



## Nancy's News

### Brentwood SeaWolves Swimming

#### A Message from Head Coach Nancy & Pam

**Note to Members:**

If you have any pictures from swim meets or any BSW team event, please send them to:

[Yvonne.pompa@brentwoodseawolves.com](mailto:Yvonne.pompa@brentwoodseawolves.com)

The SeaWolves competed in the C/B/A+ meet held in Vallejo on February 5-7.

This particular meet was one of which most of our athlete's performances were strong. Starting off with Friday evening's 1000 free, and the 11 & over 400 yard IM. Both races were offered so SeaWolves took advantage of this with many first time entries.

**Emily Harris** (14) competed in her first ever 1000 free and 400IM, earning new "A" times in both events! Emily has been steadily closing in on her JO cut in the 200 back with needing only a .3 drop; however she did qualify in the 200 free with a strong 2:05.60. "Another great meet for Emily"!

**Elysia Pompa** (13) competed and qualified for JO's in her first 1000 free event. Her PB's included the 100 breast and 200 fly, but saving her MOST impressive race concluding day three. Swimming her first 400IM with a 5:14.32, and just missing the JO qualifying time by less than 2 seconds! "Elysia, this is a GREAT event for you and I can't wait to see you swim it again"!

**Lizzie Allen** (14) also swam her first ever 1000 free with even splits, "Nice swim Lizzie"! She earned a Personal Best in the 500 free and a new "A" time in her 100 back.

**Morgan Wentz** (14) also swam even splits for her first time 1000 free event, and had a PB in her 100 fly! "Keep it up"!

**Jennifer Johnston** (14) had 5 new PB times and continues to take off lots of time! "You have earned it". "Listening, trying hard at each day and a consistent practice schedule is paying off". Jennifer only needs .4 off her 50 freestyle to JO qualify! She had PB events which included the 100 free, 100 breast, 200 breast and 100 fly. "Keep it up Jennifer"!!

**Kurt Holzmuller** (15) had a PB in the 200 IM with a 2:14.05

**Walker Thaning** (14) was one of seven BSW athletes swimming in his first ever 1000 free and qualified for JO's. He just missed going under the 2 minute mark in his 200 freestyle by .5 of a second! His PB in the 100 back (1:02.7) was only .8 off his Far Western qualifying time but still managed to win his event. "Next time Walker, you will get it"!

**Roger Gomez** (14) competed Saturday, February 6 in the West Zone 1 South C/B/A+ meet. His PB in the 100 back (1:08.8) is now getting very close to his JO qualifying time. Roger raced and dropped 45 seconds off his 500 free. "Way to go Roger"!

-Coach Nancy



In Vallejo, **Alexis Oteri** (12) not only swam a total of 9 events over the three day venue, but also was our top female high point earner for the team! "As her coach, I was most impressed with her first time performance in the 1000 yard freestyle held Friday night, earning her a new "A" time"!

**Corban Rawls** (10) swam 8 events, and was BSW's male athlete high point scorer, placing 1<sup>st</sup> in 7 out of 8 swims! His first time 500 free (6:59.91) was not only impressive, but earned him a new "A" time! "Way to go Corban"!

**Zane Hinojosa** (9) had 2 best times, one in his 50 breast (45.07), where he placed 3<sup>rd</sup> overall and the other in his 50 butterfly(40.10) where he placed 4<sup>th</sup>! "Keep up the effort Zane, it will pay off".

**Delilah Izumi** (9) took a whopping 5 seconds off of her 50 free, and swam it in 47.71! "Nice swimming Delilah".

**Dinah Marr** (8) had 2 best times, one being the 25 free (23.16) and the other was a significant 15 second drop in her 50 back with a time of (1:02.40). "Good job Dinah"!

-Coach Pam