



## **Southern Senior Champs Meet Write Up**

**Must have Qualifying times to enter**

**Location: CISD Natatorium**

Southern Senior Champs is a VERY fast mid-level meet that you must have qualifying times to participate. We had 9 athletes that qualified, and we had 8 attend the meet. This is 1/3 of our Senior program that has qualified, and I am very happy about that. It was a prelims/ finals meet where they raced in the AM and the top 40 in each event came back to race again in the PM. There were 5 finals starting from the slowest to fastest, E, D, C, B, A. The A and B finals were the scoring finals. C, D and E offered another opportunity to race and see if you could step it up in finals. This is how all High-level meets are and why it's important to go to meets and come back to finals and race when you have the opportunity.

We rocked this meet with everyone achieving best times and some of our athletes' making finals and scoring for our team. We had a few athletes reach the NEXT Level qualifying for national level meets. Please see the results below to find out. It is always nice to make scoring finals, but it is about trying to get a second swim(make finals), making small tweaks and allowing the adrenaline from finals to help achieve a new personal best.

The boys finished 17<sup>th</sup> overall out of the Gulf(60 + team) and several out of town teams

Here are our athletes that attended:

- **Andre Artus, Saeed Azuara, Luke Bruno, Bo Cheadle, Julius Gutsell, Reese John, Sara Pirela and Grayson Rupport**
- **Andre Artus 6 out of 6 best times 100 Br A time, B time 100 Fly, A time 200 Br, B time 100 Bk, BB time 100 Fr, BB time 200 IM-all new motivational times**
- **Saeed Azuara 5 out of 6 best times 100 fly BB time and so close to a few A times**
- **Luke Bruno 1 out of 2 almost getting under 2 minutes in the 200 IM with a 2:00.01**

- Bo Cheadle                   Scored 23 points           A, B and C final           4 out of 4 best times  
1st, 2<sup>nd</sup> and 3<sup>rd</sup> Sectionals Cut           Sectionals 200 Fly           1:54.37, Sectionals  
100 Bk 53.04, Sectionals 200 Bk, 1:53.00-.21 off of Futures, AA time 200 IM
- Julius Gutsell   - 4 out of 4   A time 50 Fr, B time 100 Bk, A time 100 Fr, BB time 200 IM
- Reese John    1 out of 3 - Getting close to the A time in 100 Fr
- Sara Pirela   2 out of 2      BB time 100 Fr
- Grayson Ruppert   Scored 35 Points   2 A finals, 1 B final   1<sup>st</sup> Futures Cut and several additional Sectionals Cuts
- Sectionals Cut 200 Fr 1:42.27, Sectionals 100 Fly 51.15, FUTURES 200 fly 1:53.37, AAA time 500 Fr-dropped 18+ seconds, Sectionals 100 Fr           47.71, AA time 200 IM

We had 1 400 Medley relay, and the boys won their heat finishing 22<sup>nd</sup> overall. They won their heat by .2. Do the small things matter? Absolutely!

**Bk-Bo Cheadle/ Breast-Luke Bruno/ Fly-Grayson Ruppert/ Fr-Julius Gutsell**

The athletes that are achieving the higher-level cuts are the same athletes with 95% + attendance. They are the same athletes that when they get uncomfortable at practice, they continue to push physically and mentally. There is no magic pill. Put in the time and put in the work and then maybe you will achieve your goals. Nothing is guaranteed, but it sure increases the chances.

Thank you to all the athletes and parents that came out to represent PFL Aquatics. Congratulations to Bo Cheadle and Grayson Ruppert for reaching the NEXT LEVEL. I look forward to seeing what we can continue to accomplish.

Thank you for being a part of PFL Aquatics.

Coach Jason