



Nancy's News

Brentwood Sea Wolves Swimming

A Message from Head Coach Nancy



Our Seawolves team had a total of (12) swimmers at the SRVLA meet held in San Ramon from January 16-17. We had a total of 79 races and 50 personal best times!

Some of the highlights included **Lizzie Allen (14)** with (5) PB's, including (3) second drops in both her 200 Breast and 200 IM. Her first ever 500 free was nothing short of impressive.

Kayla Fruehling (13) is another swimmer who had an outstanding meet with a total of (26) seconds in time drops! She took (8) seconds off her 100 back and (10) more on her 200 breast! "Keep it up Kayla, your hard work is paying off!"

Emily Harris (14) had a 100% personal best times. She earned a new JO cut in the 100 back with a 1:07.20,

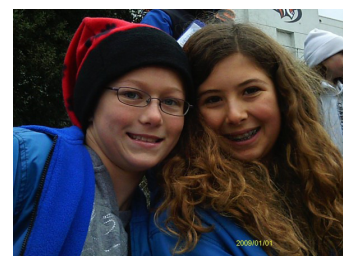
along with a (12) second drop in her 500 free. Way to go Emily! Your consistent hard work is really showing!

One of our newer year rounder's, **Jennifer Johnston (14)** also had a 100% personal best times! She had a (5) second drop in the 100 back, (4) seconds off her 50 free-style (27.96), and competed in her first 200 breast-stroke. "Good job Jennifer!" "You're off to a strong start!"

Morgan Wentz (14) had an incredible meet, earning (3) new "A" times in the 200 back, 500 free and 100 free-style! "It was great to see you competing!"

"I am looking forward to seeing all of you in our next scheduled team meet!"

—Coach Nancy



Junior Elite SRVLA Meet Update:

Amber Dantono(6) achieved (3) best times in her 25 free (22.70), 50 free, and 50 back, "Nice swims Amber".

Rachel Landro(10) swam her first USA meet receiving a "B" time in the 100 breast. ! All (5) of her events were best times!

Zane Hinojosa(9) has qualified for JO's in the 50 free, with a time of (31:61)! "You're Awesome!"

Corban Rawls(10) has accumulated (2) more FARW cuts in the 50 free(29.84) and (1:16) in the 100IM! He also received a JO in his 100fly. "Awesome swimming Corban!"

Troy Fournier(11) swam in 7 events all personal best times. He took a full (3.5) seconds off his 100 back! "Great job!"

Alexis Oteri(11) produced (4) best times along with competing in her first 200 back-stroke. "Impressive work Alexis!"

Far Western qualifier **Katherine Young(10)** had personal bests in the 200 free with a (4.2) second drop(2:20.45) and achieved a PRT in her 50 back with a (33.24)! "Katherine continues to WOW us!"