

### **Pacific Swim Long Course 4/18/08 – 4/20/08**

The weekend started out with the long and tiring 1500 meter swim for the olders and the 400 meter swim for the young ones. Samuel, Drew, Chris, and Danae all swam this event. All of them dropped time ranging from 4 to 20 seconds overall. Chris just missed his far western cut by only a second. Then the older group came and showed they were not going to be showed up by the young ones, so Hannah held her mile time while Kelly and Catie put up a tiring strong effort. Kylie and Mitchell both dropped enormous sums of time, Kylie with 45 seconds and Mitchell with 2 minutes!!!! Great job on Friday!

Then early morning Saturday came to much of my dismay, and early session with my favorite kids. On the Boys side, Spencer started us off with a 18 second drop in his 200 free, Chris, Drew, and Derek all doing 2:34s and below, with Samuel showing he is still tough holding his time. Then in the 100 Backstroke Noah led us off with his 1st time ever swimming it! Anders dropped 3 seconds, Chris dropped .5, Jason dropped 3 seconds, and Ryan also did an excellent 1st time at backstroke! Finally the best events ever came around, the 50s. In the 50 Free Spencer dropped 1 second, Noah dropped 1 second, Drew dropped .5 seconds, Derek dropped a second, Anders dropped 2 seconds, Jason and Ryan both dropped 2 seconds a piece. Then in the 50 Butterfly Spense dropped 5 seconds, Drew 1 second, Chris .5 seconds, Derek with 2 seconds, Anders with 5 seconds, Austin with 7 seconds, and Ryan with 5 seconds! Then in the 100 Breaststroke, Noah and Spense dropped 2 seconds, Chris dropped 3 seconds, Derek dropped 5 seconds, Samuel and Austin dropped 7 seconds. Great job Younger Boys!

Then on the Younger Girl side, Colleen and Danae started us off with strong respectful swims in the 200 free followed closely by Valerie who did it for the 1st time! Then in the 100 Backstroke Tierney dropped 4 seconds followed by Natalie dropping over 23 seconds, followed by Emma doing it for the 1st time! Colleen and Danae once again held strong, with Gretchen dropping 5 seconds. Then in the 50 Free Emma, Natalie, and Tierney all dropped again to improve their times. Danae and Colleen held their fast 50 frees only to be caught up by Valerie who showed she knows when it is time to race! Gretchen also raced and dropped a second. Then in the 50 Fly, Emma and Natalie swam their first butterfly and got great times followed by Tierney's time drop of over 5 seconds. Gretchen also dropped a little over a second. Then in the 100 Breaststroke, Tierney, Natalie, Emma, and Valerie all dropped over 3 seconds in each of their 100s! Great Job Girls!

Then the older group came into the afternoon session, Katie arriving first at 10:45 oh what joy it was. Just kidding guys. Anyway Kelly, Suranee, Anna, and Catie started the day off with the wonderful 400 IM, all swam strong smart races holding their entry times as well. Henrik came in after the girls and dropped a little over 11 seconds on his time. Then Peter dove in to show everyone how its done with dropping 12 seconds. Then in the 200 Free Katie, Grace, Kelly, and Suranee held their times while Kat dropped 3 seconds followed by Lauren who dropped 2 seconds. Then Trent jumped into the pool and pulled out a monster 11 second drop to end the Free event. Then in the 100 Backstroke, Kat, Anna, and Lauren all swam nice smooth strong races with Grace dropping 7 seconds!

Henrik and Peter also attempted this race, holding their seed times as well. Then in the 50 Free Kat, Katie, Kelly, Anna, Lauren, Grace, and even Catie shaved some time off showing they know how to charge when needed. Trent and Peter wrapped up the boys portion with strong hard swims dropping a little as well. Katie and Henrik then showed how tough they were by performing the 200 butterfly for all of us to watch. Katie held her time with Henrik dropping a little over a second. Then the 100 Breaststroke came. Lauren dropped over 4 seconds followed by strong swims from the rest of the girls. Trent and Peter held their times followed up by Henrik who dropped over 3 seconds. Then finally the 400 Free arrived with Katie, Suranee holding their times and with Kat and Trent both dropping a little over 13 seconds. Over all guys I would say with the training we are doing and how hard everyone is working it was a great meet and I LOVED attending!!! Hope everyone had fun!

What a great meet on Sunday. It has been a long time since I have been able to go to meet and watch some of the youngers race. I had so much fun watching them try new races and just getting up to the blocks and going. Keeping it simple! Just go! That is all I needed to tell any of them. All of them had some best times, looked good in the water, and had nice looking starts. I was very impressed with what I saw for my first meet with them. Thanks for making it easy on me guys.

Some best times in the morning came from Emma, Natalie, Harley Tierney, Valerie, Chris, Derek, Anders, Jason, and Ryan all in the 100 free. In the 50 breaststroke Emma, Tierney, Spencer, Noah, Danae, Gretchen, Valerie, Chris, Drew, Derek, Anders, Austen, Samuel, Jason, and Ryan all dropped time. The 50 backstroke came and we had best times from Emma, Natalie, Harley, Tierney, Spenser, Noah, Danae, Gretchen, Derek, Jason, and Anders earned a JO time. Spencer, Chris and Drew all had great swims in the 100 fly. The 200 IM was the last race of the morning and Tierney, Emma, Gretchen, Chris, Derek, Anders, Drew, Austen, and Ryan all ended the day on a best note. Great job to all of the youngers on an outstanding meet.

In the afternoon we had the 13 and overs attend the meet. Once again we had lots of best times from some tired older swimmers. This was great to see them swim while some are in the middle of high school swimming and working very hard. The 100 free started us off with best times from Katie, Kat, Kylie, Suranee, Lauren, Catie, Grace, Trent, Henrik, Mitchell, and Peter. During the 200 breaststroke we had a new JO times achieved by Lauren and Kat. The 200 backstroke saw best times from Anna, Grace, Trent and Mitchell. Kelley, Lauren, Catie, Henrik, Trent and Peter all had best swims in the 100 fly. The 200 IM was good to Suranee, Lauren, Grace, Trent and Henrik. The last race of the day was the 800 free. After a long weekend it was nice to see best times from Kelley, Kylie, Suranee, Catie, Mitchell and Henrik. One again great job to all of you on another meet and continuing to work towards your goals.