th Place
Bowers, Abby 15th Place

Women 200 Yard IM
MacQueen, Ali 20th Place

Men 500 Yard Freestyle
Hayes, Daniel 14th Place

Men 11-12 50 Yard Backstroke
West, Daniel 5th Place

Women 100 Yard Backstroke
Matthews, Lynley 14th Place

Men 10 & Under 200 Yard Freestyle
Addison, Mark 3rd Place
Payne, Ethan 4th Place

Women 100 Yard Freestyle
MacQueen, Ali 9th Place
Cagna, Caitlin 24th Place

Men 11-12 100 Yard Breaststroke
West, Daniel 3rd Place

Women 13-14 200 Yard Butterfly
Gaushell, MaryHannah 4th Place

Women 200 Yard Butterfly
MacQueen, Ali 22nd Place

Men 11-12 50 Yard Freestyle
West, Daniel 4th Place

Men 50 Yard Freestyle
Berry, Christian 6th Place

Men 11-12 100 Yard IM
West, Daniel 3rd Place

Men 13-14 200 Yard IM
Hillyard, Joseph 3rd Place
Gorman, Ryan 11th Place

Men 200 Yard IM
Berry, Christian 24th Place

Women 11-12 50 Yard Backstroke
Cagna, Dani 5th Place

Men 13-14 100 Yard Backstroke
Hillyard, Joseph 2nd Place
Gorman, Ryan 10 Place

Men 100 Yard Backstroke
Brown, Jarrod 13th Place
Wilcher, Jordan 20th Place

Men 13-14 100 Yard Freestyle
Hillyard, Joseph 5th Place

Men 10 & Under 100 Yard Breaststroke
Addison, Mark 5th Place
Payne, Ethan 7th Place

Women 13-14 200 Yard Breaststroke
Eberle, Rebekah 6th Place
Acker, Gabby 7th Place

Men 13-14 200 Yard Breaststroke

Gorman, Ryan 4th Place

Women 200 Yard Breaststroke

Mahan, Emily 22nd Place

Men 10 & Under 50 Yard Butterfly

Payne, Ethan 2nd Place

Men 11-12 50 Yard Butterfly

West, Daniel 3rd Place

Men 13-14 100 Yard Butterfly

Hillyard, Joseph 1st Place

Gorman, Ryan 16th Place

Women 100 Yard Butterfly

MacQueen, Ali 5th Place

Cagna, Caitlin 14th Place

"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."

Ian Thorpe

Thunder Swimmers With Time Improvements

| SILVER | SOUTHEASTERNS | BLACK 1 | SENIORS |
|--------|---|---|---|
| | Mark Addison Ally Carpenter Ethan Payne | Avery Carpenter JoBeth Hillyard Audrey Still BLACK 2 Gabby Acker Alexis Bourdeau Dani Cagna Ashton Carpenter Rebeka Eberle Ryan Gorman Daniel West | Hudson Beaudry Christian Berry Sheridan Berry Abby Bowers Jarrod Brown Caitlin Cagna Mary Hannah Gaushell Daniel Hayes Joseph Hillyard Ali MacQueen Emily Mahan Jordan Wilcher |

Thunder Swimmers With New SES Cuts

Southeasterns

Ally Carpenter

Black 2

**Gabby Acker
Alexis Bourdeau
Dani Cagna
Rebeka Eberle**

Seniors

**Christian Berry
Abby Bowers
Caitlin Cagna
Joseph Hillyard**

If we inadvertently left out any swimmers email Bobbie Jo or Randy so we might correct future reports.

Thanks, hillyardrandy@yahoo.com