

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%; 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
Caroline Bold Jenna Inlow Emily Li Jonathan Malonza Rielle Mitchell Gryffin Moore Ellis Patterson Cortney West	Caitlyn Diehl Janelle Mitchell Gavin Moore Ella Moulder Cate Rovie Isaac Saenz Brandon Shepard Kylie West Freddy Xu	Hanna Burke* Sarah Burton Grant Deckers Lauren Diehl* Lindsey Diehl* Nia Fraser Ava Gawronski Ryan Haskins Alyssa McDuffie Marlowe Misner Danielle Mitchell Emily Morgan Maggie Nguyen* Nolan Patterson Desyember Richie Graham Simmon* Zoe Wilson* * > 90%!	Haley Burke* Sahil Khatri Kaylee McLester Rachel Peden Caitlyn Petmecky* Blake Wilson* *=100%!	Juliana Carey Wesley Carter Marilyn Coughlin Jarod Disher Charlie Fountain Drew Grier Griffin Hammett Sarah Jahns Daniel Johnson Jacy MacConvery Darnell Mitchell Alex Norcini Riley Spruiell