Hello PFL Parents and Athletes,

I would like to express my gratitude to all the parents and athletes who participated in the April T-30/15 event. This timed swim, consisting of either 15 minutes (Rain) or 30 minutes, serves as an effective tool for assessing the overall conditioning and skill level of our athletes. The event challenges participants to step beyond their comfort zones and provides valuable feedback on their progress, fostering both improvement and confidence.

We had an impressive turnout, with 76 athletes taking part. In fact, 80% of them completed the same number of laps or more than the last time we did our T-30.

PFL Aquatics utilizes the T-30 to identify athletes for advancement to the top training group, Thunder 1. Congratulations are extended to those athletes who qualified for Thunder 1 based on their T-30 results. Achieving this distinction requires dedication, skill, and sustained performance. Males must complete 100 or more laps and females must complete 96 or more laps to qualify.

Qualified for Thunder 1

Andre Artus 103 laps-1st time doing this

Reese John 103 laps

Erin Trichkovikj 103 laps

Charlie Baird 103 laps

Most Laps by group - Female/Male

Rain **Emily Jordan 32 laps / Kris Mazaraki 35 laps-Ben Chilek no fins 19**

Lightning 2 **Harper Hudson 60 laps / Sawyer Jackson, Misha Shuvaov, Wade Raesner 61 laps**

Lightning 1 **Hailey Ho, Hira Gokdag 84 laps / Logan Loc 82 laps**

Thunder 3 **Elyana Foley 84 / Austin Lin 85 laps**

Thunder 2 **Sophia Cruz 91 laps / Andre Artus 100 laps**

Thunder 1 **Charlie Baird-Reese John-Erin Viktor Trichkovikj 103 laps**

<u>Recorded the largest lap gap by group between the previous and current T-30/15.</u>

Rain **All Rain is new-1st time**

Lightning 2 **Harper Hudson 31 more laps**
moved from Rain 15 minutes to 30 minutes in Lightning 2

Lightning 1 **David Conde-Dobocan-13 more laps**

Thunder 3 **Katherine Mazaraki-10 more laps**

Thunder 2 **Dalton Rice-8 more laps**

Thunder 1 **Charlie Baird-Reese John-Erin Viktor Trichkovikj 1 more lap**

Take a look at the results below and see where your athlete finished. The coaching staff is very proud of our athletes and their accomplishments. Way to step up Gang!!

Take care,

Coach Jason

		27-Oct	plus/minus
Max R	L1	58	1st Time
Kendall A	L1	58	1st Time
Grace R	L1		
Grace A	L1	55	1st Time
Amanda	L1		
Haley	L1	84	3
Logan	L1	82	2
Micah B	L1	70	1
Hira G	L1	84	2

Makayla C	L1	74	3
Everly	L1		
Alex W	L1	57	1st Time
Ellie G	L1	59	1st Time
Zoey N	L1	73	2
David C	L1	71	13
Camilla	L1	73	5
Alessia	L2	53	1st Time
Wade	L2	61	1st Time
Ella O	L2	52	1st Time
Braylee	L2	44	1st Time
Peri	L2	59	1st Time
Bertie	L2	49	1st Time
Michelle B	L2	53	1st Time
Brodie	L2	60	8
Avery S	L2	55	1st Time
Andrea S	L2	50	1st Time
Mytam	L2	59	2
Sofia O	L2	60	-2
Sawyer	L2	61	2
Misha	L2	61	8
Lizzy C	L2	59	29
Elizabeth D	L2	injured	
Hunter N	L2	58	28
Harper	L2	60	31
Charlie H	L2	58	29
Anran	L2		
Ben C	Rain	19-no fins	1st Time
Lila H	Rain	31	1st Time
Kris M	Rain	35	1st Time
Ivy C	Rain	30	1st Time
Lucy P	Rain	20	1st Time
Lillian M	Rain	25	1st Time
Emily J	Rain	32	1st Time
Layla A	Rain	23	1st Time

Adelynn O	Rain	29	1st Time
Charolette R	Rain	29	1st Time
Bo	Th1	injured	
Saeed	Th1		
Charlie	Th1	103	1
Reese	Th1	103	1
Erin T	Th1	103	1
Joel	Th2		
Charlotte	Th2	90	4
Sophia c	Th2	91	3
Tess	Th2	82	-1
Abby	Th2	90	2
Seth	Th2		
Chloe	Th2		
Mathias	Th2	96	2
Tres	Th2	90	2
Andre	Th2	100	MADE TH1 Number
Emory	Th2	86	1
Alejandro	Th2		
Sara	Th2		
Ezequiel	Th2	98	-3
Stratton	Th2	70-recovering	
Emma	Th2	73	-1
Adam	Th2	92	1
Dalton	Th2	78	8
Brixton V	Th2	95	1st Time
Sophia L	Th2	84	2
Milo	Th2	77	-1
Elizabeth C	Th2	86	5
Liam	Th2		
Skyler N	Th2	84	1st Time
Elizabeth M	Th3		

Reed	Th3	77	1
Austin L	Th3	85	same
Izzy	Th3	80	same
Alejandra	Th3		
Jack D	Th3	77	1st Time
Otto	Th3	82	4
Katherine	Th3	71	10
Mckenzie	Th3	66	1st Time
Rebecca	Th3		
Kennedy	Th3	59	1st Time
Ella D	Th3	80	-5
Sydney T	Th3	81	3
Matthew P	Th3	81	3
Zuyi	Th3	78	2
Elyana	Th3	84	6