

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
Caroline Bold Isabella Eiseman Sarah Heppe Emily Li George Mathew Rielle Mitchell Ellie Patterson Dakota Richie Courtney West	Kayla Deckers Lucas Johnson Paige Johnson Sean Lin Reagan Miller Brielle Mitchell Cate Rovie Isaac Saenz Addison Shaffer	Hanna Burke* Grant Deckers Lindsey Diehl David Duong Nia Fraser Jaden Henry* Max Inlow Kate Johnson Danielle Mitchell* Janelle Mitchell* Emily Morgan Ella Moulder Nolan Patterson Sofie Rees Desyember Richie Jillian Rovie Brandon Shepard Graham Simmon* Ella Smith* Zoe Wilson* Freddie Xu* * > 90%!!!	Delaney Benford Sarah Burton Kaylee Crippen Ava Gawronski Sahil Khatri Kaylee McLester Rachel Peden	Haley Burke Wesley Carter Lauren Diehl* Charlie Fountain Drew Grier Griffin Hammett Sarah Jahns* Darnell Mitchell Maggie Nguyen* Caitlyn Petmecky Riley Spruiell Blake Wilson * = 100%!!!