



Meet Recap: OZ & SSTY Meets

Senior Platinum & Senior Gold from Coach Mike

Our senior boys had another set of strong individual performances this past weekend at the SSTY meet. Not only did we have numerous personal best times, we also continue to see major improvements in racing skills and aspects of everyone's stroke technique. The improvement in technique is extremely important at this time. Creating good training habits so that come race time there is less we need to think about. That allows for more focus on having fun and letting ourselves race. While letting our bodies do what we trained them to. We will continue to push for persistence in everyone's efforts to work on the little things that are going to make them better!

A final note before mentioning a few of the many great performances we had from our senior boys. It is of utmost importance that we get our full senior team at each meet. We understand when families have major plans and that some of the kids are committed to more than one activity, and that is wonderful. But at both meets I could see that the boys were saddened that they did not have their full crew with them while other teams greatly outnumbered us. It is important that we continue to see each and every one of you at our meets! Practicing performance and continuing to build bonds through meets in training is just as important as getting to practice every day! Great job this weekend everyone! Here are some of the many highlight swims from our boys.

Jacob Ketterling: 400 IM, 4:41.19 (-13.2)

Will Lennertz: 500 Free, 5:05.0

Finley Groppi: 500 Free, 6:08. (-14.)

Dusan Savic: 200 Fly, 2:41.8 (-8.8)

Collin Gropi: 50 Free, 26.1 (-1.5)

Jack Simons: 50 Free, 26.1 (-2.3)

Gavin Marifke: 100 Breast, 1:33.4 (-7)

Ryan O'leary: 200IM, 2:27.1 (-.5)

Sam Hauke: 100 Free, 53.5 (-2.7)

Zach Maly: 100 Free:, 52.6 (-1.7)

Junior Platinum from Coach Mark

The meet went very well for their first meet. I was able to spot things that we need to work on. Some of the habits that we have created, came through very clear. A few of the Tips paid off into winning certain events. Strokes aren't perfect yet but they're going the right direction. But for the first meet they started to learn how to pace better. Had some very nicely paced out 1000's

Junior Gold from Coach Bri

The OZ meet this past weekend was challenging for many reasons, but these swimmers proved their strength and grit despite an early start time and quick turnarounds. Out of the 55 swims this weekend, 9 swims were raced for the first time, and 30 races showed best times. That is a 56% improvement across the board. That is huge for this point of the season. There is still room for improvement in our races, however. I am very eager to see where the rest of the season takes us.

The following swimmers either got a Best Time or swam a race for the first time:

Anna Bartels	Brendan Hajdasz	Arianna Namazi
Elizabeth Beam	Kenny Herda	Lucas Peterson
Owen Brandt	Ian Hughes	Anna Temke
Olivia Bruhn	Philip Klein	William Tucknott
Logan Collins	Ian Leonard	
Ashley Evenson	Carley Miller	

Great job, swimmers!

Age Group Platinum & Gold from Coach Rob

This marked our first meet of the season for the Age Group Gold and Platinum groups. Coach Alex and I were prepping the swimmers that this meet is a starting point to the competitive season. We were both happy with the results and pointed out things we as a team will continue to work and improve upon. **SWAT** swimmers were winning heats, events, relays and dropping time left and right throughout the weekend. What I am most encouraged as coach is how well the swimmers supported each other in a pool that is difficult to cheer for each other. I think this made the meet go fast for the swimmers and kept the fun in the sport.

Some remarkable full meet performances were turned in by **Mason Moore** who dropped over 44 seconds, **Emma Schneble** who cut off over 37 seconds and **Prisha Shukla** took off over 31 seconds throughout the weekend. More breakthrough swims were brought forward by **Melena Glysch** and **Emmy Meyer** who joined the 29 club in the 50 Free. I believe swimmers will always remember the first time they break 30 seconds in the 50 Free. Some other large time drops were posted by **Ethan Schutten** 12.58 (100 Breast), **Serena Hughes** 12.54 (100 Breast), **Izzy Nowak** 11.83 (100 Fly), **Chloe Mlinar** 11.66 (100 Breast), **Ella Stamm** 11.02 (100 Free), **Calina Anick** 10.66 (100 Back), **Mackenzie Choinski** 5.28 (50 Breast), **Julia Setum** 3.65 (50 Back) and **Carter Sagan** 3.56 (50 Back). No matter how old these seed times are getting 5-7 best times over a meet weekend is an accomplishment that earns some special mention.

By the Numbers:

21 Platinum and 24 Gold swimmers participated in at least one day.

3 Plus Personal Best Times or Swimmers With 100% Best Times are Highlighted with **Bold Font**:

7 Best Times (1): **Mason Moore**

6 Best Times (6): Melena Glysch, **Serena Hughes**, **Chloe Mlinar**, **Izzy Nowak**, **Morgan Salbrieter** & **Sydney Wolf**

5 Best Times (7): Dominick Herda, Carter Jewell, Claire Santarius, Emma Schneble, Caleb Schutten, Julia Setum & Prisha Shukla

4 Best Times (5): Shae Anderson, Nikolina Gallo, Jillian Kneisler, Rachel Werth & Eli Wichman

3 Best Times (10): Calina Anick, Ashlyn Antholine, **Mackenzie Choinski**, **Mallory Glysch**, Regi Hamilton, **Gabe Hernandez**, **Lily Jenich**, Emmy Meyer, Macy Sheahan & Ella Stamm

We are the Mighty **SWAT** Team!

GO SWAT!