



Painterman.com Meet Review

12 & Under Recap

By Coach Paul

SSC had loads of swimmers at the Painterman meet and we really had a great time. We had so many swimmers and highlights, it's hard to go over them all. But I will try.

Some of the many highlights:

If I am figuring things correctly, the following swimmers had **100% best times:**

Albert Lefebvre
Angela Lee
Ben Lee
Kaitlyn Flors
Bryn Wells-Edwards
Rowan Wells-Edwards
Rhys Wells-Edwards
Isabel Nilson
Elli Straume
Lilly Larsen
Travis Spitzock
Marissa Kanaly
Selene Huckell
Riley Fidler
Dana Flynn

We had loads of swimmers **swimming their first meet**, or 50's for the first time:

Natalie Porter
Kendall Fox
Kathryn DeGeorge
Natalie Fox
Theo Briggs
Albert Lefebvre
Rhys Wells-Edwards
Alex Ahyat

The following swimmers **broke new time standards** (Silver or above)

Isabel Nilson broke silver in the 50 free with a terrific swim
Kaitlyn Flors broke 3 silver times (50 Free 100 Free 50 back) in only her second meet. She had a huge 9 second drop in the 50 free.
Marissa Kanaly broke silver in the 100 free and 50 fly
Riley Fidler broke gold in the 50 breast
Elli Straume picked up 2 gold cuts (50 free and 50 back), a silver cut (50 fly), and 2 team records (50 Free and 50 Breast)

Milanna DeGeorge got a silver cut in the 50 fly
Nikki Judd picked up a gold cut in the 100 free
Dana Flynn picked up two silver cuts (100 free and 50 Fly)
Shelby Lee picked up Sectionals in the 50 free and 100 IM
Patrick McDowell picked up a silver in the 50 fly
Travis Spitzock got Gold in the 50 free and silver in the 100 IM
Jeremiah Tien got a silver in the 100 Free, dropping 9.64 seconds (!)
Brynn Wells-Edwards got a silver in the 50 Breast
Maggie Arneson got a silver time in only her second meet in the 50 Free

Alex Ahyat got a gold cut in his first ever swim, the 50 free. And the coach had to deck enter him!

Our 11/12 “A” relay had a lot of fun this weekend, winning several events. A word about this relay: the swimmers involved, Ben Dovich, Angeline Dovich, Shelby Lee, and Danielle Booth, are simply average kids. They didn't really stand out the first day they joined SSC. They are not bigger or stronger than their peers. In fact, you could argue the opposite. They didn't make gold or even silver cuts when they first swam.

But each of them, somewhere along the line, decided that swimming was something important to them. They have put in the time (from 2-4 years) and have always been attentive, reliable and well behaved. They all have had to work to get where they are. They are a testimony to the value of determination and commitment.

There were other swimmers, not mentioned above, who also had great swims: Daniela Croby (50 free and 50 breast), Ryan Price (50 free and 100 IM) , John Cramer (50 fly), Jack Busby (100IM) , Will Summers (50 fly) and probably others that I have missed.

Loads of swimmers also placed in the pentathlon. Unfortunately, I don't have that data here.



13 & Over Recap

By Coach Ben

The Painterman.com meet was just as crazy and fun as I thought it would be. I have a very healthy respect for the great job the Marysville team has done over the past several years and I knew they would be a very tough team to go against, especially in their home pool. MMSC is very similar to our club in number of swimmers (however we are really growing and this is becoming less true by the day) and in having great age groupers all the way up to Nationals. All things considered, I was really looking forward to a tough battle and that is exactly what we got.

With nearly 600 points counted over the two day meet I was proud to see us come out on top by a very narrow margin. I think the separation of points was around just 20pts. We won some close races and lost others, but all of our swimmers really raced hard and showed outstanding sportsmanship throughout. It should be noted that the actual team trophy went to MMSC because they scored the meet for awards by an efficiency scale vs. points. I believe we were fourth in efficiency of individual swimmers.

Personally I am a believer in absolutes and thus in the traditional sense I know we won the meet. Part of success in team competition is depth and numbers. Good teams retain members and build and this results in more points...just look at King. Having said that, I do think efficiency is a worth looking at and it points to the fact that we need to improve the number of best times at meets. We want a large team, and we also want our swimmers performing at a high level. Hats off to Marysville for swimming fast as a team...that's especially impressive early in the new season.

One observation was the enthusiasm MMSC had when they beat us in close races. I came into this meet wanting specifically to beat them, but they REALLY wanted to beat us...I didn't know they were gunning for us so badly. Maybe I shouldn't be surprised at their competitive spirit...they are obviously good for a reason. Personally I'm happy to have a team to the North of us (Marysville) and a team to the South (West) that we have a good healthy rivalry with. I think this type of competition will really help bring out the best in all of us. The fact that I know someone really wants to beat me is a HUGE motivation....do you feel the same? I hope so because this type of competition is what really makes sports fun!

In terms of future performance in Long Course....

As we get into the long course season, step one will be to establish new times. Step 2 will be to memorize those times and begin to set goals and strategies to improve upon early season performances. The final step will be to finish the long course season with the highest percentage possible of best times and have maximum efficiency in the final meet of the year. Good swimmers will set specific goals and share those goals with their coach and be willing and open to coaching and direction.

Let's Look at Some of The Highlights:

- Team Finish 1st on Points!/4th on Efficiency Scale
- **Champions:**
 - Liam Sosinsky- 50 BR, 100 IM
 - Bryan Harvey- 50 BA, 50 Fly
 - Alana Pazevic- 100 FR, 50 BA, 50 Fly
 - Garren Riechel- 50 FR, 100 FR, 100 IM
- **SSC All-Time Top 10 List:**
 - Jalyn Buckley- 9th 50 BR
 - Alana Pazevic- 6th 50 BR, 1st 100 IM
 - Jede Tanggol- 7th 50 Fly, 2nd 100 IM
 - Melissa Randolph- 3rd 100 IM
 - Maddie Baker- 9th 100 IM
 - Ella Brooks- 10th 100 IM
 - Garren Riechel- 8th 50 BA, 7th 50 Fly, 2nd 100 IM
 - Tyler Cheung- 6th 100 IM
 - Kris Bratvold- 10th 100 IM
- **SSC Club Record:**
 - Alana Pazevic- 100 IM

Best Times:

Ali- 50 BR, 100 IM
Maddie- 50 BR, 100 IM
Sarah- 50 BA, 50 BR, 100 IM
Kris- 100 IM, 50 BR, 50 Fly, 50 BA
Brian- 50 BA, 50 Fly
Tyler- 50 FR, 100 IM
Matt- 50 BR
Kelsey- 50 BA
Bethany- 50 BA
Bryan- 50 BR
Alana 50 BR, 100 IM
Cara- 50 BA, 50 Fly, 100 IM
Melissa- 100 IM
Garren- 50 BA, 100 IM, 50 Fly
Brandon- 50 Fly, 100 IM
Alex S.- 50 Fly
Madeline- 50 BR, 100 IM
Jede- 50 Fly, 100 IM
Leje- 50 BR, 100 IM
Jeff- 50 BA, 50 Fly
Alexa- 50 BA, 50 Fly, 100 IM
Amie- 50 FR, 100 FR, 50 BA
Cathryn- 50 BA, 50 BR, 50 Fly, 100 IM
Vayle- 50 BA
Darcie- 50 BA, 50 Fly, 100 IM

Ella- 50 BR, 100 IM
Jalyn- 50 FR, 100 FR, 50 BA, 50 BR, 50 Fly, 100 IM
Andrew- 50 FR, 100 FR, 50 BR, 50 Fly
Djenne- 100 FR, 50 BA, 50 BR, 50 Fly, 100 IM
Shelby- 50 BR, 50 Fly
Zach- 100 FR, 50 FR, 50 BA, 100 BA, 50 BR, 50 Fly, 100 IM
Matt H.- 50 FR, 50 BA, 50 Fly, 100 IM
Alyssa- 50 FR, 100 FR, 50 BA, 50 BR, 50 Fly
Breanna- 100 FR, 50 BA, 50 Fly
Jameson- 50 FR, 100 FR, 50 BA, 50 BR, 50 Fly
Olivier- 50 FR, 100 FR, 50 BA, 50 BR, 50 Fly, 100 IM
Easton- 50 FR, 50 BA, 50 BR, 50 Fly, 100 IM
Curran- 50 FR, 50 BA, 50 BR, 50 Fly, 100 IM
Chelsea- 50 Fly
Kristin- 50 Fly, 100 IM
T.J.- 50 FR, 50 BR
Ingrid- 50 FR, 50 BR, 50 Fly
John- 50 FR, 100 FR, 50 BA, 50 BR, 50 Fly, 100 IM
Morgan- 50 FR, 100 FR, 50 BA, 50 BR, 50 Fly
Melissa T.- 50 FR, 50 BA, 50 Fly
Jake- 50 FR, 100 FR, 50 BA, 50 BR, 50 Fly, 100 IM
Sydney- 50 FR, 50 BA, 50 BR, 50 Fly, 100 IM