

2015-16 Fall Attendance Award

Below is a list with the swimmers who have achieved the attendance level recommended for their training group (Blue=2.5x/wk; Gold=3.5x/wk; P2=75%; P1=82%; Sr2=85%; and Sr1=90%). As a reminder, those numbers are what we feel is the minimum attendance for swimmers in each group to reap the most benefits out of the program. While our approach for swimming keeps the long haul in mind, and we discourage younger swimmers from attending too many workouts, so that they have something to build into and look forward to when they get older, it is important to note that those who fall too far below those recommended numbers are likely not learning and improving as much as other swimmers with similar ages and at the same level, and might struggle in the future if they are not ready to incrementally improve their attendance.

Blue	Gold	Prep	HSTG	Senior
Mali Davis Ruthie DeLong Caitlyn Diehl Brodie McCluggage Brielle Mitchell Dakota Richie Cate Rovie Addison Shaffer Chayse Smith	Bennett Culbertson Grant Deckers Cyrus Delawalla Hannah DeLong Lindsey Diehl Hailey Dopson David Duong Nia Fraser Blake McCluggage Marlowe Misner Janelle Mitchell Emily Morgan Ella Moulder Korahlee Pierre Desyember Richie Jillian Rovie Isaac Saenz Zoe Wilson	Haley Burke Hanna Burke Sarah Burton Zack Culbertson Lauren Diehl Harry Duncan Ava Gawronski Ryan Haskins Samantha Lewis Alex Lomashvili Danielle Mitchell Darnell Mitchell Jen Narde Rachel Peden Caitlyn Petmecky Caroline Smith Keeley Smith Blake Wilson	Taylor Bowling Grant Haskins Alyaan Jiwani Sahil Khatri Chanel Mitchell Lennox Nguyen	Matthew Albers Marilyn Coughlin Abby Culbertson Jarod Disher Josh Fountain Charlie Fountain Drew Grier Griffin Hammett Sarah Jahns Daniel Johnson Kevin Kooh Alice Koschella Lina Le Jacy MacConvery Fred Mitchell Alex Norcini Devin Petmecky Hayley Shepard Riley Spruiell Michael Thompson Brad Wyzykowski