

2015-16 Winter Attendance Award

Congrats to the swimmers listed below for achieving 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%) during the Winter Season (Dec 21-Mar 20). 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
Anthony Benitez Ruthie DeLong Brielle Mitchell Dakota Richie Addison Schaffer	Jennie Attaway Condi Britton Grant Deckers Cyrus Delawalla Hannah Delong Caitlyn Diehl Lindsey Diehl Bryce Dopson Hailey Dopson David Duong Nia Fraser Marlowe Misner Janelle Mitchell Aaliah Mobley Emily Morgan Ella Moulder Luke Moynihan Korahlee Pierre Desyember Richie Cate Rovie Jillian Rovie Isaac Saenz Brandon Shepard	Haley Burke Hanna Burke Sarah Burton Lauren Diehl Ava Gawronski Ryan Haskins Samantha Lewis Danielle Mitchell Darnell Mitchell Maggie Nguyen Rachel Peden Caitlyn Petmecky Caroline Smith Ella Smith Keeley Smith Sydney Spruiell Blake Wilson Zoe Wilson	Taylor Bowling Austin Bynum Grant Haskins Alyaan Jiwani Sahil Khatri Chanel Mitchell Lennox Nguyen	Marilyn Coughlin Abby Culbertson Charlie Fountain Griffin Hammett Sarah Jahns Daniel Johnson Kevin Kooh Alice Koschella Jacy MacConvery Fred Mitchell Alex Norcini Devin Petmecky Hayley Shepard Riley Spruiell Michael Thompson Brad Wzykowski