



PNS Champs Meet Review

12 & Under Recap

By Coach Paul

If I were to summarize this meet, it would be “good swims, bad luck”. The worst case of bad luck was when Zones team member Shelby Lee badly sprained his ankle and spent his last meet as a 12 and under in a boot. Two relays were thus lost, and Shelby was ranked to place, usually highly, in all of his swims.

Of the remaining swims, 12 and unders had 15 drops in 20 swims, a 75% clip. SSC swimmers have been getting PR's at a 75% clip, or better, all season. Every single 12 and under that swam scored at this meet.

Some of the many highlights:

Danielle Booth dropped in both of her swims and continued her torrid pace of improvement. Danielle only made PNS cuts a month or so ago, and yet she placed in both of here events, 7th in the 50 free and 14th in the 50 breast.

Angeline Dovich had a great meet, dropping in 7 of 8 events, a total of 30 seconds, which is really incredible at this level. Angeline placed in the 50, 100 and 200 breast, and almost beat the SSC team record for the 200 breast, even though she is only 11. Angeline has recently really picked up her game in workouts and fully reaped the benefits.

Shelby Lee Spent the meet on “injured reserve” but deserves a look back over the last 5 years. Shelby has made the zones team twice, and has really shown that being a top notch swimmer does not require size. Shelby started at 7 with Lynn and myself, and spent a good part of his first workout on the side. It seems like a day ago, and an age ago at the same time. It took Shelby a year to get rid of his scissors kick, and he is now a top notch breastroker. He is a testimony to everything that is good about being a Stingray.

Sean Nguyenle had two dropped times and place in three events: the 50 and 100 breast and the 50 fly. His highest place was 7th in the 100 breast.

Victoria Nguyenle had 2 swims, dropped time and placed 8th in the 50 breast.

All Stingray relays that swum placed 10th or higher. The highest relay place was 6th, by the 11/12 girls relay consisting or Victoria, Danielle, Angeline, and Nikki Judd.

Great job, swimmers!

-Coach Paul



13 & Over Recap

By Coach Ben

13 NEW CLUB RECORDS!!!!!!....AND MUCH MORE!

Going into PNS Champs I was confident and expecting fast swimming....the kids delivered big time. We are very proud of our swimmers for showing such class over the 4 day meet and for racing all out start to finish.

Let's Look at Some of The Highlights:

THESE RESULTS ARE COMPILED BY HAND, SO THERE MAY BE ERRORS.....

PLEASE EMAIL COACH BEN WITH ADDITIONS/CORRECTIONS.....

SORRY IF I LEFT YOU OUT!

- **TEAM Finish:** Tied for 10th
- **Champions:**
 - Garren Riechel- 50 FR, 100 FR, 100 BR
 - Liam Sosinsky- 200 BR
- **SSC All-Time Top 10 List:**
 - Alana Pazevic- 50 FR 1st, 50 BA 1st
 - Sarah Bettag- 50 FR 3rd
 - Jede Tanggol- 100 FR 6th, 200 FR 6th
 - Madeline Summers- 100 BA 4th, 200 IM 8th
 - Cathryn Armstrong- 100 BA 7th
 - Liam Sosinsky- 100 BR 2nd, 200 BR 2nd, 200 IM 4th, 400 IM 6th
 - Chris Lynch- 100 BR 5th, 200 BR 3rd
 - Kyle Kusuda- 100 BR 8th, 200 BR 9th
 - Garren Riechel- 50 FR 1st, 100 FR 1st, 200 FR 1st
 - Tyler Carrier- 50 FR 7th, 100 FR 6th
 - Ali Abadi- 200 FR 3rd
 - John Stupey- 100 BA 7th, 200 BA 6th
 - Kelsey Fallstrom- 100 BA 10th
 - Angeline Dovich- 50 BR 10th
- **New Cuts (Senior Sectional or Higher):**
 - Garren Riechel- 100 FR Senior Nationals, 50 FR Junior Nationals, 100 BR, Senior Nationals
 - Liam Sosinsky- 100 & 200 BR USA Jr. Nationals
 - John Stupey- 100 BA Sr. Sectionals
 - Cathryn Armstrong- 100 BA Sr. Sectionals
 - Madeline Summers- 100 BA Sr. Sectionals
 - Sarah Bettag- 50 FR Sr. Sectionals
- **SSC Club Records:**
 - Cathryn Armstrong- 100 Back 13-14
 - 13-14 Girls 400 F.R. Garrison, Brooks, Armstrong, Dickens
 - Alana Pazevic 15+ 50 Free
 - Alana Pazevic 15+ 50 Back
 - 15+ Girls 400 M.R. Pazevic, Weyer, Randolph, Baker
 - 15+ Girls 200 M.R. Pazevic, Weyer, Randolph, Bettag

- Garren Riechel- 15+ 50 FR
- Garren Riechel- 15+ 100 FR
- Garren Riechel- 15+ 200 FR
- 15+ Boys 200 F.R. Riechel, Carriker, Harvey, Bratvold
- 15+ Boys 400 F.R. Carrier, Cheung, Harvey, Riechel
- 15+ Boys 200 M.R. Pedack, Sosinsky, Harvey, Riechel
- 15+ Boys 400 F.R. Pedack, Sosinsky, Harvey, Riechel

Best Times:

Cathryn Armstrong- 50 FR, 100 BA

Haley Beranbaum- 100 BR

Sarah Bettag- 50 FR

Ella Brooks- 200 BR, 100 Fly

Kelsey Fallstrom- 100 Back, 200 IM

Shelby Garrison- 50 FR, 100 FR

Alana Pazevic- 50 FR, 50 BA

Madeline Summers- 100 BA, 200 IM

Ingrid Straume- 100 BR, 200 BR,

Jede Tanggol- 50 FR, 100 FR, 200 FR

Ali Abadi- 200 FR

Kris Bratvold- 100 FR

Tyler Carrier- 50 FR, 100 FR

Tyler Cheung- 100 FR, 200 FR

Ben Dovich- 200 BR

Kyle Kusuda- 100 FR, 100 BR, 200 BR

Easton Lemos- 400 FR, 50 BA, 200 BA

Chris Lynch- 100 BR, 200 BR

Alex Nguyenle- 800 FR, 100 BR, 200 BR, 400 IM

Eric Pedack- 50 BA, 100 BA

Garren Riechel- 50 FR, 100 FR, 200 FR

John Stupey- 100 BA, 200 BA

Liam Sosinsky- 100 BR, 200 BR, 200 IM, 400 IM