



**12 & Under Champs hosted by Katy Aquatics @ Katy High School Natatorium**

**Feb 21-23<sup>rd</sup>**

I want to thank the 30 athletes and families that came out and represented Power for Life Aquatics at the 12 & Under Champs meet. We had a lot of personal best times achieved and some really good racing with improved skill sets (streamline, breakouts, underwater travel including dolphin kicks, pull outs). Sometimes skill sets can initially slow us down but the only way to develop them is to practice and then race with them. I am so proud of our kids and the fact that they are racing with the skill set we practice daily. You can really see a difference, especially with our younger kids. I am looking forward to next season, continuing to develop our kids and see what we can accomplish together. Below is a list of the athletes that attended the meet. Thanks and way to represent Gang!

Quick shout out to our officials that represented us at this meet, even though they didn't have kids attend. Thank you to Niel Sood and Sheri Duddridge

**Sophia Arevalo, Micah Boldt, Reed Cheadle, David Conde-Dobocan, Catie Crane, Makayla Cruz, David Dille, Elizabeth Dille, Ella Dille, Hira Gokdag, Monty Grayson, Charlie Hilbig, Haley Ho, Joelle Ikugbagbe, Sophia Laver, Rebecca Li, Austin Lin, Logan Loc, Flynn Michielsen, Luana Milne, Hunter Nguyen, Zoey Nguyen, Sofia Olego, Amanda Pirela, Grace Rohde, Bryant Rooney, Isabelle Simmons, Chandler Stevenson, Camilla Turcios**

**Motivational times can be found on the Gulf Swimming website.** It is a great way to track progress for 9 and up swimmers. It goes B-BB-A-AA-AAA-AAAA. Below is what the kids achieved at this meet. They may currently have motivational times in other events.

Best times-	swims vs. best times	70% best times overall
<b>Sophia Arevalo</b>	3/3	
<b>Micah Boldt</b>	6/6	
<b>Reed Cheadle</b>	1/3	
<b>David Conde-Dobocan</b>	4/6	
<b>Catie Crane</b>	3/3	Achieved a B motivational time in 100 back/ 200 Fr
<b>Makayla Cruz</b>	3/3	Achieved a B motivational time in 100 IM/ 50 fly/ 100 Fr
<b>David Dille</b>	2/3	
<b>Elizabeth Dille</b>	2/3	
<b>Ella Dille</b>	3/3	Achieved a B motivational time in 100 IM
<b>Hira Gokdag</b>	4/6	Achieved a B motivational time in 50 back/ 100 bk
<b>Monty Grayson</b>	2/3	Achieved a B motivational time in 100 IM/ 50 Fly
<b>Charlie Hilbig</b>	2/2	
<b>Haley Ho</b>	3/3	Achieved a B motivational time in 50 fr/ 200 Fr/ BB time 50 Br
<b>Joelle Ikugbagbe</b>	2/3	
<b>Sophia Laver</b>	3/4	
<b>Rebecca Li</b>	3/3	Achieved a B motivational time in 100 breast
<b>Austin Lin</b>	2/2	Achieved a BB motivational time in 200 IM
<b>Logan Loc</b> 50 br	5/6	100 fly for the first time/ BB time 50 fly/ 100 fr/ 50 fr/ 100 fly/
<b>Flynn Michielsen</b>	1/3	Achieved a B motivational time in 100 back
<b>Luana Milne</b>	5/6	Achieved a BB motivational time in 100 IM/ 50 Br/ 200 Fr
<b>Hunter Nguyen</b>	1/3	
<b>Zoey Nguyen</b>	2/3	Achieved a B motivational time in 50 fly
<b>Sofia Olego</b>	2/3	
<b>Amanda Pirela</b>	3/3	Achieved a B motivational time in 50 fr
<b>Grace Rohde</b>	3/3	
<b>Bryant Rooney</b>	3/3	First Meet
<b>Isabelle Simmons</b>	6/6	Achieved a B motivational time in 100 fr/ 50 fr

**Chandler Stevenson** 2/3

Achieved a B motivational time in 100 breast

**Camilla Turcios** 2/3

Achieved a B motivational time in 100 IM/ 50 fly

Racing is a skill that is learned at practice, but the real test is going to meets and racing the clock. Learning how to truly race takes time to develop and the younger and more often our kids attend meets, the more successful our kids and our team will be in the future. This is the only way our team will be able to compete against the teams in the Gulf.

I am asking everyone to try and start to compete at meets if your athlete does not currently attend meets. Start with one day. I am asking if you're currently going one day that you try to come to two days, at least a couple times a season. It's the only way to compete in all the events offered and get the experience that is needed to reach their potential.

Thank you for being a part of Power for Life Aquatics. We hope that your kids have enjoyed the experience and that you see that your kids are getting better, not just faster.

Take care,

Power for Life Coaching Staff

ALSO BELOW:

I would like to congratulate the following athletes that achieved THSCA 2024-2025 Swim & Dive Academic All-State

To be named to the Academic All-State team in Texas, a student must meet certain criteria, including GPA, class rank, and ACT/SAT scores. Students must also be in good standing with their team and have good moral character.

Criteria Be a graduating senior, Have a GPA above 92, Be in good standing with their team, Have good moral character, and Excel in the classroom and on the field or court.

School

**Cinco Ranch**

Anneliese Sood

Asher Lin

Taylor

Ella Schlorholtz

Santiago Salazar

JP Diaz Ponce

Congratulations for all your hard work and dedication to academics and swimming. We are very proud of you.

Power for Life Aquatics Staff