

Meet: Nelms Summer Scorchers Invite hosted by BATS
Location: U of H Natatorium

Thanks to everyone that came out and represented PFL Aquatics @ our May swim meet. We had a great time racing and hanging out with each other. We are really starting to understand how to race as a team. It takes a long time to learn everything that is involved in racing (many details) and then build the habits so we can just race and not have to think about it. We are slowly getting there but I can see it developing. Best times are great, but it is about learning how to fine tune your ability to race. It could be a technique issue; a skill set issue or a race strategy issue that the kids need to focus on in practice to continue their journey on learning how to master racing. Meets are the only place to truly test ourselves and see where our inefficiencies lie and then we focus on continuing to develop our inefficiencies at practice. This is why being consistent at practice is key to development.

Thank you to all timers! I know we were short a few slots, but you really stepped up and filled in when needed. Special shout out to those that pulled multiple timing sessions.

Thank you, Hector Medellin, Jed Lavar and Randy Nguyen, for being an official for us all weekend. We can't do this without you.

Here are the kids that represented us so well this past weekend. Thank you Gang!!

Tess Adey-Peters, Nico Alvarez, Sophia Arevalo, Stratton Arnold, Andre Artus, Charlie Baird, Emily Bowling, Luke Bruno, Abby Chambers, Bo Cheadle, Chloe Ciabattari, David Conde-Dobocan, Makayla Cruz, Sophia Cruz, Hira Gokdag, Seth Grayson, Joelle Ikugbagbe, Sawyer Jackson, Reese John Sophia Laver, Alejandro Leonardi, Rebecca Li, Austin Lin, Logan Loc, Alejandra Medellin, Flynn Michielsen, Skyler Newell, Hunter Nguyen, Zoey Nguyen, Sara Pirela, Matthew Powell, Wade Raesner, Dalton Rice, Grayson Ruppert, Mikhail Shuvalov, Tres Simpson, Erin Trichovikj, Sydney Troutman, Brixton Voinche, Anran Wang and Zuyi Yang

Results will be up and down. It is still very challenging for our Thunder athletes to drop at this point of the season.

Tess Adey-Peters	6/6	First Long Course Meet-Nice!	B time 50 Fr, 100 Fr
Nico Alvarez	0/3		
Sophia Arevalo	3/3	First Long Course Meet-Nice!	
Stratton Arnold	3/3	Crazy drops	B time 200 Fr, 200 IM, 100 bk, 100 Fr
Andre Artus	7/7	First time 400 Fr	B time 400 Fr, 200 Fr

BB time 50 Fr, 200 Br, 100 Fr

Charlie Baird 7/7 First time 800 Fr A time 800 Fr, 100 Fr

BB time 200 Fr, B time 100 Bk, 200 fly

Emery Bowling 3/3 First Long Course Meet-Nice!

Luke Bruno 0/6 Great job w/ race strategy's

Abby Chambers 2/3

Bo Cheadle 6/6 AA time 100 fly, 100 Fr A time 200 Bk
B time 100 Br

Chloe Ciabattari 3/3

David Conde-Dobocan 4/6 BB time 50 bk, 50 Fr, B time 50 Fly

Makayla Cruz 3/3

Sophia Cruz 3/3

Hira Gokdag 6/6 First Long Course Meet - B time 100 Br, 50 Br, 100
Fly, 50 Fr, 100 Fr, BB time 100 Bk

Seth Grayson 3/6 BB time 50 Fr

Joelle Ikugbagbe 3/6

Sawyer Jackson 3/3

Reese John 4/5 BB time 100 Fr

Sophia Laver 2/2

Alejandro Leonardi 3/3 BB time 100 Fly, 50 Fr

Rebecca Li 3/3 First Long Course Meet, B time 50 Fly, 100 Br
BB time 100 Bk

Austin Lin 5/5 Team Record , 11-12 50 Fly, 31.59, TAGS cut 50 Fly, 100
Fr A time 400 Fr, 200 Br

Logan Loc 3/3 B time 50 Fly, 100 Br

Alejandra Medellin 3/3 B time 50 Fr

Flynn Michielsen 5/6 B time 50 Fly, 50 Fr , BB time 100 Bk

Skyler Newell 6/7 B time 400 Fr , BB time 200 Fr, 50 Fr, 50 Fly

Hunter Nguyen 3/3 B time 100 Bk

Zoey Nguyen	4/4	BB time 200 IM, 50 Br, 100 Fr
Sara Pirela	0/3	
Matthew Powell	6/6	B time 200 Fr, 200 Br
Wade Raesner	2/3	B time 100 bk
Dalton Rice	6/6	
Grayson Ruppert	1/7	BB time 200 Br
Tres Simpson	5/6	B time 50 Fr
Erin Trichovikj	3/6	BB time 200 Fr
Sydney Troutman	3/3	BB time 100 bk, 50 Fr
Brixton Voinche	6/7	First Meet w/ PFL Aquatics-welcome Brixton
		B time 200 IM First time 200 Fly
Anran Wang	3/3	First Long Course meet-Nice job
Zuyi Yang	3/3	First Meet w/ PFL Aquatics, B time 50 Fr

Our next meet is going to be June 26-28 @ U of H. Please try and come to the meet if you can. Look for the sign up to come out in next week's weekly update.

We look forward to seeing you poolside soon. Thank you for being a part of PFL Aquatics.

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Take care,

Coach Jason