

2016 Fall Attendance Awards

Congratulations 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%; HSTG=85%; Sr=90%) through the first half of the season, starting back in September!

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
Karam Alhmond	Abby Bold	Hanna Burke*	Haley Burke	Juliana Carey
Cecilia Anderson*	Bennett Culbertson	Sarah Burton	Lindsey Garrison	Marilyn Coughlin
Anthony Benitez*	David Duong*	Grant Deckers	Grant Haskins	Abby Culbertson
Caroline Bold	Kate Johnson	Lauren Diehl*	Sail Khatri	Charlie Fountain*
Mali Davis	Lucas Johnson	Lindsey Diehl	Kaylee McLester	Griffin Hammett
Andrew Guo	Hannah-Claire Jowers	Alyssa McDuffie	Darnell Mitchell	Sarah Jahns
Owen Heimel	Marlowe Misner	Danielle Mitchell	Rachel Peden	Daniel Johnson
Paige Johnson	Brielle Mitchell	Emily Morgan	Caitlyn Petmecky	Alex Norcini
Nelson Law*	Janelle Mitchell*	Jillian Rovie	Blake Wilson	Devin Petmecky
Emily Li*	Gavin Moore	Zoe Wilson		Hayley Shepard
Tanner Manson	Ella Moulder*			Riley Spruiell
George Mathew	Nolan Patterson*	*>90%		
Rielle Mitchell*	Cate Rovie*			*=100%
Gryffin Moore	Isaac Saenz*			
Ayaan Patel	Addison Shaffer*			
Ellis Patterson	Brandon Shepard*			
Jaden Remillard	Freddy Xu*			
Dakota Richie				
* = 3x/week	*=4x/week			