



# Divisional Champs Meet Review

## 12 & Under Recap

By Coach Paul

SSC 12 and Unders performed exceptionally at the Divisional meet and ended the short course season with a bang. SSC youngsters had 67 personal bests in 94 swims, better than a 70% clip, which is great. All SSC youngsters had at least 1 personal best and many had 100% best times.

### ***Some of the many highlights:***

**Milanna DeGeorge (10)** dropped time in every swim, and made silver cuts in the 50 breast.

**Caelie Desmond (11)** had all best times and impressed the coaching staff with her feel for the water.

**Macy Fidler (5)** had all best times

**Riley Fidler (9)** had all best times and made Silver time in the 50 back and Gold in the 50 fly

**Breanna Kanaly (12)** had all best times and made Gold cuts in the 100 IM.

**Lilly Larson (11)** swam her very first meet and did great, just missing Silver cuts in the 50 free.

**Kynseth Mann (6)** dropped in 4 of 5 events, dropping 10 seconds in 25 yard swims.

**Brooke McIntosh (9)** dropped 31 seconds in her 100 IM swim.

**Cameron McIntosh (12)** had a great 50 free, dropping almost 6 seconds and just missing the Silver cut.

**Jeremiah Tien (11)** had 100% drops and made Gold cuts in the 50 free and 50 back.

**The WHOLE Volz family** had 100% personal bests (parents not included)

**Ethan Walters (8)** had 80% best times and dropped about 13 seconds when swimming just 25's

**Congratulations to all of the swimmers that participated. Everyone did great!**



## 13 & Over Recap

By Coach Ben

Only 9 SSC 13 & Over swimmers were in attendance at this Championship, which is unfortunate because this was an outstanding meet. Congratulations go out to the following participants: Courtney Gruen, Selene Huckell, Olivier Lefebvre, Easton Lemos, Curran MacMillan, Brandon Ringstad, Kristin Ringstad, Leje Tanggol, and Morgan Taverner.

### Some of the many highlights:

- Team Finish 6th!
- Champions:
  - Brandon Ringstad: 200 Breast
- Top 8 Finishers:
  - Olivier Lefebvre: 200 Fly
  - Easton Lemos: 100 Free
  - Brandon Ringstad: 100 Breast, 200 IM, 200 Breast
  - Morgan Taverner: 200 Fly
  - John Stupey: 100 Back
- Top 16 Finishers; "B" Finalists:
  - Easton Lemos
  - Brandon Ringstad
  - John Stupey
  - Jake Ulmer

### Noteworthy:

- **Courtney Gruen:** First meet ever and first event ever was the 200 Free! Congrats Courtney, you were awesome.
- **Selene Huckell:** First meet ever! Super 50 Freestyle!
- **Olivier Lefebvre:** Personal bests in 5/6...outstanding. Nearly 14 second drop in 200 Fly!
- **Easton Lemos:** Personal bests in 5/6...super job. Scored 24 points and broke the 2:00 barrier in the 200 Free!
- **Curran MacMillan:** Dropped time every single swim; 6/6! Best swim was a 14+ second drop in the 200 IM...very nice.
- **Brandon Ringstad:** 4 best times total, 58 team points and a standout drop in the 200 Free of nearly 3 seconds!
- **Kristin Ringstad:** 4 best times total, and some very big drops including 5 seconds in the 200 Free, 8 seconds in the 200 IM and another 5 in the 100 Free!!!
- **Leje Tanggol:** 50% best times and now under the 1:10 barrier in the 100 Fly, great swim!
- **Morgan Taverner:** 50% best times, one final, 13 points and a big almost 3 second drop in the 200 Free; nice swimming!
- **John Stupey:** 6/6 best times for club swimming! Broke big barriers of 2:00 in 200 Free and 1:00 in 100 Back; 36 team points!
- **Jake Ulmer:** 5/6 best times and under the 1:00 mark for the first time in the 100 Free + 11 points in the 100 Breast!