



# Long Course Kickoff Meet Review

## 12 & Under Recap

By Coach Paul

The first Long Course meet is always kind of fun, because kids usually will not have swum a Long Course meet since the previous summer. Sometimes kids forget in the day to day swing of things how far they have come. The first LC meet shows the progress of the swimmer over a 9 month period. As you might expect, you get a lot of big dropped times.

This was the case at the Course Kickoff, and the results were simply spectacular; 12 and under swimmers had 71 personal bests out of 72 swims!

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

**Danielle Booth** dropped in all events including nearly 20 seconds in the 200 IM.

**Jack Busby** swam in his first LC meet

**John Cramer** also had first LC swims and a 3rd place finish in the 400 free

**Riley Fidler** dropped in all three of her events (over 30 seconds)

**Nikki Judd** dropped in all of her events and made a Gold cut in the 200 Breast

**Shelby Lee** dropped in all 3 events

**Brooks MacIntosh** had all best times in her events

**Cameron McIntosh** continued his breakout with two new silver cuts and 100% best times

**Sean Nguyenle** had 100% drops (about 28 second total)

**Victoria Nguyenle** had all drops, including a 30 second drop in the 100 back, and also got a PNS cut in the 100 breast

**Ryan Price** had all personal bests

**Travis Spitzock** had all personal bests.

**Elli Straume** had all personal bests and some big drops.

**Will Summers** had 6 terrific swims and a PNS cut in the 50 back

**Sarah Walters** had all best times and a Silver cut in the 100 free

**Austin Weyer** had 5 drops totaling about 25 second.

***New Club Record!***

**Elli Straume  
8 & Under 50 Breast**

Great Job Swimmers!

***-Coach Paul***



## **13 & Over Recap**

By Coach Ben

The LC Kickoff was a great start for us. I thought our kids looked awesome and were able to turn in a ton of best times for the very first meet of the season. Some of our swimmers had huge drops and have completely transformed themselves since last year. It's inspiring to see what can happen in just one year of really solid work. I'm really excited now for Pac Coast! Congrats to all our swimmers...you guys did a great job and acted like a true team...keep it up!

### **Let's Look at Some of The Highlights:**

- **Top 8 in Total Individual Points:**  
-Liam Sosinsky
- **Champions:**  
-Liam Sosinsky- 100 BR, 200 BR, 200 IM, 400 IM
- **SSC All-Time Top 10 List:**  
-Liam Sosinsky- 400 IM 9th  
-Madeline Summers 200 BA 10th
- **SSC Club Record:**  
-No new records for 13 & Overs

### **Best Times:**

**Cathryn Armstrong**- 200 FR, 200 BA

**Vayle Barela**- 100 FR, 100 BA, 100 BR

**Darcie Booth**- 50 FR, 100 FR, 200 FR, 100 BA, 200 BA, 100 BR

**Ella Brooks**- 50 FR, 100 FR, 200 FR, 100 BA, 200 BA, 100 Fly

**Shelby Garrison**- 50 FR, 100 FR, 200 FR, 100 BA, 200 BA, 200 IM

**Zach Gossett**- 50 FR, 100 FR, 400 FR, 100 BA, 200 IM, 400 IM

**Matt Hamlin**- 400 FR, 100 BA, 200 BA, 200 IM

**Alyssa Jacobson**- 100 FR, 100 BA, 100 Fly

**Olivier Lefebvre**- 50 FR, 100 FR, 100 BA, 200 BR, 200 IM, 400 IM

**Easton Lemos**- 50 FR, 100 FR, 200 FR, 100 BA, 200 BA, 200 IM

**Riley Morgan**- 50 FR, 100 FR, 200 FR, 100 BA

**Alex Nguyenle**- 100 BA, 200 BA, 100 BR, 200 BR, 100 Fly, 400 IM

**Kristin Ringstad**- 50 FR, 100 FR, 200 FR, 100 BR, 200 BR, 100 Fly

**Rebekah Russell**- 50 FR, 100 BA, 100 BR

**John Stupey**- 50 FR, 400 FR, 100 BA, 200 IM

**Jake Ulmer**- 50 FR, 100 BR, 100 Fly, 200 IM

**Sydney Vanderhorst**- 100 FR, 200 FR, 400 FR, 100 Fly

**Ali Abadi**- 100 BA, 100 BR

**Maddie Baker**- 400 IM

**Sarah Bettag**- 200 FR, 100 BA

**Brian Bringhurst**- 100 FR, 200 FR

**Tyler Cheung**- 50 FR, 100 FR, 200 FR, 400 FR, 100 Fly

**Matt Cramer**- 50 FR, 100 FR, 200 FR, 100 BA, 100 Fly

**Alex Santiago**- 50 FR, 400 FR, 100 BA, 200 IM

**Liam Sosinsky**- 50 FR, 200 IM, 400 IM

**Amie Wilson**- 100 FR, 400 FR, 100 BA, 200 BA

**Bramon Yotty**- 400 FR