

Spring/Summer 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%; Sr2=85%; and Sr1=90%) from April to July. 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.

HSTG Sahil Khatri Gold Abby Bold Condi Britton Bennet Culbertson Cyrus Delawalla Caitlyn Diehl Marlowe Misner Janelle Mitchell Aaliah Mobley Ella Moulder Emily Morgan Isaac Saenz Brandon Shepherd Freddy Xu	Prep Haley Burke Hanna Burke Sarah Burton Lauren Diehl Lauren Diehl Lindsey Diehl Ava Gawronski Samantha Lewis Danielle Mitchell Jen Narde Maggie Nguyen Ian O'Hara Rachel Peden Caitlyn Petmecky Ella Smith	Blue Anthony Benitez Ruthie DeLong Brielle Mitchell Addison Schaffer Dylan Willis Senior Marilyn Coughlin Abby Culbertson Charlie Fountain Griffin Hammett Sarah Jahns Daniel Johnson Jacy MacConvery Hayley Shepard
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