

## **FAST B/C January 14-15, 2012**

This past weekend went very well, there were a ton of best times and new time standards earned and I can definitely see the swimmers improving their technique in their races. There isn't much time left in the season so hopefully we can earn a few more JO times! It was great to see the team cheering and supporting each other throughout the meet. A special thank you to the parents for helping with the tarps and the timing!

Individual swimmers reports:

Arielle Hultner: Arielle had a great meet, she is getting more and more comfortable with racing in meets and is dropping time quickly. We will work on making her more comfortable with her backstroke and IM turns so she can be more confident and earn some B cuts, good job!

Dan Doan: Dan is a fantastic racer and I am very happy to see him enjoying himself in his races, he works hard in practice and it is really beginning to pay off for him. He was a heat winner in his 50 free and is very close to earning an A time in his 50 breastroke where he earned a fourth place overall. Keep it up Dan!

Chaela Cruz: Chaela had a great meet, dropping 10 seconds in her 100 free and winning her heat. She is painfully close to her B and A cuts in some races and I am confident that with the work she puts in she will earn them by the end of the season.

Charlotte Cong: Charlotte had some great swims considering she had been sick and out of the water for a while. I am very happy to see here progress and am excited for her to start earning more B and A cuts before the end of this season.

Natasha Tubig: Natasha had some decent time drops and some close races. I am excited to see her really step up her racing in the next couple of weeks and earn some of those A and B cuts that she is so close to! Keep up the hard work Natasha!

Cassidy Liu: Cassidy is always a pleasure to watch in a race, he is remarkably fast! He earned his A cut in the 50 free, won his heat and dropped 4 seconds in his 100 IM. Great job Cassidy!

Daniel Zeng: Daniel is a great racer, he dropped a second in his 50 fly and 100 breast earning a B cut and winning his heat for that event. I am really excited to see him earn some A cuts by March!

Emily Tran: Emily was very very close to some of her A and JO standard times. She earned an A cut in her 100 IM and 50 breast, and came so close to those JO cuts! I am excited to see her earn those in the coming meets!

Lauren Hicks: Lauren definitely means business when she races and it is fantastic to see her give her best in her events! She dropped 6 seconds in her 100 IM and swam a great 200 freestyle for the first time. She is very close to those A and B cuts and I have no doubt that with her determination she will earn them very soon!

Natalie Hultner: Natalie earned her B cut in the 100 IM, and stayed very close to her best times in most of her races. I am hoping to see her pick up her speed and determination in her races in the coming swim meets, She should definitely be earning those A cuts soon!

Andie Burns: Andie had some fantastic races, earning her B cut in the 50 free, dropping 2 seconds in her 100 IM and really showing up to race in her 100 free. I am very confident Andie will be earning more B times by the end of the season.

Bailey Deck: Bailey swam a great 100 backstroke dropping 6 seconds. Bailey has some technical issues with her strokes that once she gets more comfortable with the changes, she will see more and more time drops, great job Bailey!

Annelise Ilog: Annelise had some breakout swims including her 100 IM where she dropped 16 seconds and 9 seconds in her 100 breast for a B cut, 5 seconds in her 100 free and 3 in her 50 Back. She is getting more and more confident in her swimming and it is great to see!

Angela Cruz: Angela dropped 3 seconds in her 50 free, 100 IM, and 100 free winning her heat. She is extremely close to her B cuts in most of her races and will accomplish them easily if she puts her mind to it! Keep it up Angela!

Alex Crisan: Alex is working closer and closer to those B cuts, he had a couple mistakes in his events but he will never makes them again! With a little more focus and hard work Alex will have those B cuts in no time.

Kevin Tran: Kevin had a great 50 breastroke and is getting more and more confident in his races at swim meets. With a little more time I see him making great improvements since his strokes are great.

Curtiss Mueller: Curtiss had a great 100 fly dropping 8 seconds for a B cut and earned a JO cut in his 50 fly while winning his event and earned an A time in his 100IM. Curtiss is very close to JO cuts in some of his events and I look forward to him earning them at the next meet!

Midnite Ochoa: Midnite swam her first 200 freestyle 200 breastroke and 100 breastroke at the meet this weekend and dropped 7 seconds in her 100 free. Awesome swims Midnite, keep up the hard work!

Hanna Ramsey: Hanna swam her first 100 fly and dropped a second in her 100 free. She does have some technical issues to address in her strokes still and I am sure once these problems are fixed she will be making A and B cuts easily!

Sue Han: Sue had a great 100 breastroke earning an A cut and winning her heat dropping 2 seconds. She also dropped 2 seconds in her 100 free just barely missing the B cut. Great job Sue!

Songhee Han: Songhee had a solid meet staying very close to her best times in her events. She didn't have much competition to push her in her races unfortunately and I think she would have raced harder had she some more girls in her heats to race. Keep it up Songhee!

Max Baloun: Max dropped a second in his 100 free and stayed close to his time in the 100 breast. With a little more hard work and better focus in his practices Max will be earning B cuts in that event very soon. Good job Max!

Overall The meet was a great chance for the swimmers to earn some time drops and get motivated for the end of the season. The starts and breakouts need a little fine tuning and I will be addressing that in the weeks to come. Thanks

again to the parents for their support! Great job everyone.  
Mary Beth