

## 2017-18 Winter Attendance Awards

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%; HSTG=85%; Sr=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
Anthony Benitez Jenna Inlow Emily Li George Matthew Ellie Patterson William Ragan Courtney West	Kayla Deckers Caitlyn Diehl Grace Fleming Lucas Johnson Paige Johnson Hannah-Claire Jowers Sean Lin Carly Miller Reagan Miller Cate Rovie Isaac Saenz Addison Shaffer Baylor Stanton	Hanna Burke* Grant Deckers Lindsey Diehl Nia Fraser Jaden Henry Max Inlow Kate Johnson Emily Morgan Ella Moulder Nolan Patterson Desyember Richie Jillian Rovie Brandon Shepard Graham Simmon* Ella Smith Zoe Wilson* Freddy Xu Jeffrey Xu  * >90%!	Delaney Benford Haley Burke Sarah Burton Ava Gawronski Ryan Haskins Ethan McKinsey Kaylee McLester Danielle Mitchell Rachel Peden Dylan Yin	Wesley Carter Lauren Diehl Charlie Fountain Drew Grier Griffin Hammett Sarah Jahns Darnell Mitchell Maggie Nguyen Caitlyn Petmecky Blake Wilson