

## **Sectional Championships July 20-25, 2011**

So the Sectional Championships this past weekend was a really great opportunity for some of the senior swimmers to race against some of the fastest swimmers in the West! It was a great learning experience. It was sunny every morning starting off at about 80 degrees. By noon it had moved into the 90's and by the time finals came around it was about 100 degrees on the pool deck.

**Katie Anderson:** Katie swam really well at the meet. She started off on Thursday with the 200 back. She had a perfect race! She was able to drop a second from her seed time and earned a spot in finals that night. She also swam in the 100 free Friday morning. She held her time in this event. In finals she was a little off of her game, but was still able to put on a strong showing in the 200 back. Friday morning she competed in the 200 free holding her time and swimming a best time in the 400 IM. On Saturday morning Katie swam the 200 IM just missing her seed time. The last day came for Katie and she competed in the 100 back. She was able to hold onto her time in this event. Overall I think that Katie did extremely well dropping in 2 events, final in 1 event, holding her time in 3 events and was only a little off in 1 event. She had really good starts, turns and finishes throughout the entire meet and came to realize how important it is to have a good kick.

**Trent Williams:** Trent had a solid meet. He competed in the 100 free on Thursday morning earning a spot in finals that evening. His finals swim was a little off of his prelim swim, but the effort was good. On Friday he competed in the 200 free. He was able to make finals that night and swim another solid race. On Saturday Trent competed in the 400 free and the 50 free. On Sunday he competed in the 100 back and the 100 breast. Although none of Trent's times were best times, his spirits were always up. Trent's big meet is coming in the next couple of weeks so he was not rested for this meet. In between prelims and finals he was always doing extra workouts to keep the yards up.

**Kelly Sheehan:** On Thursday morning Kelley competed in the 100 free dropping about 2 seconds. Friday morning she competed in the 200 free. On Saturday morning she competed in the 200 IM and the 50 free. She hit a best time in the 50 free. On Sunday she swam the 100 back and the 100 fly. Even though Kelley only dropped in 2 out of 6 events her effort was noticed. Kelley came to the realization similar to Katie about how important her kick is to her body posture in the water. She had really good starts, turns and finishes throughout the entire meet.

**Mitchell Huxhold:** Mitchell was able to put together another great meet. On Friday he dropped 3 seconds in the 200 back and another 2 seconds in the 100 free. On Friday he dropped 2 seconds in the 200 free. On Saturday he was able to drop 2 seconds in the 200 IM, about a second in the 50 free and 2 seconds in the 400 free. Mitchell was able to have good starts, turns and finishes throughout the entire meet. He maintained good body posture in the water with a very aggressive kick the entire time.

Overall this meet was a great event to be a part of and I hope our swimmers thought so too.