



Spa Invitational Oct 4-5

Here are the athletes that were able to attend:

Nico Alvarez, Sophia Arevalo, Stratton Arnold, Andre Artus, Saeed Azura, Micah Boldt, Abby Chambers, Reed Cheadle, Liam Chiu, Elizabeth Choi, David Conde-Dobocan, Elizabeth Dille, Ella Dille, Hira Gokdag, Henry Gonchar, Oliver Gonchar, Monty Grayson, Seth Grayson, Julius Gutsell, Emma Han, Haley Ho, Harper Hudson, Joelle Ikugbagbe, Reese John, Sophia Laver, Rebecca Li, Austin Lin, Logan Loc, Katherine Mazaraki, Alejandra Medellin, Flynn Michielsen, Luana Milne, Ady Morris, Hunter Nguyen, Zoey Nguyen, Sofia Olego, Otto Olivares, Liliya Ostrikoﬀ, Mathew Powell, Wade Raesner, Camilla Reyes, Dalton Rice, Adam Richardson, Grace Rohde, Grayson Ruppert, Misha Shuvalov, Izzy Simons, Tres Simpson, Devyn Smith, Emerson Spode, Ikuto Takahashi, Milo Tower, Erin Trichkovikj, Sydney Troutman, Camilla Turcios, Joel Wilson

I want to thank our officials that represented PFL Aquatics. These can be long, hot days and they volunteer to help. New to our officials team this year is Jed Laver and Randy Nguyen.

Officials for PFL Aquatics:

Chis Tower, Hector Medellin, Sheri Dudridge, Jed Laver, Randy Nguyen

Special thanks to all of our parents that timed at the meet this weekend. We appreciate how you represented PFL Aquatics. The timing system went down on Sunday, and I simply had to ask, and we had so many parents/siblings willing to step up and make sure the meet got started. THANK YOU

First timers for PFL Aquatics-new to our team and stepping up and showing up to our first meet.

Andre Artus, Henry Gonchar, Oliver Gonchar, Katherine Mazaraki, Liliya Ostrikoﬀ, Mathew Powell, Wade Raesner, Adam Richardson, , Misha Shuvalov, Devyn Smith, Emerson Spoede, Ikuto Takahashi

I do want to educate a few swimmers and families that swam at the 12 & under, B and Under, short course champs meet during the long course season in July. Your athlete might not have seen the same time drops, in the events they swam in July, as their peers that didn't attend the July short course meet. We are always in better shape at the end of a season than at the beginning of the season. If your athlete was close to a best time in events they swam at the meet in July, they did really well.

Please do not compare how your athlete(s) did against their peers. Did your athlete get better? The only thing they can control is if they get better, not if they beat "TIMMY" or "SALLY".

BEST TIMES+ New Motivational Times Achieved

Motivational Times-find on Gulf Swimming or USA swimming.org

Order of Motivational Times B BB A AA AAA AAAA

Always going to be harder for Sr swimmers to drop this early in the season. It's gravy when it happens.

Nico Alvarez	3/6	
Sophia Arevalo	3/3	
Stratton Arnold	6/6	B time 100 Br, 200 IM, 200 Fr/ BB time 50 Fr
Andre Artus	6/6	BB time 100 Br, 50 Fr/ B time 200 IM, 200 Fr
Saeed Azura	3/3	
Micah Boldt	4/6	
Abby Chambers	1/6	BB time 200 Fr
Reed Cheadle	6/6	
Liam Chiu	3/3	

Elizabeth Choi	3/3	B time 100 Bk, 50 Fr
David C.-Dobocan	3/3	B time 100 Bk, 50 Br
Elizabeth Dille	3/3	B time 100 Bk
Ella Dille	3/3	B time 200 Fr, 100 Bk, 50 Br
Hira Gokdag	6/6	BB time 50 Bk, 100 Br, 200 Fr /B time 100 IM, 50 Fly,100 Bk
Henry Gonchar	6/6	BB time 200 Fr
Oliver Gonchar	2/6	First meet w/ PFL
Monty Grayson	2/3	
Seth Grayson	5/6	B time 200 Fr
Julius Gutsell	3/3	
Emma Han	3/3	
Haley Ho	3/3	BB time 50 Br
Harper Hudson	3/3	
Joelle Ikugbagbe	6/6	
Reese John	4/6	
Sophia Laver	6/6	
Rebecca Li	3/3	B time 50 Br
Austin Lin	3/3	A Time 50 Fly/ BB time 200 Fr, 100 Bk
Logan Loc	2/3	
Katherine Mazaraki	3/3	B time 50 Br
Alejandra Medellin	2/3	
Flynn Michielsen	3/6	
Luana Milne	4/6	B time 100 Fr, 50 Fly
Ady Morris	3/3	B time 100 Fr
Hunter Nguyen	3/3	B time 50 Bk

Zoey Nguyen	3/3	BB time 100 Bk, 50 Br
Sofia Olego	3/3	B time 50 Bk
Otto Olivares	3/3	
Liliya Ostrikoff	2/2	First meet w/ PFL
Mathew Powell	6/6	A time 100 Br / BB time 200 Fr
Wade Raesner	2/2	B time 50 Bk
Camilla Reyes	2/3	
Dalton Rice	3/3	
Adam Richardson	6/6	B time 100 Br, 100 Fr, 50 Fr
Grace Rohde	2/3	
Grayson Ruppert	2/6	AA time 200 Fr
Misha Shuvalov	2/3	First meet w/ PFL
Izzy Simons	3/6	
Tres Simpson	5/6	B time 200 Fr, 50 Fr
Devyn Smith	3/3	First meet w/ PFL
Emerson Spoede	2/2	First meet w/ PFL
Ikuto Takahashi	2/2	First meet w/ PFL
Milo Tower	4/6	
Erin Trichkovikj	5/6	A time 100 Fly, 100 Br, 50 Fr
Sydney Troutman	5/6	B time 100 Fly, 200 Fr, 100 Bk, 50 Fr
Camilla Turcios	3/3	BB time 50 Bk / B time 100 Fr
Joel Wilson	1/3	

Congratulations to everyone on your new best times and to all the swimmers that made it to the next level in some events. THIS IS HUGE and attaining these cuts are within our individual control based on consistency of showing up, listening, focusing and giving the effort we are capable of day in, day out.

We are looking forward to the November swim meet on the 8-9th. Please try and join us and let's continue to have fun, develop and build relationships that will stand the test of time.

Sign up for the November meet will be out early next week.