



Triton Talk Newsletter

A Year in Review

Tule Nation Tritons

2016

DANIELLE ALBRIGHT LEAVES AGE GROUP WITH 3 NEW RECORDS — January 2016



Swimming her last meet in the 11-12 girls division, Danielle Albright reestablishes three team records on day two of the Clovis meet this January. Danielle was among 35 TNT swimmers at the meet, and was our only record-breaking athlete as she set her first

team record with the 1:09.48 in the 100 breaststroke to go under Mallory Korenwinder's 1:09.56 that she set as the record while competing at Far Westerns in 2011. Danielle's time now stands as the 54th fastest nationally among girls of age 12. Her second record

came in the 200 fly where her time of 2:21.74 was well under Kyle Walkers previous record of 2:23.97 set at the Tulare meet in 2014. This time ranks 118th nationally. Her final record came in the 100 IM where her time of 1:02.85 once again fell under Mallory Korenwinder's 1:03.57 that she swam at the Far Western meet in 2011. Danielle's new record stands as the 44th fastest nationally.

Our highest improvement rate goes to Hanford's nine-year old Tegan Hunt who improved 80% of her times, the largest drops reflecting a 16-second improvement in the 100 free, and nearly a 13-second improvement in the 100 breaststroke

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10 FINALISTS AT FRESNO SENIOR MEET — January 2016

Twelve TNT swimmers competed at the Fresno Dolphin Senior Meet in late January, and ten of our swimmers earned second swims during this early-season competition. Championship finalists included Danielle Albright who was the event champion in the 200 breaststroke (2:34.82), and had two 2nd place finishes that included the 100 breast and 200 back events. She also finished 3rd in the 100 fly, and 4th in the 100 back. Our only other event champion was Visalia's Lauren Geiger who won the 100 fly (1:02.60). She also had two 2nd place finishes that included the 100 back and 50 free events. Lauren finished 5th in the 100 free, and 7th in the 200 free.

Other championship finalists included Libby Adriaansen who swam to a 5th place finish in the 200 breast, and 7th place finish in the 100 breast. Owen Ansel had a pair of 2nd place swims that included the 100 breast and 100 fly, and he finished 4th in the 50 free. Visalia's Janessa Bringe came home with a 3rd place swim in the 100 fly, a 5th in the 200 back, a 7th in the 100 free, and an 8th place in the 200 free. Twelve-year old Peyton Costa finished 3rd in the 200 back, and 5th in the 1650 free, while Katherine Mendyk finished 4th in the 100 breast, and 5th in the 50 free. Katherine Sullivan was our only other female championship finalist, finishing 6th in the 100 back, and 8th in the 200 IM, while Selma's Wyatt Ward was our only other male championship finalist, finishing 6th in the 100 back.

Consolation finalists included: Danielle Albright (9th – 100 free), Janessa Bringe (9th – 200 IM & 12th – 100 back), Peyton Costa (15th – 200 IM & 14th – 500 free), Jackson Huckabay (11th – 200 IM & 10th – 500 free), and Katherine Sullivan (16th – 100 free).

AVA OLSON & RYLEE LORD LEAVE RIDGECREST WITH HIGH POINTS — January 2016

Eleven TNT swimmers competed at the Beat the Cold meet in Ridgecrest over the January 23-24 weekend and placed third with 534 points behind Bakersfield's 696 points generated from their 27 swimmers, and TNT was among the seven teams competing at the meet. Our team was led by two high point recipients that included ten-year old Ava Olson who was undefeated at the meet, winning all eight events, scoring 72 points, and setting a new team record in the 200 IM. Our only other high point recipient was 12-year old Hanford swimmer, Rylee Lord, who swept seven of her eight events and scored 69 points, and improved her 100 backstroke by over two seconds. Runner-up high points included Hanford's Addison Mccullough who was one point behind the leader in the 7-8 girls division, and Tristan Gaines who earned the second highest points in the 15-18 boys division.

Two of our swimmers swam under existing meet records, and this included High Point recipient, Ava Olson, whose 2:46.20 in the 200 IM stands as the meet record for the 9-10 girls, thereby joining Paige Costa, Skylar Ford, Mallory Korenwinder, Samantha Goates, Megan Eppler, Amber Khieralla, Alex Ellis, Ian Belflower, Peyton Costa, Garrison Price, Nathan Rhea, Devan Marshall and Chris Nolan as a meet record holder. Benjamin Wheeler also swam under the preexisting meet records in two of his events that included the 200 IM where he swam under the record by five seconds, and the 500 free where he swam under the record by six seconds. Benjamin placed second in both events for the 11-12 boys division.

Other event champions at the meet included Sienna Abernathy (50 back), Tristan Gaines (200 breast & 100 breast), Isabella Klawitter (50 back), Addison Mccullough (25 fly), Micah Ruiz (100 free & 50 free), and Benjamin Wheeler (200 free).



10 TNT SWIMMERS AT COLLEGE CONFERENCE MEETS— January 2016



Cody Nash

Wesley Coles

Bre Abell

Matlyn Morris

Haley Baker



Matthew Tashima

Kyle Grissom

Katelyn Herrera

Lauren Davis

Chris Nolan

Ten TNT swimmers have, or will be competing at their respective college conference meets as the college swim season nears its end. Our swimmers are currently competing in the states of Mississippi (Katelyn Herrera – Delta State), California (Wesley Coles – Fresno Pacific, Matlyn Morris – Fresno Pacific, Bre Abell, Fresno Pacific, Haley Baker – Biola, Lauren Davis – UOP, Chris Nolan – UC Santa Barbara, and Kyle Grissom – USC), and Pennsylvania (Matthew Tashima – Saint Vincent College).

[Katelyn Herrera](#) attends her first conference championship meet swimming for Delta State at the New South Intercollegiate Swim Conference Championships (NSISC) that takes place over the week of February 17-20. Katelyn scored 22 points with a championship swim, and 8th place finish, in the 1000 freestyle swimming 10:40.03 in the event, being the third Delta State swimmer in the race. She went on the finish 13th in the 400 IM, improving over three seconds to a 4:41.57 during the preliminary heats, and then shaving off hundredths during finals for a 4:41.52. She is the top seed in the consolation heat for the 500 free after swimming 5:08.71 in the preliminary heats.

[Wesley Coles](#) is competing for Fresno Pacific in his senior year, and swam at the Pacific College Swimming Conference (PCSC) Championships over the February 12-15 week. Wesley had a 3rd place finish in the 500 free with a time of 4:32.28, as well as a third place finish in the 200 free with a time of 1:39.23 after swimming 1:39.07 in the preliminary heats. He was the event champion, being the only swimmer at the meet to go under the 1:50.00 mark with a 1:49.50 in the 200 fly.

[Matlyn Morris](#) joined Wesley as she returns from multiple injuries, and scores by finishing sixth in the B-final of the 50 free with a time of 24.45, and seventh in the B-final of the 100 free where she swam a time of 53.35. She makes the A-final in the 100 back swimming a time of 58.68 and finishing seventh there. Fresno Pacific women finished fifth at the meet behind UC San Diego, Cal State East Bay, Loyola Marymount and Pepperdine.

In her second year of collegiate swimming for Fresno Pacific, [Bre Abell](#) earned second swims in the scoring C-final of the 50 free swimming 24.84 and finishing 6th in that heat. Her highest place was third in the B-final of the 200 free where she swam 1:56.15 there. She also scored in the C-final of the 100 free where her 53.63 was enough for a 5th place finish.

A former Hanford TNT swimmer, [Haley Baker](#), also competed at the PCSC meet for Biola, and finished 33rd while competing in the D-final in the 50 free with a time of 25.61, and swam to a C-final in the 200 free after swimming 1:58.97 in the preliminary heats. She also swam 54.54 in the 100 free D-final

[Lauren Davis](#), competing in her first year for the University of the Pacific (UOP), has made the travel team for the University, and competes at the MPSF Championships that runs from February 17th to 20th. She squeezed into the C-final in the 100 breaststroke with a time of 1:07.75, and is currently seeded 14th in the 200 breaststroke.

Joining Lauren at the MPSF Championships is [Chris Nolan](#) competing for UC Santa Barbara, and who is seeded 1st in the 200 fly with his time of 1:46.81. Chris did move from 16th in the preliminary heats of the 500 free where he swam 4:36.07 to 15th during finals in the event. He held on to a championship seeding in the 100 fly swimming a lifetime best of 48.81 going into finals in 8th place.

[Cody Nash](#) is currently competing at the Ohio Athletic Conference (OAC) Championships for Wilmington College, and he earned a 3rd place finish in the B-final of the 500 free with a time of 4:57.20 after being seeded 21st in the event. He is the 2nd highest scoring Wilmington swimmer for the 500 free. He was seeded 13th in the 100 breaststroke with a 1:03.61, and then swam 1:01.35 in the preliminary heats to go into the B-final heat in 2nd. Cody is seeded 9th in the 200 breaststroke with a 2:19.11.

[Matthew Tashima](#) competed at the President's Athletic Conference (PAC) Championships for Saint Vincent College during his second year of collegiate competition, and his conference meet concluded on February 13th where he finished 2nd in the B-final of the 50 free with a time of 22.02, and 4th in the B-final of the 100 fly with his time of 54.11. His highest finish was 3rd in the A-final of the 100 free as a sophomore, swimming 47.68 there, and being the second fastest Saint Vincent swimmer in the event. Saint Vincent finished 4th at the meet.

[Kyle Grissom's](#) Pac-12 Championships are scheduled for March 2nd through 5th as he competes for the University of Southern California (USC).

ALBRIGHT, ANSEL & RIDENOUR FINAL AT JUANITA ALLINGTON— February 2016

Ten TNT swimmers competed at the Juanita Allington Memorial meet held in Clovis over the last weekend of February, and three of our swimmers earned a second swim in one of three heats of ten. Our highest finish was from 13-year old Danielle Albright who finished 14th in the 100 breaststroke with a lifetime best of 1:08.44. She was followed by Visalia's Megan Ridenour who was our only swimmer with multiple finals, finishing 30th in the 200 breaststroke, and 15th in the 100 breaststroke. Owen Ansel was our only other finalist who touched 29th in the 200 breaststroke event.

Thirteen-year old Alex Roberts was the only swimmer to improve 100% of time, improving four of four events. Her highest finish was 71st in the 100 back. Our remaining six swimmers, along with their highest finish, include: Janessa Bringe (154th – 200 free), Tristan Gaines (41st – 1000 free), Laruen Geiger (48th – 100 back), Ashley Olson (47th – 100 back), Micah Ruiz (52nd – 200 back), and Katherine Sullivan (53rd – 200 fly).

JETT, KORENWINDER & BRINGE ALL WIN AT CANYONS – team places 8th— February 2016

While 35 TNT swimmers competed at the Junior Olympics, 22 swimmers traveled to Santa Clarita to compete at the Southern California Canyons Q meet. This meet fielded two heats of finals for the 10-under and 15-18 age divisions, and a top-8 final for individual ages of 11, 12, 13 and 14.



Points from individual events at Canyons were led by [Khloe McCarthy](#) with a total of 60.5 that resulted from two 3rd place finishes that included the 500 free (5:02.49), and 1000 free (10:31.21), both events and times of which fall under current team records. Khloe swam under the current team record twice in the 500 free, first during the preliminary swim where her time of 5:03.28 went under Jillian Hatch's 5:03.66, and then at finals where she improved the preliminary time to a 5:02.49. Her time stands as the 131st fastest nationally among 18-year old female swimmers. Her time of 10:31.21 is also a new record for her, and it falls under Katelyn Herrera's 10:41.57 that was set at the Terrapin meet in 2012, and now Khloe's new record stands as the 59th fastest nationally to date. Our only other team record was from [Peyton Costa](#) who swam 2:24.72 in the 12-year old 200 backstroke event. He was an original record holder in the event, prior to Benjamin Wheeler setting a new standard as a 2:25.29 at the Age Group Championships in San Diego

this past December. Peyton's reclaimed record ranks 670th nationally for boys at age 12.

One of the most exciting finals resulted in a 1st and 2nd place finish in the 15-18 female championship final 100 fly event. Our Junior National senior swimmers, [Mallory Korenwinder](#) and Selma's [Sierra Jett](#), who will be attending the University of Arizona and Auburn University respectively, dominated the event with a 1-2 finish (56.59 and 56.74). Mallory Korenwinder went on to win the 100 breaststroke (1:03.71), while Sierra Jett became the event champion in the 50 free (23.80). Our only other event champion at the meet was Visalia's [Janessa Bringe](#) who took home the gold in the 14-year old 1000 freestyle event with a time of 10:58.32. Other championship finalist included: [Owen Ansel](#) (200 breast, 100 breast), [Morgan Coddington](#) (400 IM), [Peyton Costa](#) (400 IM, 50 back), [Alonso Escobedo](#) (500 free, 400 IM), [Aubrey Holbert](#) (200 back), [Jonas Huckabay](#) (1650 free, 1000 free), [Sierra Jett](#) (50 free, 100 fly, 100 free), [Mallory Korenwinder](#) (100 breast, 100 fly, 200 breast), [Khloe McCarthy](#) (500 free, 200 free, 400 IM, 1000 free), [Gage Price](#) (500 free, 50 fly, 1000 free), [Satoshi Shinkawa](#) (100 back), [Katherine Sulli-](#)

[van](#) (500 free, 200 back, 400 IM, 100 back), [Benjamin Wheeler](#) (1000 free), and [Bryan Wong](#) (50 breast).

An additional highlight resulting from the meet is our 17-18 female relay teams setting Central California Swimming records in four distinct events. Our teams won three of the four relays, and placed second in the short medley while competing apart from the winning team. New CCS records are posted for:

- 15-18 women 400 free relay (3:34.85) [M. Korenwinder](#), [M. Coddington](#), [A. Holbert](#), [S. Jett](#)
- 15-18 women 400 medley relay (3:58.91) [A. Holbert](#), [M. Korenwinder](#), [L. Geiger](#), [S. Jett](#)
- 15-18 women 200 free relay (1:39.42) [M. Korenwinder](#), [A. Olson](#), [M. Coddington](#), [S. Jett](#)
- 15-18 women 200 medley relay (1:50.56) [A. Holbert](#), [M. Korenwinder](#), [L. Geiger](#), [S. Jett](#)

Two swimmers improved 100% of their times in Canyons, and they included [Bryan Wong](#) and [Bryce Wong](#).

TNT PLACES 3rd AT JO's— February 2016



Fifty seven TNT swimmers competed over the February 12-15 weekend at one of two championship meets. The largest group of our swimmers (35) competed at the Junior Olympics where the team held a third place finish among the 32 teams that scored at the meet. Twenty eight of our thirty five swimmers scored in individual events, and this effort was led by [Danielle Albright](#) who accumulated 140 points in individual events, and taking home wins in the 400 IM (4:40.82), 500 free (5:13.04), and 1000 freestyle (10:40.02) events. Her swim in the 1000 freestyle is a new team record in the 13-14 age division that she just entered. Her time slid under Megan Eppler's record of 10:40.93 that was set also when she was 13 in 2005 at the Junior Olympics. Danielle's time currently ranks 40th nationally for swimmers at age 13.

Porterville's [Diego Gutierrez](#) was our next highest point getter at 92, generated partly by his winning swim in the 11-12 boys 100 freestyle, where his 55.75 was over a four second improvement in the event. Our next highest point accumulation came from Hanford's [Rylee Lord](#) at 85 points, and her highest finish was a 4th place in the 11-12 girls 200 freestyle where her 2:06.38 was over a five second improvement. Tule Nation Tritons had two additional event champions, and these included [Tristan Gaines](#) whose 19:02.23 was enough for a win in the 1650 freestyle, and [Ava Olson](#) who took home the gold in the 10-under 100 fly with a 1:12.65 which exceeded a three second improvement. Tristan and Ava accumulated the 4th and 5th highest points on our team behind Danielle, Diego, and Rylee. Selma's [Lucas Huckabay](#) (76), Visalia's [Layla Flores](#) (66.5), Hanford's [Dylan Hunt](#) (65), Selma's [Sydnee Wilson](#) (37), and Selma's [Drew Johnston](#) (27) rounded out our top-10 point getters for individual events. Other finalists included: [Sofia Mora](#), [Emma Pena](#), [Xavier Gutierrez](#), [Ciara Clarke](#), [Madison Pallares](#), [Libby Adriaansen](#), [Wyatt Ward](#), [Ella Bettencourt](#), [Luke Pena](#), [Elizabeth Torres](#), [Daniel Haley](#), [Annlyn Haworth](#), [Tanner Kelm](#), [Sienna Abernathy](#), [Kaden Medeiros](#), [Katherine Forbes](#), [Maya Herrera](#) and [Natali Herrera](#).

Nine of our swimmers improved 100% of their times at the meet, and these included: [Diego Gutierrez](#), [Rylee Lord](#), [Drew Johnston](#), [Xavier Gutierrez](#), [Elizabeth Torres](#), [Maya Herrera](#), [Amanda Garabedian](#), and [Nadia Garabedian](#).

FIVE FINAL AT MISSION SENIOR INVITE— March 2016



Six TNT swimmers competed alongside Olympic Gold medalists Ous Mellouli, Anthony Ervin, and Melanie Thomas, as well as China Olympians such as Wang Shijia, at a long course meet in Mission Viejo over the March 4-6 weekend that played host to nearly 500 swimmers.

Our finalists were led by Mallo-ry Korenwinder who finished 5th in the 100 breaststroke (1:14.88), 7th in the 200 breaststroke (2:46.09), 9th in the 200 IM (2:27.24), and 10th in the 100 fly (1:05.47). JD Koster had the next numerous finals earning second swims in three events that included a 16th place finish in the 200 fly (2:17.53 in prelims), a 16th place finish in the 200 breast (2:38.85 in prelims), and 19th place finish in the 100 breast (1:11.82 in prelims). Alonso Escobedo had his highest finish as 14th in the 200 IM (2:20.07), and doubled up with an 18th place finish in the 400

IM (4:47.66), while his training partner, Preston Niayesh doubled up with a 21st place finish in the 200 breast (2:38.49) and 24th place finish in the 100 fly (1:03.35 in prelims). Visalia's Lauren Geiger posted a lifetime best in the 100 backstroke finals, swimming 1:11.71 to finish 20th there. Our youngest qualifier who competed at the meet was Visalia's 14-year old Janessa Bringe who finished 40th in the 200 fly (2:46.99).

TNT PLACES 5th AT SWAGR— March 2016



A mere fourteen “attached” TNT swimmers attended the inaugural South Western Age Group Regional meet hosted by Clovis, and without entering a single relay over the four day meet, TNT managed score 400 points to place 5th behind Davis-Arden Hills (1640 points), Clovis (1564), Mission Viejo (800), and Tucson Ford (565), and ahead of California Capital (374). Twenty eight teams entered the meet with team sizes ranging from the 58 swimmers of Clovis, to a single swimmer from each team that included Bakersfield Aquatics, Bakersfield Swim Club, Fresno Dolphins and Spare Time (of course, many swimmers were unattached who may have represented these teams). There were 291 swimmers attending the meet. The meet format included final heats in individual age divisions that included the 11, 12, 13 and 14 divisions. The 10-under swimmers competed in one age division.

Our event champions included Danielle Albright who won the 1650 free (17:40.29), and 200 breaststroke (2:29.00) events in the 13-year old division, Visalia’s Janessa Bringe who took home the gold in the 1650 free (18:36.43) for the 14-year old division, Hanford’s Rylee Lord who won both the 100 fly (1:03.67) and 100 free (57.43) in the 12-year old division, Gage Price was a double winner in the 200 free (2:07.11), and 1000 free (11:51.48) for the 11-year old group, and Benjamin Wheeler won the 200 back (2:22.36) for 12-year olds. Every swimmer competing for TNT earned a final swim, and scored in the championship heat. Our other finalists included: Peyton Costa, Layla Flores, Mackenzie Garza, Diego Gutierrez, Ava Olson, Katherine Sullivan, Alexa Wong, Bryan Wong, and Bryce Wong.

Performance at the Clovis meet has increased our team’s participation in the upcoming Far Western Championships in Pleasanton within two weeks. Our Far Western team of eight no longer has any individual qualified in only one event. Congratulations, and good luck to our 2016 Far Western Team of Danielle Albright (13-14), Visalia’s Janessa Bringe (13-14), Peyton Costa (11-12), Visalia’s Layla Flores (11-12), Porterville’s Diego Gutierrez (11-12), Hanford’s Rylee Lord (11-12), Ava Olson (10-under), and Alexa Wong (10-under).

Time improvements at the Clovis meet reflect what may be an unprecedented percentage at 86% with six of our 14 swimmers improving 100% of their times. Congratulations to Danielle Albright (8 of 8), Visalia’s Layla Flores (7 of 7), Visalia’s Mackenzie Garza (6 of 6), Hanford’s Rylee Lord (3 of 3), Gage Price (7 of 7), and Bryan Wong (5 of 5). Individuals who improved 80% or more of their times included: Visalia’s Janessa Bringe (86%), Peyton Costa (86%), Porterville’s Diego Gutierrez (80%), and Ava Olson (83%).





Six team records fell at the meet, and these were led by Danielle Albright whose 17:40.29 in the 1650 freestyle was not only a new 13-14 team record, but also stands as the team's Senior record, making her time the fastest in the history of the team, regardless of age. Her time went well under Megan Eppler's previous record of 17:54.47 set over ten years ago at Sectionals in 2005 while she too was 13 years old. The Senior record was held by Katelyn Herrera, set when she was 16 as 17:45.35 at Sectionals in 2014. Danielle's new record stands as the 42nd fastest nationally for girls at age 13.

Danielle also slid under Mallory Korenwinder's 4:34.81 in the 400 IM by swimming 4:33.96. Mallory had set the record at Clovis three years earlier in 2013. Danielle's record in the 400 IM is posted as the 59th fastest nationally. She swam twice under the team's existing 1000 free record, once as an intermediate split of the 1650 (10:37.87), but then improved that split to a 10:34.19 during the individual event. She improved her own record that she set as a 10:40.02 at Junior Olympics last month in February. Her time now is the 45th fastest nationally.

Peyton Costa doubled up with team records, also breaking two in one swim. He swam the 1650 freestyle with a time of 18:59.00, being the first TNT swimmer in the 11-12 boys division to post a time under the 19-minute mark, thereby improving his previous team record of 19:33.65 that he set at the Tulare meet this past December. His time stands as the 161st fastest nationally for 12-year old boys. He split 11:30.18 at the 1000 freestyle point in the race, and this split took him under his 11:41.41 that he set as the team record last November in Tulare. This time stands as the 241st fastest nationally.

Benjamin Wheeler was the only other record-breaking swim, in an event that

seems to go back and forth between he and Peyton, and from one meet to the next. Benjamin originally set the team record as 2:25.29 at the Age Group Championships in San Diego while training in Visalia this past December. Peyton subsequently broke the record with a time of 2:24.72 at the Canyons meet last month. Now Benjamin regained the title, swimming under the pre-existing record twice, and now setting the new standard as a 2:22.36. The new record stands in the 700th spot nationally for boys at the same age.



JETT & HOLBERT FINAL IN FLORIDA— March 2016



This is the second year that TNT has participated in the NASA Junior National Cup in Clearwater, Florida, and it is the second year that Sierra Jett of Selma earned second swims. Last year Sierra swam the 50 fly, 50 free and 100 free in finals, and this year she repeated the experience in the 50 fly and 50 free, then made it back in the 100 butterfly event. She was the top finisher in the consolation heat of the 50 meter butterfly (28.53) after swimming to a 12th place finish in the short course 50 free (23.82). Her other finals included a 13th place in the 100 fly (56.60 prelim yards and 1:05.02 final meter), and a 14th place finish in the 50 free (23.82 prelim yards and 27.35 final meter).

Aubrey Holbert of Selma made her first trip to the meet, and earned a second swim in the 200 butterfly event on the last day of the meet with her yard time of 2:15.19 in the preliminary heats placing her as third alternate. Two seeds in the bonus heat, and one alternate scratched, pushing her into the heat. The preliminary swim was her highest place of 27th.

DANIELLE ALBRIGHT FINALS AT FAR WESTERNS— March 2016

Eight TNT swimmers traveled to Pleasanton over the last weekend of March to compete at the 2016 Speedo Short Course Far Western Championships which plays host to many of the top age group swimmers from within California, and also attracts participation from across the western United States. This year teams traveled from Alaska, Arizona, Colorado, Nevada, Utah, and the state of Washington to compete at this prestigious meet.

Our team's highest finisher was Danielle Ablright, competing at the bottom of the 13-14 age division, and finishing 7th in the 1650 freestyle with a time of 17:53.52. She also a championship final with a 9th place finish in the 500 freestyle with her time of 5:08.74 which was a two-time improvement after swimming her lifetime best of 5:09.26 in the preliminary heats. Both events were exemplary performances considering that Danielle competed as a 13-year old in the 13-14 division.

Alexa Wong was another qualifier who competed at the bottom of the age division, and at age 9 her highest finish was 26th in the 100 fly (1:13.23). Following Danielle, our next highest finisher was Ava Olson who finished 18th in the 100 fly (1:11.80) for the 10-under division, and she was followed by Porterville's Diego Gutierrez who finished



19th in the 100 breaststroke (1:11.84) for the 11-12 division. Peyton Costa was our next highest finisher at 21st, and he did this in both the 11-12 400 IM (4:58.01) and 1650 free (19:02.80) events. Visalia's Janessa Bringe finished 23rd in the 13-14 division of the 1000

freestyle (11:15.97) event, while her training partner, Layla Flores, finished 33rd in the 11-12 50 breaststroke (34.16). Hanford's Rylee Lord made her first appearance at Far Westerns, and finished 41st in the 11-12 girls 100 free (59.37).

SIX FINAL AT LA MIRADA— April 2016



Nine TNT swimmers, with Kyle Grissom competing for the University Of Southern California (USC), joined the likes of Jessica Hardy as they competed at the La Mirada Senior Long Course Meet over the April 9-10 weekend. Our team presented six finalists at the meet with Mallory Korewnwinder maintaining the highest finish with a third place in the 100 meter breaststroke with a time of 1:14.34. She followed this with a 6th place finish in the 200 IM (2:26.66), and 10th place finish in the 100 fly (1:04.65). Our next highest finisher was Kyle Grissom, attending his first year at USC, and placing 6th in the 50 meter freestyle with a time of 24.69, and then earning the top spot in the consolation heat of the 100 fly.

Our next highest finisher and finalist was JD Koster who came in 12th for the 200 fly event (2:17.06) with an

improvement in both the preliminary swim and the final swim. Thirteen year old Danielle Albright was the next highest finalist at 14th in the 200 breaststroke event with a lifetime best of 2:48.82, and she followed that with a 15th place finish in the 100 breaststroke (1:18.87) after swimming her lifetime best in the preliminary heats. Alonso Escobedo was the next highest finisher at 14th in the 400 IM (4:59.84), and he also finished 15th in the 400 free (4:27.12) with both prelim and final times under his preexisting best. Khloe McCarthy rounded out our finalist list with a 15th place finish in the 400 IM (5:27.24). Lauren Geiger of Visalia had her highest finish as 44th in the 100 backstroke event (1:13.06), while Preston Niayesh's highest finish was 32nd in the 100 breaststroke (1:13.44). Micha Ruiz had his highest place as 57th in the 100 back with a lifetime best of 1:10.99. Micah was also our only swimmer to improve 100% of times.

BEN WHEELER & GAGE PRICE SWIM UNDER TEAM RECORD AT REEDLEY— April 2016

TNT hosted a relatively early long course meet at the Reedley complex over the fourth weekend of April where 72 TNT swimmers competed along with teams throughout the central valley, including Fresno State University, and Fresno Pacific University. One team record was broken by two individuals competing in the 11-12 boys division. Both Gage Price and Benjamin Wheeler swam under the pre-existing record in the 11-12 boys 200 meter backstroke event that was set by Parker Giles at the Bakersfield meet four years ago in the summer of 2012 as a 2:52.15. At age 11, Gage Price slid under the pre-existing record with a time of 2:52.09. Gage is our team's current team record holder in the 100 yard butterfly event for the 10-under age division, and his 200 meter backstroke time currently ranks 43rd fastest nationally for boys at age 11. Competing alongside Gage was Ben Wheeler who took home the win in the event with a time of 2:49.17, and becomes the current record holder in the event. His new record stands as the 86th fastest nationally for boys at age 12. Ben is also our team's current team record holder in the 200 yard backstroke event.

Our team maintained a 56% improvement rate with the following seventeen swimmers improving 100% of their swims that have been previously recorded with our team. Congratulations to: Ella Betancourt (improving 3 of 3 events), Alejandro Cardenas (3 of 3), Ciara Clarke (4 of 4), Audrey Gutierrez (3 of 3), Diego Gutierrez (4 of 4), Isaac Gutierrez (5 of 5), Xavier Gutierrez (3 of 3), Jonas Huckabay (2 of 2), Emma Jimenez (1 of 1), Drew Johnston (4 of 4), Isabella Klawitter (2 of 2), JD Koster (1 of 1), Gage Price (2 of 2), Edward Rodriguez (5 of 5), Shoji Shinkawa (3 of 3), Claire Welborn (2 of 2), and Bryan Wong (7 of 7).

Event champions included those who swam uncontested in their respective events at the meet, and these swims were led by Visalia's Ciara Clarke who won five of her seven events, Porterville's Diego Gutierrez who won five of his six events, and 8-year old Luckas Huckabay who remained uncontested in all four of his events. Other quadruple winners included: Porterville's Isaac Gutierrez, Gage Price, Alex Roberts, and Bryan Wong. Our remaining event champions include: Libby Adriaansen, Danielle Albright, Drew Black, Mikenna Curtis, Kate Frost, Tristan Gaines, Xavier Gutierrez, Logan Huckabay, Dylan Hunt, Tanner Kelm, Isabella Klawitter, Mallory Korenwinder, JD Koster, Rylee Lord, Genoveve Mcilwaine, Ava Olson, Garrison Price, Micah Ruiz, Satoshi Shinkawa, Wyatt Ward, Benjamin Wheeler, Alexa Wong, and Bryce Wong.

Congratulations also go to the following nine swimmers for posting new long course times with the team: Ciena Clarke, Katherine Forbes, Logan Huckabay, Tanner Kelm, Madison McGinnis, Hunter Sartin, Erika Vandermaarl, Haley Vandermaarl, and Kate Welborn.



GAGE PRICE SETS 11-12 TEAM RECORD AT MIKE SNYDER MEMORIAL MEET— May 2016

Eleven year old Gage Price was one of thirty seven TNT swimmers who competed at the Mike Snyder Memorial meet, and he was the only swimmer to set a team record at the meet. Improving over five seconds in the 200 meter backstroke event to a 2:46.78. Gage, while still on the bottom of the age group, swam under Ben Wheeler's previous record of 2:49.17 that he had set at the Reedley meet last month. Gage's time currently stands as the 75th fastest nationally for boys of age 11.

Five swimmers came away as event champions at the meet. Visalia's Ciena Clarke took home the gold in the 8-under 50 meter butterfly event, while her teammate from Visalia, Mackenzie Garza, won the 50 free with a time of 28.64. Porterville's Diego Gutierrez won the 11-12 boys 100 free (1:04.18), while Visalia's Megan Ridenour won the 100 breast (1:19.01). Our final event champion was Katherine Sullivan who won the 13-14 400 IM with a time of 5:41.25.

Nine of our swimmers improved 100% of their times while at the meet. Congratulations to: Libby Adriaansen, Hanford's Drew Black (improving 5 of 5), Hanford's Isabel Burrough (5 of 5), Peyton Costa (1 of 1), Hanford's Nathan Hunt (5 of 5), Hanford's Isabella Klawitter (7 of 7), Addison Mccullough (6 of 6), Garrison Price (4 of 4), and Alexa Wong (2 of 2).

**MALLORY KORENWINDER QUALIFIES FOR OLYMPIC TRIALS AT SPEEDO GRAND CHALLENGE— May 2016**

Nine TNT athletes that included three 12-under swimmers competed at the 2016 Speedo Grand Challenge, hosted by Irvine Novaquatics, over the last weekend of May, and TNT came away with one second swim. [Mallory Korenwinder](#) just missed the top-4 championship heat, and took home the win in the consolation field, placing 5th overall at the meet, and what a swim it was. After staying within .07 and .02 seconds from the Olympic Trial cut over the last two quadrennials, Mallory has now posted a time that ranks 12th nationally for girls of age 18 (including one foreign swimmer), and 72nd in

the world for girls born between January 1, 1998 and January 1, 2005 (basically, 18-under), and yes, a new Olympic Trial cut. She will join former TNT swimmers, Wesley Coles, Kyle Grissom, and Chris Nolan as the four travel to Omaha, Nebraska at the end of June to compete at the 2016 Olympic Trials. Mallory's time of 1:11.26 is a new team record.

Improvements from the meet were led by a pair of 11-12 boys, including 11-year old [Bryan Wong](#) who improved over a second in the 50 breast (38.63), over two seconds in the 100 breast (1:25.41), and over three seconds in the 100 free (1:07.26). Twelve year old [Peyton Costa](#) was the other swimmer with a perfect meet, improving all his events that included nearly a second improvement in the 50 back (34.79), over a second in the 50 breast (39.36), and over two seconds in the 100 back (1:16.02). [Danielle Albright](#) improved her 200 free (2:16.03), Visalia's [Layla Flores](#) improved her 50 breast (39.00), and [JD Koster](#) improved his 100 breast (1:11.35). Besides [Kyle Grissom](#) of USC, and [Chris Nolan](#) of UC Santa Barbara, [Alonso Escobedo](#) and [Preston Niayesh](#) also competed.

2 CHAMPIONS & 9 RECORDS SET AT AGE GROUP CHAMPIONSHIPS— June 2016



Ridenour doubled up her finals by finishing 3rd in the 100 breast, and 5th in the 200 breast, while Alex Roberts doubled up in the 13-14 division with a 14th place in the 100 back, and 15th place in the 100 fly. Katherine Sullivan also doubled up, and her scoring events included a 12th place in the 200 fly, and 14th place in the 400 IM. Ten year old Alexa Wong scored in every event she swam, and these included a 4th place in the 50 fly, 8th place in the 100 fly, 9th place in the 200 IM, 10th place in the 50 free, and a pair of 11th place finishes that included the 200 free and 100 free events. Twelve year old Bryan Wong finished 3rd in the 50 breaststroke, 5th in the 100 breast, 14th in the 200 IM and 16th in the 100 free, while his brother, Bryce Wong, finished 10th in the 13-14 200 IM event.

Twenty TNT swimmers competed at the June Age Group Invitational in Ventura over the third weekend of June, and two of our swimmers came away as event champions in their respective swims. Fourteen year old Janessa Bringe of Visalia took home the first gold, swimming 9:50.26 in the 800 freestyle on day one, and improved nearly 25 seconds in the events to do it. Janessa scored in two additional events, and these included an 11th place finish in the 400 free (4:46.31) and 13th place finish in the 200 fly (2:41.91). Thirteen year old Danielle Albright was our only other event champion, and she did this in the 11-14 200 meter breaststroke event, improving nearly two seconds to a 2:45.38 there. Daniella also placed 2nd in the 100 breast (1:16.77), 3rd in the 400 IM (5:20.94), 5th in the 200 IM (2:33.08), 6th in the 200 free after swimming 2:15.90 in the preliminary heats, and 7th in the 400 free after swimming 4:44.91 in the preliminary heats.

A total of 16 swimmers scored in individual events, and these included Visalia's Ella Bettencourt who placed 12th in the 10-under 50 back, as well as her training partner from Visalia, Ciara Clarke who finished 11th in the 10-under 100 back, 9th in the 50 back and 14th in the 50 free. Visalia's Layla Flores finished in top-16 spots in all but one event, her highest finish being a pair of 4th places in the 50 back and 50 breaststrokes, and she finished 5th in the 100 breaststroke. She also finished 8th in the 100 back, and 14th in the 200 IM. Her training partner from Visalia, Mackenzie Garza finished 4th in the 50 free, and 10th in the 100 free, while their training partner, Lauren Geiger, finished 16th in the 200 back. Twelve year old Gage Price scored in two of his events, and these included the 13th place in the 100 back, and 16th place in the 50 back. Visalia's Megan

Twelve year old Peyton Costa highlighted record-breaking performances, and was the runner up in the 11-12 200 IM, placed 4th in the 100 back, 5th in both the 50 back and 100 free, and 6th in the 400 free. Peyton came away from the meet with five new team records in the 11-12 boys division, beginning with his 1:12.36 in the 100 backstroke which fell well under Parker Giles's 1:15.08 he set as the record during Junior Olympics in 2012. Peyton's time currently stands as the 138th fastest nationally for 12-year old boys. His next record was in the 200 IM where he posted a 2:31.84 and resetting one of our longest standing records set by coach Jason Ricablanca, and set at Pacifica in 1994 as a 2:36.30. This time stands as the 74th fastest nationally. Next, Peyton swam a 1:03.03 in the 100 free and this time slid under Jackson Huckabay's 1:03.05 that he had set as the record last year at JO's. This time ranks 159th nationally. Peyton's medley relay lead-off swim of 33.11 is also a new team record for the 50 meter backstroke, and this time falling under Kyle Grissom's previous record of 33.87 that was set at JO's in 2010. Finally, Peyton swam the 200 meter backstroke event, solidifying a record that had been shared between two other swimmers throughout the year. Gage Price had set the record as a 2:46.78 at the Clovis meet last month, and now Peyton falls well below that standard with a 2:37.96 by improving his time over 15 seconds, and establishing a time that stands as the 129th fastest nationally for his age.

Ava Olson had our team's only other record-breaking performance, and she had her highest finish as 4th in the 100 fly where she broke a team record with a time of 1:20.07, sliding under Kylie Walker's 1:20.11 that she set as the record while competing at Zones in 2013. Ava's new record stands as the 66th fastest nationally for girls at age 10. Ava also finished 5th in the 50 fly, 8th in the 200 IM, 12th in the 200 free, and 16th in the 100 free.



AGE GROUP CHAMPIONSHIPS continued



Three team relay records were established at the meet, highlighted by the 13-14 girls' team of Alex Roberts, Danielle Albright, Janessa Bringe and Mackenzie Garza swimming a time of 2:09.10 in the 13-14 200 meter medley relay, sliding under the team record of 2:09.73 previously held by Mia Newkirk, Mallory Korenwinder, Emily Goodbar and Bre Abell at Junior Olympics in 2011. The highlight comes in the fact that this record is also under the CCS record set in 2013 as a 2:09.59. The new record is the 12th fastest time posted by any set of four girls in the nation to date. Two additional relay team records were set at the meet, both by the same set of four boys: Peyton Costa, Bryan Wong, Gage Price and Daniel Haley. These four swam 5:02.07 in the 400 medley relay, and 2:16.05 in the 200 medley relay, and placing 3rd at the meet in both.

Others competing at the meet included Libby Adriaansen who had her highest finish as 25th in the 13-14 100 breaststroke, Visalia's Daniel Haley whose highest finish was 22nd in the 11-12 100 back, 15-year old Garrison Price who finished 23rd in the 200 fly, and 17th year old Blake Wong whose highest place was 39th in the 100 breaststroke. Those swimmers improving 100% of their times included: Libby Adriaansen, Ella Bettencourt, Ciara Clarke, Peyton Costa, Daniel Haley, Ava Olson, Garrison Price, Alex Roberts, Alexa Wong, Bryan Wong and Bryce Wong.

FOUR COMPETE AT 2016 OLYMPIC TRIALS— June 2016



Four past and current TNT swimmers competed at the 2016 Olympic Trials, and all four made their first appearance at a meet that defines the National Team to compete at the Olympics in Rio over the August 6th-13th week. This year's Olympic Trials swim meet reflects participation from the largest group of athletes that have gone through our program. Kohlton Norys and Bradley Matsumoto were the two athletes to attend the 2008 Trials, while Kohlton and Megan Eppler both competed at the 2012 Trials. This year Wesley Coles, Kyle Grissom, Mallory Korenwinder and Chris Nolan all competed at the meet.

Wesley Coles has been a TNT swimmer from the 10-under age division, and quickly achieved a Junior Olympic time standard in the butterfly event shortly after joining the club in Tulare. Wesley began his swimming with the Lindsay Skimmers. His 10-under times with our club go back to 2004, and can still be seen on our All Time Top 100 lists, holding position for twelve years. After a few years of no Junior National qualifiers on the team, Wesley was our first athlete to bring our team back to the national stage in 2011 by qualifying and competing at the long course Junior Nationals held at Stanford, and then going on to the Winter Junior National meet at the University of Texas in Austin for the short course meet there. In 2012, Wesley traveled to Omaha with our team to compete in the Swimvitational meet which served as a pre-meet to the 2012 Olympic Trials. Now in 2016, under the guidance and training of Josh Christiansen of Fresno Pacific University, Wesley qualified one year ago to attend the Olympic Trials this year, and swam a lifetime best time of 54.48 to finish 56th in the 100 meter butterfly event at the meet.

Kyle Grissom achieved an Olympic Trial qualifying time while competing at the Junior National championships in the summer of 2015 in San Antonio, Texas by swimming a time of 54.18 in a consolation final, improving nearly a full second from his preliminary swim. Kyle's earliest 100 butterfly meter times with club were posted in 2010 and reflects a time of 1:17.30 in May of that year. This is an improvement of over 23 seconds in the span of five years, and he is a product of swimming that began with the Porterville Neptune summer league program, and Visalia's TNT club program, prior to his training in Tulare. Kyle is one of only a few of our club swimmers who qualified for Olympic Trials prior to entering college, and had entered the Junior National/National levels of competition for the first time at age 15 when he competed at the long course Junior Nationals in August of 2013. He has completed his first year competing for the University of Southern California under the guidance of Dave Salo. Kyle posted a season best time of 55.17 at Trials and a 94th place finish, and his time is his fourth fastest swim on record.

Mallory Korenwinder is our first athlete to not only qualify for Trials prior to college, but to compete at the meet as a pre-collegiate athlete. There are only eight TNT swimmers listed on our team's All Time Top 100 performances for the 100 meter breaststroke event for the 15-over division, and one reason so few are listed is because Mallory has posted the top 53 times, leaving only 47 spots for the remaining swimmers, and she has eight of those. She achieved the time standard for Trials at the end of May with a time of 1:11.26 at the Speedo Grand Challenge meet which was four weeks before Trials. The time standard she needed was 1:11.49, and consider that she swam 1:11.56, and 1:11.63 at Junior Nationals in the summer of 2014. Mallory's earliest 100 meter breaststroke time was from April of 2007 where she swam 1:48.34 in Merced at the age of eight, which is an improvement of over 37 seconds in nearly ten years. Mallory has the most experience of any TNT swimmer at the Junior National/National level as she began competing at that level in 2012 when she was 14 years old. Mallory's Olympic Trial time of 1:12.96 finished 110th at the meet. She will be attending, and competing for, the University of Arizona this upcoming fall under the guidance of Rick Demont.

Chris Nolan had the highest place finish for any of our four swimmers competing at Trials, and he is one of the two who posted a time improvement, swimming a life-time best in the 200 meter butterfly with a time of 2:01.14, and finishing 35th in the event. Chris was the 88th fastest qualifier in the nation going into the meet, based on a time of 2:01.62 that he posted in the summer of 2014 while competing at Junior Nationals, thereby being another TNT swimmer who achieved the qualifying time standard prior to entering college. The half second improvement in his 200 meter butterfly at a swim meet where only 20% of the athletes improve their times when considering the meet in its entirety, has an impact of moving up 53 places. Chris began his Junior National/National experience at the age of 16 when he competed in the summer at the 2012 Junior National meet. Chris's earliest 200 meter butterfly time posted with the team is from the May Day Classic in May of 2008 where he swam a time of 2:54.37 at age 11. Eight years later, and 53 seconds faster, Chris is competing at Olympic Trials, and finished a mere 19 places from a semi-final swim. Chris has completed his second year competing for the University of Santa Barbara, under the guidance of Matt Macedo and Gregg Wilson.



LAUREN GEIGER FINALS AT CLOVIS ARENA GRAND CHALLENGE— July 2016

Five TNT swimmers competed at the Clovis Arena Grand Challenge meet over the second weekend of July, and Visalia's Lauren Geiger came away from the meet as our team's only finalist. Lauren swam a time of 1:13.09 in the preliminary heats to earn 31st place seeding, and a spot in the D-final where she dropped over a half second to a 1:12.46; thereby moving up to finish sixth in the heat.

Visalia's Mackenzie Garza, at age 14, had our team's next highest finish, tying for an alternate spot in 34th place, and forcing a swim-off situation which she won with a time of 28.46 in the 50 meter freestyle event. Our team's next highest finisher was Preston Niayesh who swam 5:34.76 for a 41st place finish in the 400 IM, followed by Visalia's Dylan Burr who swam 1:10.15 in the 100 back for a 49th place there. Dylan maintained our team's highest improvement rate by swimming a lifetime best in three of his four events. Our final and youngest swimmer, thirteen year old Priscilla Niayesh, swam 1:34.44 in the 100 meter breaststroke for a 57th place finish in that event.

BC CHAMPIONSHIP TEAM IMPROVES NEARLY 80% OF TIMES— July 2016

Fifteen swimmers who represented TNT at the Long Course BC Last Chance meet in Bakersfield over the July 16-17 weekend improved 78.8% of all events at the meet, and the high improvement percentage was led by five of our swimmers who improved 100% of their times. These perfect swims were led by Rylee Noronha who improved six of six events, her largest improvement being nearly seventeen seconds in the 11-12 girls 50 butterfly event. Jonna-Lee Bush improved three of three

events, while Nathan Hunt improves all four of his swims. Training partner, Isabella Klawitter, improved all three of hers, as did Claire Welborn. Other swimmers who improved over half their times include: Jillian Gaines (86%), Isabel Burrough (83%), Mckenna Pressley (66%), Morgan Garza (60%), and Caroline Mendyk (57%).

Congratulations to those who posted new times while at the meet, including: Jonna-Lee Bush (100 back & 100 breast, Ashley Deal (200 breast & 50 free), Dylan Hunt (200 back), Rylee Lord (100 breast & 200



back), Caroline Mendyk (200 breast), and Mckenna Pressley (1500 free, 100 free & 200 IM).

FIVE FINAL AT LA INVITE— July 2016



Seventeen TNT swimmers traveled to USC over the third weekend of July to compete at the 2016 LA Invitational where swimmers such as Yuliya Efimova missed a World Record by only two seconds. Five of our seventeen swimmers earned a second swim in one of four heats at the meet, and our team's highest finish was the 18th place time of 27.31 posted in the 15-18 girl's 50 meter freestyle by Selma's Sierra Jett. Sierra also finished 30th in the 100 freestyle after posting a time of 59.59 in the preliminary heats, earning a spot in the 18-under D-final. Visalia's Megan Ridenour, along with Mallory Korenwinder, posted the next highest finish for our team, and each swimmer earned spots in the C-final. Megan Ridenour finished 21st in the 100 meter breaststroke, after posting a lifetime best of

1:15.37 in the preliminary heats. Megan will be traveling to Roseville for Sectionals, and then on to Stanford for Futures in upcoming weeks. Mallory Korenwinder had the highest number of second swims for our team, with her highest finish also being 21st in the 200 meter breaststroke, she swam 2:44.40 in the C-final. She also finished 27th in the 18-under final of the 100 free after swimming 59.32 in the preliminary heats, and also finished 28th in the 18-under final of the 50 meter freestyle after swimming 27.60 in the preliminary heats of that event. Our next highest finisher was Danielle Albright who joined Megan Ridenour in the C-final of the

100 meter breaststroke, and Danielle finished 23rd there after swimming 1:15.68 in the prelims. JD Koster was our only other finalist, making it into the 18-under D-final of the 200 meter butterfly, and finishing 32nd, after posting his first Sectional time of 2:13.83 in the preliminary heats.

Only one team record was broken in an individual event at the meet, and that was by Visalia's 14-year old Mackenzie Garza in the 50 meter freestyle. Mackenzie swam a time of 28.06 which was nearly a tenth of a second improvement from the June Age Group Invitational meet only a few weeks earlier. Her time falls under Samantha Goates previous team record of 28.12 set at Junior Olympics in 2004 when Mackenzie was about two years old. Mackenzie's new record stands as the 165th fastest nationally for girls at age 14. And at age 14, Mackenzie will join our Sectional Team as they compete in Roseville the weekend following LA Invite. Her time finished 64th at the meet, in an event that typically has advantage for much older athletes.

Other TNT swimmers who competed at the meet, along with their highest finish, include: Janessa Bringe (200 fly – 70th), Morgan Coddington (400 IM – 73rd),

Alonso Escobedo (400 IM – 40th), Lauren Geiger (100 back – 140th), Jonas Huckabay (800 free – 47th), Khloe McCarthy (200 back – 58th), Katherine Mendyk (200 breast – 98th), Preston Niayesh (200 fly – 62nd), Ashley Olson (100 back – 156th), Satoshi Shinkawa (100 fly – 88th), and Blake Wong (100 breast – 109th).

The Los Angeles Invitational is the last chance for swimmers to qualify for the Sectional meet, and our Sectional Team is now established with: Danielle Albright, Mackenzie Garza, Khloe McCarthy, Megan Ridenour on the girls side, and Preston Niayesh, Alonso Escobedo, and JD Koster on the boys side. Shortly following Sectionals is Futures to be held at Stanford University, and our current team consists of: Khloe McCarthy, Danielle Albright, and Megan Ridenour. Good luck at both meets.

MACKENZIE GARZA BREAKS 28-SECOND BARRIER AT AGE 14— July 2016



Seven TNT swimmers competed at 2016 Summer California-Nevada Sectional Championships over the fourth weekend of July at the Roseville Aquatics Complex, and intent on achieving the time standard to move on to the USA Swimming's Futures meet, Visalia's fourteen year old Mackenzie Garza did just that. Mackenzie recently broke the team record in the 13-14 girls 50 meter freestyle event with a 28.06 at the LA Invitational meet

only one week earlier, just missing being the first 14-under girl in the history of our team to swim under 28 seconds in the event; however, well exceeded that milestone, not just once, but twice, while competing at Sectionals. Mackenzie's first attempt left her with a time of 27.92, under the 28-second mark, but just shy of the Futures cut of 27.49. Her second effort would not disappoint. She swam her lifetime best of 27.28 during her second attempt, well under the Futures time standard, well under her previous team record of 28.06 set the previous week, and now just over a tenth of a second off of the CCS Record held by former Porterville resident who trained in Visalia, Kristi Begin, who went on to compete for the University of California, Berkeley. Mackenzie's new record currently stands as the 51st fastest time for any 14-year old girl in the nation.

Four of our swimmers earned second swims at Sectionals which fielded four heats of eight. Our finals were led by Preston Niayesh who was our only swimmer with two second swims, his 100 meter breaststroke preliminary time of 1:09.41 being fast enough to place him in the scoring C-final where he finished 23rd. His other final was a winning performance of the 200 breaststroke non-scoring D-final (25th place) where he improved nearly 15 seconds from his preliminary swim to a 2:32.08. Alonso Escobedo was our only other scoring swim, and he improved nearly nine seconds from his preliminary swim to a 4:55.47 to finish 23rd in the 400 meter IM. Alonso is newly qualified for Sectionals, making the cut in the 200 IM while competing at the LA Invite the previous weekend. JD Koster swam nearly three seconds faster than his preliminary swim, another swimmer to win the non-scoring D-final, of the 200 meter butterfly where he swam 2:13.04 in the event he achieved the qualifying time just one week earlier at LA Invite. Our only other finalist was Visalia's Megan Ridenour who improved her preliminary swim by over second during the D-final to a 1:15.53, and 28th place finish there.

Our youngest representative at age 13, Danielle Albright, finished 37th in the 100 meter breaststroke with a time of 1:17.85, and competed in four events at the meet. Our most experienced veteran to Sectionals, Khloe McCarthy, competed in five different events, and her highest finish was 36th in the 200 meter backstroke event. Khloe will be attending Pepperdine this upcoming fall.

HOLBERT & NIAYESH FINAL AT SENIOR ZONES— August 2016

Five TNT swimmers represented our program at the Senior Zone meet held in Clovis over the August 2nd weekend, and Selma's Aubrey Holbert, along with Preston Niayesh, both earned second swims in their respective events. Preston earned his final swim in the 100 meter breaststroke event after swimming a time of 1:10.49 in the preliminary heats to earn a 5th place spot in the C-final. Preston finished sixth in the heat, placing 22nd overall in the event after improving his preliminary swim to a 1:10.05.

Two swimmers improved one time each, and both improved events were the 100 meter backstroke. Selma's Aubrey Holbert swam a lifetime best of 1:10.10 to finish 27th overall during the preliminary heats of the event, fast enough to scratch into the C-final where she finished 24th overall. Fourteen year old Alex Roberts was our youngest contender at age fourteen, and she improved her 100 meter backstroke over a second to a 1:11.30, and finishing 57th in the event.

Visalia's Lauren Geiger finished 88th as her highest place, and this was in the 100 meter backstroke (1:12.86), while Micah Ruiz's highest finish was 173rd in the 50 meter freestyle (27.32) event.

TNT PLACES 2nd AT JUNIOR OLYMPICS— July 2016

Place	Team	Points
1	Clovis Swim Club	6,319
2	Tule Nation Tritons	2,560
3	Sandpipers Of Nevada	1,722
4	Monterey Bay Swim Club	1,278
5	Bakersfield Aquatic Club	983

Fifty-one TNT swimmers and were among the 500 who competed at the 2016 Central California Swimming Long Course Junior Olympic Championships over the last weekend of July, and the team came away with a second-place finish scoring 2,560 points behind Clovis whose team of 110 athletes scored 6,319 points. Thirty-one teams scored at the meet.

Points from individual events were led by our highest scoring individual in each age and gender division, and these included:

- 8-under girls: none scoring
- 8-under boys: Lucas Huckabay ranked 2nd 97 points
- 10-under girls: Ava Olson ranked 6th 93 points
- 10-under boys: none scoring
- 11-12 girls: Layla Flores ranking 6th 110 points
- 11-12 boys: Peyton Costa ranks 4th 128 points
- 13-14 girls: Janessa Bringe ranks 8th 90 points
- 13-14 boys: Bryce Wong ranks 12th 76 points
- 15-18 girls: Maddie Pallares ranks 17th 32 points
- 15-18 boys: Satoshi Shinkawa ranks 12th 49 points

Our event champions were led by Selma's 8-year old Lucas Huckabay who swam to first place finishes in four of his five events, and placed 2nd in the final one. His wins included the 50 back (42.34), 50 free (35.54), 50 fly (41.97), and 100 free (1:17.90). Our only other event champions came from one age division and gender (13-14 girls), and included: Danielle Albright (100 back – 1:13.85), Visalia's Janessa Bringe (400 free – 4:45.89), and Visalia's Mackenzie Garza (50 free – 28.48).





A premium is placed on swimmers who advance to a championship final from the preliminary heats in any event, and our team representation was plentiful.

Championship finalists included:

- Sienna Abernathy (age 9): 7th in the 200 free
- Libby Adriaansen (14): 3rd in the 200 breast & 100 breast, 4th in the 200 IM
- Danielle Albright (13): 2nd in the 1500 free
- Tristin Bennett (16): 7th in the 100 breast
- Janessa Bringe (14): 2nd in the 800 & 200 free, 5th in the 1500 free, 6th in the 100 fly
- Dylan Burr (17): 2nd 100 back & 3rd 200 back
- Ciara Clarke (10): 3rd 50 back, 5th 100 back & 100 free, 6th 50 free & 7th 50 breast
- Peyton Costa (12): 2nd 50 back, 200 IM & 100 free; 3rd 50 free & 100 back; 4th 400 free, 100 fly & 50 fly
- Layla Flores (12): 2nd 50 back; 3rd 100 & 200 breast, 200 IM, 100 back & 50 fly. Layla also competed in the 11-14 age division as a 12-year old and finished 4th in the 200 breast, and 5th in the 200 back.
- Daniel Haley (12): 8th in the 400 free & 100 back
- Jackson Huckabay (13): 8th in the 800 free
- Drew Johnston (10): 5th in the 50 back & 50 free
- Rylee Lord (13): 5th in the 100 fly, 200 IM & 50 free; 6th 100 free; & 7th 200 free
- Ava Olson (10): 4th 100 fly & 200 IM; 6th 100 breast & 200 free; & 7th in the 50 fly
- Madison Pallares (15): 2nd in the 100 breast & 4th in the 200 breast
- Emma Pena (15): 4th in the 100 back
- Gage Price (12): 7th in the 100 back & 8th in the 100 fly
- Garrison Price (15): 4th in the 200 fly
- Micah Ruiz (16): 6th in the 100 back & 100 free
- Satoshi Shinkawa (16): 2nd in the 200 back, and 3rd in the 200 free & 200 fly
- Katherine Sullivan (14): 2nd in the 400 IM and 200 back; 3rd 200 IM; & 6th 200 fly
- Sydnee Wilson (10) 3rd in the 50 breast & 8th in the 100 breast
- Alexa Wong (10): 4th in the 50, 100 & 200 free, and 6th in the 50 & 100 fly
- Bryan Wong (12): 3rd in the 50 & 100 breast, 5th 200 free, 6th 200 IM & 7th 100 free
- Bryce Wong (14): 3rd 100 back, 6th 200 IM & 200 back; 7th 100 breast; and 8th 100 free

Individuals whose top performance took them to a consolation heat included: Drew Black, Isaac Gutierrez, Xavier Gutierrez, Maya Herrera, Logan Huckabay, Dylan Hunt, Addison Mccullough, Caroline Mendyk, Priscilla Niayesh, and Benjamin Wheeler.

Two of our swimmers set new team records at the meet, and these record-breaking performances were led by Peyton Costa who is continuing to improve the records he has set earlier in the year. His improvements include the 50 back, dropping his 33.11 to a 32.73 and now ranking 139th nationally, dropping his 200 IM from 2:31.84 to 2:31.24 and ranking 135th, improving his 100 back from 1:12.36 to 1:12.26 and ranking 274th, and improving his 100 free from a 1:03.03 to a 1:02.94 and ranking 315th in that event. Peyton also set a new team record for himself, and this was in the 50 freestyle where his time of 28.71 fell under Jackson Huckabay's 29.13 that was set last year at the very same swim meet. Peyton's new record now stands as the 307th fastest time posted in the nation for boys at age 12.

Our only other record breaking performance came from Visalia's Ciara Clarke as she led off the 10-under girls 200 medley relay that finished 2nd in the event. Her lead-off split of 38.22 in the backstroke leg is a tenth of a second under one of the longest standing remaining records on our team. Brook Wilson set the record as a 38.32 in Bakersfield twenty-two years ago in 1994. Ciara's time places her as the 284th fastest 10-year old girl in the nation for the event.

An astounding 80% of times were improved at this championship-level swim meet, which is significant considering that many of these swimmers are not relatively new to the sport, and have already achieved time standards for much higher-level swim meets prior to their performance at Junior Olympics. Swimmers who improved 100% of their times at the meet included: Sienna Abernathy, Bridget Benegar, Tristin Bennett, Dylan Burr, Ciara Clarke, Ciena Clarke, Peyton Costa, Isaac Gutierrez, Xavier Gutierrez, Logan Huckabay, Lucas Huckabay, Drew Johnston, Rylee Lord, Corinne Maxfield, Addison Mccullough, Madison Pallares, Satoshi Shinkawa, Seiji Shinkawa, Benjamin Wheeler, Sydnee Wilson, Brett Wong, and Bryce Wong.



Our 29 relays generated 948 points of the total team score for the second place team finish and four of our relays came away as Gold Medal finishes. Three of the first place relay finishes were captured by the 13-14 girls. The 13-14 girls team of Katie Sullivan, Danielle Albright, Janessa Bringe and Mackenzie Garza led the first & third place finish of the 400 meter medley relay with a time of 4:53.75, while Katie Sullivan, Danielle Albright, Rylee Lord and Mackenzie Garza took home the gold in the 200 meter medley relay with a time of 2:11.49. Mackenzie Garza, Danielle Albright, and Rylee Lord teamed up with Janessa Bringe to win the 200 meter freestyle relay with a time of 1:57.01. Our final winning relay was from the 15-18 girls team, and Emma Pena, Tristin Bennett, Megan Ridenour and Maddie Pallares teamed up to swim 5:06.61 to win the 400 meter medley relay.

Four team relay records were broken at the Junior Olympic Championships, beginning with the 11-12 boys 200 meter medley relay led off by Peyton Costa, then Bryan Wong, Gage Price and Danielle Haley. They swam 2:15.72, swimming under their own June Age Group Invitational time of 2:16.05. The 10-under girls' team of Ciara Clarke, Sienna Abernathy, Ava Olson and Alexa Wong swam 2:13.42 in the 200 meter freestyle relay, swimming again under a June Age Group relay time of 2:15.55 established by Ciara Clark, Ella Bettencourt, Ava Olson and Alexa Wong. The 10-under girls posted a time that currently stands as the 21st fastest nationally for the age and gender division. Our 15-16 boys team of Micah Ruiz, Satoshi Shinkawa, Garrison Price and Brett Wong set a new team record in the 200 medley relay with a time of 2:00.65, swimming well under a previous team record of 2:09.72 set in 2008 by Brian Brown, Nathan Rhea, Alex Hansen and Thomas Brown at that year's Junior Olympics. The final team record was set by the 11-12 boys 200 freestyle team of Bryan Wong, Daniel Haley, Gage Price and Peyton Costa as a 2:02.69, swimming under the 2:04.57 set in 2013 by JD Koster, Preston Niayesh, Bryan Wong and Quinton Davis at the Junior Olympics that year.

THREE COMPETE AT FUTURES IN STANFORD— August 2016

Two of three swimmers competing at Futures made their first appearance at the meet, qualifying only weeks prior to the swim meet. Visalia's Mackenzie Garza qualified for the meet while competing at Sectionals the previous weekend, and came away with the team's only time improvement by swimming a time of 2:24.84 in the 200 free. She achieved her Futures cut in the 50 meter freestyle while at Sectionals.

Attending her second Futures meet is Visalia's veteran, Megan Ridenour who swam to the highest place of any TNT swimmer at the meet, placing 71st in the 100 meter breaststroke with a time of 1:17.42. Megan attended the inaugural Futures meet in Oregon last summer.

Our youngest qualifier was 13-year old Danielle Albright, and her highest finish was 74th in the 200 meter breaststroke where she swam a time of 2:51.13. Danielle qualified for the meet in the 100 meter breaststroke while competing at the LA Invitational in mid-July.



As a result of their performances over the summer, all three swimmers qualify for travel funding.

FIVE OF FIVE FINAL AT AGE GROUP ZONES— August 2016



One month ago, five TNT swimmers competed at the 2016 Western Zone Age Group Championships held in Salt Lake City, Utah with CCS Head Zone Coach, Joclyn Thiessen while representing Team CCS, the All Star team that represents Central California Swimming. Our five include Visalia's Janessa Bringe (13-14), Peyton Costa (11-12), Visalia's Layla Flores (11-12), Ava Olson (10-under), and Alexa Wong (10-under).

Layla Flores was our first finalist, swimming to the championship finals in the 100 meter backstroke on day 1, and improved nearly three seconds to a 1:11.61 in the preliminary heats, swimming well under Samantha Goates team record of 1:12.24 set at the Senior Q meet in 2002. Samantha Goates is among our all-time top performers, becoming nationally ranked, competing for LSU at the DI NCAA Championships. On day 1, Janessa Bringe earned a scoring top-16 finish swimming 10:21.83 in the time based 800 meter freestyle, and finishing 15th in the event.

Day 2 was Thursday; Alexa Wong swam

to a consolation final in the 100 meter freestyle after swimming 1:13.13 in the preliminary heats on that day, and also qualified for the consolation heat in the 200 IM. Peyton Costa also made the consolation heat, swimming a 2:36.03 in the preliminary heats, and then winning the consolation heat with a time of 2:33.48.

On day 3, Ava Olson advances to the consolation final of the 100 meter breaststroke, improving her time by nearly two seconds to a 1:34.80, and finishing 15th in that final heat. Layla Flores sat in the 1st alternate position of the same event after swimming her best time of 1:24.28, and then went on to place 10th in the 50 meter backstroke improving her preliminary swim to a 33.54, after swimming her fastest time of 33.82 in the prelims.

Day 4 resulted in Layla Flores not only being the only TNT swimmer to improve 100% of her times, the

only TNT swimmer to advance to a championship top-8 final heat, but also earned the most second swims for any TNT swimmer as she competed in the 11-12 200 meter breaststroke event, and improved her time by over two seconds to a 3:01.74, and finished 15th in the event. Layla was joined as a finalist for the day by Ava Olson, competing in her first Zone meet, and second final event, where her time of 1:20.21 was enough for a 14th place finish in the 100 meter butterfly, and an improvement from her preliminary swim.

MALLORY KORENWINDER – ONE OF THREE ACADEMIC ALL AMERICA SWIMMERS FOR CCS— September 2016

Swimmers who are eligible, annually submit their information for consideration as a USA Swimming Scholastic All America athlete. Swimmers are eligible beginning their sophomore year in high school, and must maintain a 3.5 grade point average, in addition to achieving a challenging time standard in at least one event. Mallory Korenwinder is one of three swimmers throughout all of Central California Swimming who are on the list for this past academic year, and she remained on the list for all three years of eligibility. Mallory had posted the eighth fastest time in the nation for the 100 yard breaststroke during this past high school year with her time of 1:01.14. She is the most recent of the three TNT swimmers in the history of the team who achieved the USA Swimming Academic All-America recognition all three years, joining Kyle Grissom, Nathan Rhae and

Chris Nolan as those who had reached the milestone all three years to date. For the 2013-2014 academic year, TNT alone fielded four swimmers onto the list, and included: Owen Ansel, Lauren Davis, Kyle Grissom, and Mallory Korenwinder. In the 2012-2013 school year, TNT alone presented six swimmers that included: Lauren Davis, Emily Goodbar, Kyle Grissom, Jillian Hatch, Mallory Korenwinder, and Chris Nolan, establishing TNT swimmers as balancing their focus on both academic and athletic accomplishments to a degree beyond any other team within Central California Swimming in most recent years. Annually, swimmers from Central California Swimming represent only a handful of recipients, and this year totals only three



throughout CCS, a geographical region that spans Bakersfield in the south, to Merced in the north, and from Ridgecrest in the east to Coalinga in the west. Past TNT recipients also included: Colin Landweer, Bradley Matsumoto, Patrick Ota, and Kellie West.

Swimmers should contact their coach, or Phil, on qualifying criteria, and application timelines in case of questions. Time standards can be found in the TNT Swimmer Handbook, and at www.tritonswim.org.

41 NEW TNT SWIMMERS COMPETE AT HANFORD MEET— September 2016



A total of 178 swimmers competed at the Hanford meet held at the Tulare Western pool on the second weekend of September, marking the first short course meet following this past summer's long course season. Of these, 107 were TNT swimmers, and of the 107 TNT swimmers 41 swam in a club swim meet for their very first time, establishing baseline times that will mark the beginning of their move toward Junior Olympics, Winter and June Age Group Championships, Far Westerns, Western Zones, and well beyond. Congratulations to the following 41 swimmers for taking their first step to achieving their future dreams:

Joemar Abad	Gabriela Dutra	Jaden O'Bosky
Meghan Adams	Hannah Dutra	Edward Miguel Ong
Edmond Aguinaldo	Haylee Feldmann	Taylor Phillips
Precious Aguinaldo	Natalee Feldmann	Joshua Ramirez
John Bailey	Carlos Garcia-Lemus	Abigail Rodriguez
Megan Bairstow	Kassady Glennon	Ivan Rodriguez
Nathan Boudreaux	Ashton King	Mackenzie Sepeda
Briar Briggs	Christian Martinez	Hollie Shy
Connor Bruton	Nathaniel Martinez	Fynn Stadtherr
Ryan Chambers	Malayna Medeiros	Jose Manuel Wee
Jasmine C. Corpuz	Moorea Moyes	Allyson Wheeler
Gabriela Costamagna	Kaylee Nelsen	Jacob Wheeler
Luis De La Torre	Mia Nelsen	Matthew Wheeler
Riley Duffy	Sophie Nelsen	

A total of 59 additional swimmers competed who had previously recorded times with the team, and well over half of them improved 100% of their times, leading the team to a 76% improvement rate. The following 34 swimmers had a perfect meet starting off the short course season as they move into the winter championship meets:

Sienna Abernathy	Shannell Flores	Genoveve Mcilwaine
Ella Bettencourt	Nadia Garabedian	Rylee Noronha
Emma Bettencourt	Daniel Haley	Seiji Shinkawa
Drew Black	Caolinn Hardy	Shoji Shinkawa
Natalie Boudreaux	Logan Huckabay	Blake Sifton
Isabel Burrough	Nathan Hunt	Brayden Souza
Jonna-Lee Bush	Teagan Hunt	Claire Welborn
Jacob Chambers	Toby Jones	Alexa Wong
Aidan Champagne	Tanner Kelm	Brett Wong
Ciara Clarke	Sydney King	Bryan Wong
Ciena Clarke	Isabella Klawitter	
Brianna Colado	Addison Mccullough	

Although having competed for TNT sometime in the past, the following seven swimmers expanded their repertoire by competing in events that they had never experienced in the past. These included:

- Noah Gutierrez (age 10): 50 free & 50 breast
- Mckenna Pressley (15): 50 free, 200 fly, 200 IM & 1650 free
- Delbert Salvadalena (8): 50 free
- Erika Vandermaarl (11): 50 free, 50 breast, 50 back & 100 IM
- Haley Vandermaarl (10): 50 breast, 50 back & 100 IM
- Kate Welborn (7): 50 free
- Bryce Wong (14): 200 fly

LAYLA FLORES, LUCAS HUCKABAY & ALEXA WONG UNDEFEATED AT RAISIN AGE GROUP INVITE— August 2016



One hundred nineteen TNT swimmers were among the total 193 who competed at the Raisin Age Group Invitational at Selma High School over the third weekend of September, marking the second short course swim meet of the new season, and three swimmers came away winning all events they competed in.

Visalia's 12-year old, Layla Flores, competed in eight events, and came away unchallenged in all eight. Layla is our

premier 100 meter backstroker who established herself as the fastest long course swimmer in the event for the history of the team when she competed in Utah this last summer where she set the team record for the 11-12 age division. She continues to prove herself as not only the fastest on the team, but the fastest at the meet, and not only in backstroke, but also

establishing herself as a well-rounded athlete by winning all eight events.

Selma's eight-year old Lucas Huckabay also competed in eight total events, two of them for the very first time (100 back & 200 IM), and one of those in the 10-under division (200 IM), and he still managed gold-medal performances

in all events. Lucas also improved over 13 seconds in the 200 freestyle, swimming a time of 2:31.07 as an 8-year old. He is one of the few 8-under swimmers fast enough to post times on our TNT All-Time Top 100 lists for the 10-under division.

Our final sweeping performance came from 10-year old Alexa Wong who also competed in a full slate of events, and established her dominance, winning all eight. She also improved 7 of her 8 swims, the largest being over 11 seconds in the 200 IM, marking what could be a pivotal, or break-through, meet for her. Alexa has a summer birthday (June), and she is already posting times that rank among the top 10 for the team, sitting within three to four seconds from some of our team records.

Ten-year old Nicholas Vassylenko came away winning seven of his eight events, and earned a second place in his remaining one, and Nicholas was one of 25 swimmers to improve 100% of their times; his largest improvement being

over 11 seconds in the 100 IM. Bryan Wong came home with the next highest number of wins, swimming to a first place finish in five of his eight, and improving over 42 seconds in the 200 IM. Other event champions included: Sienna Abernathy (winning the 100 back), Danielle Albright (100 & 200 breast), Alonso Escobedo (200 back), Noah Haworth (100 fly), Logan Huckabay (50 fly), Tanner Kelm (50 breast & 200 free), JD Koster (200 fly), Cody Nash (100 & 200 breast), Jade Perez (100 back), and Sydnee Wilson (50 breast & 100 fly).

The top 8 swimmers scored in each event, and besides those who were event champions, these included: Eric Amador, Maguire Barteau, Ella Bettencourt, Drew Black, Nathan Boudreaux, Dylan Burr, Jonna-Lee Bush, Devon Cardoza, Duncan Champagne, Ciara Clarke, Ciena Clarke, Morgan Coddington, Dante Corasco, Jasmine Corpuz, Elias Dean, Colin Duffy, Jillian Duffy, Gabriela Durtra, Nadia Garabedian,

Mackenzie Garza, Lauren Geiger, Noah Gutierrez, Daniel Haley, Caolinn Hardy, Noah Haworth, Jackson Huckabay, Jonas Huckabay, Sydney King, Isabella Klawitter, Carlos Lopez, Rylee Lord, Makayla McGuire, Michael Mendoza, Bella Navarretti, Sophie Nelsen, Preston Niayesh, Ava Olson, Tyson Phillips, Joshua Ramirez, Megan Ridenour, Alex Roberts, Ivan Rodriguez, Micah Ruiz, Delbert Salvadalena, Satoshi Shinkawa, Clara Shinn, Ethan Unruh, Addia Watson, Chesney Watson, and Jacob Wheeler.

Congratulations also go to the following swimmers who improved 100% of their times: Edmond Aguinaldo, Precious Aguinaldo, Ella Bettencourt, Ella Bettencourt (yes – two different swimmers), Connor Bruton, Devon Cardoza, Ciara Clarke, Elias Dean, Lorelei Dean, Colin Duffy, Kate Geiger, Toby Jones, Genoveve Mcilwaine, Jaden O'Bosky, Edward Miguel Ong, Taylor Phillips, Tyson Phillips, Parker Princewill, Ivan Rodriguez, Edward Rodriguez, Luke Vanwoudenberg, Maryn Vanwoudenberg, Nicholas Vassylenko, Matthew Wheeler, and Bryan Wong.

24 COMPETE AT CLOVIS MEET— September 2016



Twenty-four TNT swimmers competed at the Clovis Fall Classic on September 24th and maintained a 50% overall team improvement rate. This improvement rate was led by six swimmers who improved 100% of their times over the one-day meet. Tegan Hunt had the highest number of swims, improving 3 of 3 events, followed by her training partner, Addison McCullough who improved two of her two events. Xavier Gutierrez of Porterville, along with Alex Roberts, each improved both of their two events that had

previously been recorded with the team. Both John Bailey and Laney Cox of Porterville each improved the one event which was previously recorded. Ten of our 24 swimmers swam a combined total of 18 new events at the meet, setting the foundation for their future. Our next highest improvement rates came from Visalia's Layla Flores, Hanford's Nathan Hunt, and Caroline Mendyk, all 75% of their times.

Five of our swimmers came away as event champions in their respective events. Danielle Albright won both the 200 butterfly (2:24.08), and the 400 IM (5:00.08) events for the 13-14 girls division, while Visalia's Layla Flores took home the gold in both the 11-12 girls 200 breaststroke (2:40.59) and 200 freestyle (2:12.15) events. Alex Roberts doubled up wins in the 13-14 girls 100 free (57.75), and 100 back (1:01.35) events, while Porterville's Fynn Stadtherr went uncontested in both the 7-8 25 breaststroke (24.13), and 25 butterfly (22.89) events. Fifteen year old Preston Niayesh was our only other event champion, as he won the 100 backstroke with a time of 1:00.63.

MISSY LESTRANGE & AJ REID COMPETE AT IRONMAN WORLD CHAMPIONSHIPS— October 2016

The Ironman World Championships took place on Saturday, October 8th, and while our swimmers were competing at the Visalia meet, two current and past TNT athletes were among over 2,000 who competed at the Ironman World Championships in Kailua-Kona, Hawaii. The competition involves a 2.4 mile swim, 112 mile bike, and 26.2 mile run, all as one 140.6 mile event. Our own Missy LeStrange clocked an overall time of 12 hours, 56 minutes and 13 second to finish 3rd in her division that consisted of 35 contestants, splitting 1 hour 8 minutes and 30 seconds for the swim 6h 24m 38s for the bike, and 5h 11m 21s for the run. Her swim time was the fastest in the field by three seconds over Brazil's Marise Nunes who finished 8th overall with a time of 14h6m5s.

AJ Reid competed in the 18-24 division, and finished 20th in his field of 38 athletes. AJ's time was 11:02:17, and he was the 4th fastest American to finish in the division. AJ swam 57:57, and then followed that with a bike split of 5:30.57, and finally the run of 4:22.33. This was AJ's first Ironman World Championships.

BRYAN WONG SETS TEAM RECORD AT VISALIA— October 2016

Bryan Wong was one of over 100 TNT swimmers who competed at the Visalia TNT Fall Meet over the second weekend of October, and he puts on the first of what is surely to be only the beginning of an upcoming series of team record-breaking performances within this new training and competition cycle entering the short course season. Bryan swam the 200 yard breaststroke event for the very first time, and clocked a time of 2:38.02 in the event to take home the win, and slid under Preston Niayesh's team record of 2:38.06 that was set at Far Westerns three years ago. Bryan's time currently stands as the 37th fastest nationally for boys at age 12. The new national reporting cycle began at the beginning of last month, and there are currently 250 times posted nationally for this gender and age.

Our team maintained an improvement rate of 48%, and Bryan also maintained one of the highest improvement rates by improving five of his six events. Sixteen TNT swimmers improved 100% of their times as they perform in the early phase of this next short course season, and they include: Megan Bairstow (improving 2 of her 2 events), Isabel Burrough (4 of 4), Jacob Chambers (2 of 2), Tomas Contreras (6 of 6), Gabriella Costamagna (1 of 1), Sarah Do-Reynoso (2 of 2), Colin Duffy (2 of 2), Jillian Duffy (1 of 1), Xavier Gutierrez (5 of 5), Jackson Huckabay (2 of 2), Jonas Huckabay (2 of 2), Marlene Mansour (1 of 1), Levi Porter (2 of 2), Ivan Rodriguez (2 of 2), Josh Wee (5 of 5), and Benjamin Wheeler (3 of 3).



A few of our swimmer remained uncontested in the few events that they competed in. Alonso Escobedo was undefeated in both the 15-over 200 back (2:01.90), and 200 IM (2:02.42) events, while Selma's Logan Huckabay won each of his four events in the 6-under division, including the 25 free (19.56), 50 breast (1:08.01), 50 fly (59.08), and 100 IM (2:00.53) events. JD Koster came in on Sunday to win his three events that included the 200 breast (2:16.23), 200 fly (2:06.98), and 400 IM (4:25.50) for the 15-over division, while Alex Roberts also came in on Sunday where she won the 13-14 100 back (1:02.79) and 400 IM (5:00.42)

events. Visalia's Tyson Phillips took home the gold in the 7-8 50 free (42.30), 25 breast (28.79), and 50 back (50.34) events. Other event champions included: Libby Adriaansen (winning two events), Nathan Boudreaux (2 events), Janessa Bringe (2), Ciara Clarke (1), Layla Flores (6), Mackenzie Garza (4), Lauren Geiger (1), Diego Gutierrez (1), Toby Jones (1), Rylee Lord (3), Mia Nelsen (1), Karuna Perry (1), Gage Price (3), Garrison Price (1), Micah Ruiz (3), Katherine Sullivan (1), Jake Surratt (3), Jacob Wheeler (1), Alexa Wong (2), Bryan Wong (6), and Bryce Wong (7).

MEGAN RIDENOUR & DANIELLE ALBRIGHT FINAL AT KEVIN PERRY— November 2016



Nine senior TNT swimmers traveled to Huntington Beach over the first weekend of November to compete alongside swimmers such as former University of Florida, and Colombian Olympic backstroke swimmer, Omar Pinzon. The meet took the place of the “Terrapin” meet that we typically travel to on the same weekend in Pacific Swimming.

Our team came away with only two finalists, each earning a spot in the C-final, and both swimmers being two of only three remaining Futures qualifiers on our team. Visalia’s Megan Ridenour is our most veteran swimmer, competing at Futures for the past two years, and is the only swimmer to earn two final swims at the Kevin Perry meet. Megan finished 22nd in the 100 yard breaststroke after swimming a 1:06.53 in the preliminary heats. She teamed up with 13-year old Danielle Albright in the C-final of the 200 yard breaststroke, where both swimmers improved nearly three seconds in the preliminary heats to earn their second swims. Danielle and Megan finished 20th and 22nd respectively with Danielle swimming a time of 2:25.72 in finals, and Megan posting a time of 2:25.65 in the preliminary heats.

One team record was set at the meet, and that was from 15-year old Preston Niayesh who has now established himself among the ranks of only a few TNT swimmers in

our history as holding a team record in each age division from the 10-under, to the 15-18 and Senior divisions. Highlighting an impressive birthday swim, Preston swam a personal best of 59.59 in the 100 yard breaststroke to finish 28th in the event, and sliding under Nathan Rhea’s team record of 59.75 that was set at the Clovis meet in March of 2012. Preston’s time currently stands as the 14th fastest nationally for boys at age 15 in an annual reporting period that began two months ago.

Two TNT swimmers led the 57% improvement rate (considered considerably high for a senior-level meet) at the meet with Alonso Escobedo improving all five of his events, averaging an improvement of over two and a half seconds each time he hit the water. Alonso’s top finish was 36th in the 200 back (1:57.81). Garrison Price maintained the only other 100% improvement rate, and he maintained the largest drop by improving nearly eight and a half seconds in the 200 yard butterfly event (1:59.69), swimming under the 2-minute mark for the first time. His highest finish was 51st in the 100 fly (53.06).

The highest finish for our remaining swimmers included 45th in the 1000 freestyle for Visalia’s Janessa Bringe (10:51.66), 35th in the 50 free for Visalia’s Mackenzie Garza (24.59), 95th in the 100 back for Visalia’s Lauren Geiger (1:01.52), and 45th in the 200 fly by JD Koster (1:57.62).

44 COMPETE AT CONEJO SIMI INVITATIONAL— October 2016



Tule Nation Tritons traveled with its largest group to date for the Conejo Simi Invitational which is a closed meet intended for only a select number of teams. Our group traveled by bus to Simi Valley to compete on the first day of the two day meet, and then went on to Disneyland for Sunday. Eighteen of our athletes were event champions at the meet, and these performances were led by three individuals who remained undefeated. Selma's Lucas Huckabay led the way by competing in, and winning, all five events – the maximum number allowable, for the 9-10 division, and he was followed by Visalia's Layla Flores who

has proven herself hard to beat, meet after meet, as she wins her four events. Alonso Escobedo competed in two events, and won both.

Other events champions included Selma's Sienna Abernathy (winning 4 events for the 9-10 division), Danielle Albright (winning 3 for 13-over), Aidan Champagne (1, 11-12), Selma's Morgan Coddington (2, 15-over), Jackson Huckabay (1, 13-over), Jonas Huckabay (1, 13-over), Drew Johnston (1, 11-12), Selma's Tanner Kelm (1, 9-10), JD Koster (1, 13-over), Preston Niayesh (1, 13-over), Ava Olson (1, 11-12), Gage Price (3, 11-12), Katherine Sullivan (1, 13-over), Addia Watson (2, 5-8), and Selma's Sydnee Wilson (2, 9-10).

Sydnee Wilson was also one of only five swimmers to improve 100% of their times. She improved over nine seconds combined over five events. Chesney Watson had one of the largest time improvements, dropping over seven seconds in the 100 breaststroke event, and also improved 100% of her times for four events. Maquire Barteau improved two of two, while Dante Carrasco improve all three previously recorded times with the team. Our only other 100% improvement came from Marisal Howeth who improved two events, and added the 100 IM as a newly recorded event.



MORGAN CODDINGTON & LAUREN GEIGER COMMIT TO FRESNO PACIFIC— November 2016



Two TNT swimmers are completing their senior year of high school, and are preparing to make the transition to collegiate swimming. Early signing for the sport of swimming occurs in November, and Selma's Morgan Coddington has signed the National Letter of Intent to represent the Fresno Pacific Sunbirds for the following year. Morgan is a graduating senior from Kingsburg High School, and is coached by Gary Ota.

Joining Morgan will be Visalia's graduating senior, Lauren Geiger, who will be graduating from Immanuel High School in Reedley. Lauren gave her verbal commitment to Fresno Pacific earlier in the year to become a Sunbird next year, and she is coached by Jason Ricablanca. Early signing is offered only to those athletes across sports that are highly desired by the college of their choice, and our two athletes are no exception to that reality. Both Morgan and Lauren have consistently finished in the top 2 places at the CIF High School Valley Championships year after year, and both swimmers qualify for our team's senior circuit of swim meets that include the Los Angeles Invitational, Speedo Grand Challenge, and Swim Meet of Champions, swim meets that typically field international level Olympians.

Our two athletes will be following a long list of TNT swimmers who competed for Fresno Pacific, including Bre Abell, Thomas Brown, Wesley Coles, Justin Lopez-Lamb, Matlyn Morris, Jordan Stotts, as well as our coaches Alicia Cleveland, Kendall Swanson and Joclyn Thiessen.

Fresno Pacific is an NCAA Division 2 program that competes in the Pacific Collegiate Swim Conference along with the University of Alaska, Arizona Christian University, Azusa Pacific, Biola, East Bay, Concordia, Dixie State College, Loyola Marymount, Pepperdine, Soka University, UC San Diego, and UC Santa Cruz.

DANIEL HALEY LEADS TNT TO 2nd PLACE FINISH IN FRESNO— November 2016



Visalia's Daniel Haley was one of six TNT swimmers who were event champions at the Fresno ABC meet held in mid-November at the Bullard High School facility, swimming eight events, and scoring in all eight. He took home the gold in the 11-12 boys 500 freestyle event with a time of 5:45.68, placed 3rd in four events, and was among the top 6 in all other events that he competed in. Our other event champions included his Visalia training partner, Janessa Bringe, who won the 15-over 400 IM with a time of 4:59.76, 8-year old and Jillian Duffy who was the champion of the 8-under 100 IM after swimming a life-time best of 1:36.97. JD Koster was the event champion in three of his

four 15-over events, winning the 100 fly (55.42), 200 breast (2:17.83), and 200 IM (2:05.13), while Visalia's Megan Ridenour entered two 15-over events, and won both: 100 free (56.08) & 200 free (2:03.96). Our only other event champion was Katherine Sullivan, who won two of her four events that included the 400 IM (5:05.33), and the 200 free (2:14.54) for the 13-14 division.

The team's overall improvement percentage was established at 44%, and improvements were led by six individuals who improved 100% of their times. These swimmers included: Joemar Abad (improving 2 of 2), Drew Black (2 of 2), Jillian Duffy (3 of 3), Isaac Gutierrez (5 of 5), Landon Mauge (1 of 1), and Brayden Souza (2 of 2). Congratulations to these six, along with Jacob Barber, Megan Bairstow, Ciara Clarke, Ciena Clarke, Elias Dean, Lorelei Dean, Colin Duffy, Evan Dutra, Wyatt Edwards, Ashton King, Landon Mauge, Genoveve Mcilwaine, and Brayden Souza for posting times for new events.

BRYAN WONG IMPROVES TEAM RECORD AT VETERANS MEET— November 2016

Seventy-three TNT swimmers competed at the TNT Veterans ABC meet held over the first weekend of November, and 12-year old Bryan Wong seems intent on ensuring that no one too soon breaks his record he set at the previous meet at Visalia in the 200 yard breaststroke event. Bryan swam 2:38.02 in Visalia to improve the pre-existing record by four one-hundredths of a second, and now at the Veteran's Day meet improved his record to a 2:37.07, a time that now stands as the 99th fastest nationally for boys at age 12. Bryan is one of nine TNT swimmers who remained undefeated at the meet, winning all five of his events.

Other swimmers who were undefeated included Eric Amador who won all four of his events in the 11-12 boys division, along with Selma's Morgan Coddington who won her four in the 15-over division, and Visalia's Layla Flores who took home eight first place finishes for the 11-12 division. Selma's Satoshi Shinkawa also won both of his 15-over events, and Visalia's Jake Surratt won all four of his 6-under events. Jacob Wheeler blazed to first place finishes in four events in the 7-8 division, while Alexa Wong swept all six of her events in the 9-10 group, along with her brother, Bryce Wong, who came home winning all six 13-14 division events.



Fifteen of our swimmers improved 100% of their times that had been pre-recorded with the team, and these performances were led by Gabriela Dutra who improved all six of her events. The largest improvement came from Clarie Welborn who dropped a whopping 23.98 seconds in the 100 yard breaststroke event, which marked the largest time drop by any TNT swimmer at the meet, and she too improved 100% of her times. Our remaining 100% improvement rates were generated by: Meghan Adams (improving 1 event), Eric Amador (improving 3), Briar Briggs (1), Gabriela Costamagna (1), Peyton Costa (3), Elias Dean (2), Jackson Huckabay (2), Carlos Lopez (3), Jade Perez (2), Seiji Shinkawa (4), Shoji Shinkawa (2), Jake Surratt (4), Kennedi Warren (1), Kate Welborn (1), and Jacob Wheeler (3).

BRYAN WONG SETS 2 RECORDS AT TULARE— December 2016

Bryan Wong began the Tulare meet with a record breaking swim in the 400 IM, swimming the event only the second time in his career, and coming in at a time of 4:54.35, being only the second 11-12 boy in the history of the team to go under five minutes, and improving on his first effort by nearly seven seconds from only two months prior. Bryan holds the record that Peyton Costa set one year earlier as a 4:56.39 while competing

at the Age Group Championships in San Diego. His time stands as the 141st fastest nationally for 12-year old boys. Bryan began breaking team records only two months ago during the Visalia meet where he swam 2:38.02 in the 200 breaststroke, and continues to improve on that record, this time swimming 2:36.64 in the event at the Tulare meet shaving nearly a second and

a half off the time in just two months. His improved record now stands at the 161st fastest in the nation for boys at age 12.

Bryan also swam undefeated at the meet within his respective A, B or C divisions, winning all five events that he competed in for the 11-12 boys division, including the 400 IM (4:54.35), 200 breast



(2:36.64), 200 back (2:33.90), 50 free (26.76), and 100 free (57.97) events. Keeping success in the family, sister Alexa Wong was the event champion for four of her five events in the 9-10 division, and these included the 100 breast (1:27.86), 100 back (1:14.31), 50 free (29.15), and 500 free (6:09.57). Another near sweep came from Visalia's Layla Flores who just arrived into the 13-14 age division, and she won five of her six events, winning the 200 free (2:09.13), 400 IM (5:05.79), 200 breast (2:36.87), 200 back (2:20.94), and 200 IM (2:20.81). The only other 4-event champion was Mckenna Pressley who took home the gold in her respective divisions in the 200 breast (3:10.18), 200 fly (3:05.26), 200 IM (2:55.27) and 100 breast (1:28.66) events.

Other event champions included: Sienna Abernathy (50 back & 50 breast), Libby Adriaansen (50 free), Maquire Barteau (100 IM), Ella Bettencourt (50 free), Drew Black (100 fly), Isabel Burrough (50 breast), Riley Carpenter (100 free), Aidan Champagne (100 breast, 100 back & 100 fly), Ciara Clarke (100 fly), Peyton Costa (100 back & 200 fly), Colin Duffy (50 back), Gabriela Dutra (100 free), Yasmin Erteza (25 free & 25 breast), Alonso Escobedo (400 IM), Jillian Gaines (200 free & 400 IM), Diego Gutierrez (100 breast), Isaac Gutierrez (200 free & 100 free), Xavier Gutierrez (100 back), Maya Herrera (200 back), Logan Huckabay (50 free & 100 IM), Lucas Huckabay (200 free & 100 breast), Nathan Hunt (200 free & 200 breast), Sydney King (200 free), Isabella Klawitter (200 fly), JD Koster (100 fly, 200 breast & 200 IM), Rylee Lord (200 fly), Landon Mauge (50 breast), Genoveve Mcilwaine (100 fly & 100 free), Caroline Mendyk (200 IM), Ava Olson (50 fly, 50 back & 200 fly), Levi Porter (50 free & 25 back), Gage Price (400 IM), Alex Roberts (100 back), Micah Ruiz (200 back), Fynn Stadtherr (50 free & 50 breast), Jenna Surratt (50 breast), Stuart Torres (50 free, 100 breast & 100 free), Kennedi Warren (50 fly), Benjamin Wheeler (200 back, 200 IM & 500 free), and Jacob Wheeler (25 fly, 25 free & 100 free).

Seventy-three TNT swimmers competed at the meet, maintaining a 44% improvement rate, lead by seven swimmers who improved 100% of their times. Swimmers who improved pre-recorded times in events 50 yards or longer include: Wyatt Edwards (improving 2 of 2), Yasmin Erteza (1 of 1), Rylee Norohna (4 of 4), Jade Perez (2 of 2), Tyson Phillips (1 of 1), Allyson Wheeler (2 of 2), and Alexa Wong (5 of 5).

3 COMPETE AT DECEMBER SECTIONALS— December 2016

JD Koster tops the performance list for the three TNT swimmers who competed at the December Sectional meet at East LA College. He swam to the highest finish of the three, and improved three of four swims that included two time trial events. JD's top finish was 31st in the 200 fly in a meet where the top 24 swimmers advance to a final heat. His 1:55.68 was nearly a two second improvement, and slides under the short course Sectional time standard for his first time in the event where he maintained a long course qualifying time. During time trials, JD also improved his 200 IM to a 1:57.40, and 200 breaststroke to a 2:11.98.



Preston Niayesh was our only swimmer who was eligible to swim three events in the meet, and he had the next highest finish of our team of three, placing 40th in the 200 breaststroke with a time of 2:15.77 which is his second fastest meet performance in the event. Alsonso Escobedo was entered into two events, and his highest finish was 54th in the 400 IM after swimming a time of 4:17.63 in the preliminary heats, and posting his second fastest time on record.

BRYAN WONG LEADS TNT TO 8th PLACE FINISH AT WINTER AGE GROUP CHAMPIONSHIPS— December 2016



Twenty TNT swimmers competed at the 2016 Winter Age Group Championships held on Coronado Island in San Diego over the December 17-19 weekend with 559 of the total 753 points generated from individual events led by twelve year old Bryan Wong who was not only the teams sole event champion, but took home the gold in three of his eight events, placing second in the 500 free (5:22.18), and third in three additional events (100 free – 57.16; 200 IM – 2:19.47 & 200 free – 2:02.40). Rounding out a sixth place finish in the 100 fly (1:04.54), Bryan was a championship (top-8) finalist in all events that he participated in, and thereby contributed a total of 138 points to the team total. His three first place events were also new team records, beginning with the 31.71 that he swam in the 50 breaststroke event. His time slid under Preston Niayesh's 31.98 that stood as the previous team record set at the Tulare meet three years earlier in 2013. Bryan's new record stands as the 95th fastest nationally for swimmers at age 12. Establishing himself as a breaststroker, Bryan went on to set the team record in his next gold medal event, the 100 breast where his time of 1:09.22 ranks 120th nationally, and shaved .05 seconds off of Preston's previous record of 1:09.27, being the only two TNT male swimmers to go under the 1:10 mark. Bryan previously held the 200 breaststroke

record, most recently setting it at the Tulare meet earlier in the month as a 2:36.64, but now in his final gold-medal performance, falls well under that time to a 2:30.99, and placing himself as the 83rd fastest 12-year old male in the nation for the event to date.

Our next highest point contributor was Alexa Wong who also placed in the championship (top-8) heat for nine events that she participated in, scoring a total of 131 points. Her highest finish was the 2nd place in the 100 butterfly (1:11.69), and she followed that with a pair of 3rd place finishes that included the 50 fly (32.09), and 50 free (29.17) events, as well as a pair of 4th place finishes that included the 200 IM (2:36.14), and 100 back (1:12.19), and a pair of 5th place finishes that included the 100 free (1:04.22), and 200 free (2:19.55). Her final two events paired up for 6th place finishes, and included the 50 back (34.73), and 100 IM (1:13.16).

Gage Price was the next highest point getter at 77 points generated by championship swims in four of his events. Gage's top place was 5th in the 200 back (2:23.04), and he followed that performance with a

pair of sixth place finishes that included the 50 back, (31.32) and 100 back (1:06.33) events. His final top-8 finish was 7th in the 100 fly (1:05.45). Additionally, Gage finished top-16 in three other events that included the 100 free (10th), 50 fly (9th), and 500 free (9th) events. Selma's Sydnee Wilson was one of three swimmers to improve 100% of their times, and she also had three championship swims that included a pair of 4th place finishes for both the 50 fly (32.51) and 100 breaststroke (1:23.35) events, and a 5th place finish in the 50 breast (37.78). Her remaining top-16 scoring swims include the 200 IM (14th), 100 IM (15th) and 50 free (9th). Selma's Sienna Abernathy was our next highest point contributor with 54, and she did this with three top-8 finishes that included a pair of 6th places for the 100 free (1:06.83), and the 50 free (29.96), and a 7th place finish in the 200 free (2:25.52). Sienna also finished 10th in the 50 fly, and 9th in the 100 fly. Visalia's Daniel Haley would be next in points at 41, while finishing 6th in the 12-under 200 butterfly event with a time of 2:35.76. Daniel had five additional scoring events that included the 200 back (13th), 100 free (16th), 50 back (9th), 100 back (10th) and 500 free (10th) events.



Drew Black made her first appearance at the meet, and had a top-8 finish with a 7th place in the 50 fly (33.56), and also scored in the 100 free (16th), 50 back (13th), and 100 back (12th). Another double digit scorer was Selma's Lucas Huckabay who scored in four individual events that included the 100 free (15th), 200 free (11th), 100 back (12th) and 50 free (10th). Bryce Wong was one of three 100% improvement swimmers, and our only other double digit winner, scoring in the 100 fly (11th) and 100 back (12th). Our remaining scorer in individual events was Ava Olson who finished 10th in the 200 fly.

Our remaining swimmers, along with their highest placed event, includes Aidan Champagne (50 breast – 30th), Duncan Champagne (50 breast – 20th), Ciara Clarke (50 breast – 29th), Diego Gutierrez (100 free – 30th), Isaac Gutierrez (100 breast – 43rd), Xavier Gutierrez (200 breast – 29th), Addison Mccullough (100 fly – 17th), Micah Ruiz (200 back – 23rd), Benjamin Wheeler (200 back – 25th), and Brett Wong (200 back – 31st). Addison Mccullough was one of only three individuals to improve 100% of their times.

MEGAN RIDENOUR SWIMS TO CHAMPIONSHIP FINALS IN TEXAS— December 2016

Fifteen TNT swimmers traveled to Lewisville, Texas for the second time to compete at the 2016 Pro-Am Classic over the third weekend of December, and two thirds of our team earned a second swim in one of four final heats provided. Six of those ten moved into one of two scoring heats, placing among the top 16 at the meet within their respective events.

Our only championship swim (placing in the top-8) was Visalia's [Megan Ridenour](#) who swam 1:07.15 in the championship finals to successfully defend her 7th place seeding going into that heat. Megan also earned a 2nd swim in the C-final of the 200 breast, finishing 22nd there (2:31.84). Our team had only one swimmer that scored in two individual events, and that honor goes to Selma's [Jonas Huckabay](#) who finished 10th in the 1650 freestyle on the final day where he swam a lifetime best time of 16:52.23, and had the largest improvement from any TNT



swimmer of nearly 22 seconds. Jonas must have known he would be among the top performers since he started the meet with the 1000 freestyle, and already earned a scoring performance by finishing 16th in that event with is lifetime best of 10:05.20. At an 83%, Jonas maintained one of the highest improvement rates for the team by improving five of his six swims.

Selma's [Satoshi Shinkawa](#) was the busiest on the team, earning second swims in four of his six events. He scored in the 100 backstroke where is lifetime best of 55.44 in the preliminary heats took him to a spot in the consolation final where he nearly repeated the time and finished 15th. Satoshi also earned 2nd swims in the 100 breast (1:02.61), 100 fly (52.98), and 200 IM (2:01.59) events. With an overall team improvement percentage only at 38%, Satoshi was one of seven who improved at or over 50% of their times.

Visalia's [Mackenzie Garza](#) earned the next highest number of second swims at three, and she scored in her specialty event, the 50 freestyle, with a lifetime best time of 24.55 posted in the finals and placing 14th there. Mackenzie also earned a second swim in the 100 freestyle, finishing

28th after swimming a time of 55.25 in the preliminary heats. Her final second swim was in the 50 backstroke where her time of 28.19 finished 17th. At a 60% improvement rate, Mackenzie was among our best improved swimmers. Another scoring swim came from one of our four 13-year olds who competed at the meet. [Danielle Albright](#) was within a second of her best time in the 100 breaststroke with a 1:07.71 in the preliminary heats which was fast enough to get her into the B-final where she finished 13th. Her second final resulted from her 4:47.29 in the preliminary heats of the 400 IM where she ultimately finished 23rd in the C-final. Our final scoring swim came from Visalia's [Lauren Geiger](#) who swam a time of 28.39 in the preliminary heats of the 50 backstroke to make it into the consolation final, where she finished 15th.

Our top performer in terms of time improvement was unquestionably Visalia's [Layla Flores](#), who at age 13 wouldn't back down to the senior-level of competition. She competed in six events, and improved all six, by margins that well exceeded two and a half seconds at times. Layla also earned second swims in two events that included the 200 breaststroke (2:33.19 – 26th), and 50 back (30.20 – 29th). Selma's [Morgan Coddington](#) is a veteran at the meet, and she also earned second swims in two events that included the 100 breast (1:10.29), and the 400 IM (4:47.66). Two additional swimmers earned a top-32 finish, and they include Visalia's [Janessa Bringe](#) who finished 26th in the 1000 free (11:13.40), and [Peyton Costa](#) who earned a second swim, and finished 29th in the 50 back (28.36).

Our remaining swimmers, along with their highest placed event, included: Visalia's [Rylee Lord](#) (55th in the 100 fly), [Priscilla Niayesh](#) (85th in the 100 breast), Selma's [Emma Pena](#) (39th in the 50 free), [Katherine Sullivan](#) (65th in the 50 back), and [Libby Adriaansen](#) (78th in the 100 breast).

TNT IN COLLEGE SWIMMING — December 2016

2016 TNT Collegiate Athletes



Sierra Jett
Auburn

Katelyn Herrera
Delta State

Matlyn Morris
Fresno Pacific

Aubrey Holbert
University of Hawaii

Khloe McCarthy
Pepperdine



Matthew Tashima
Saint Vincent

Chris Nolan
UC Santa Barbara

Mallory
Korenwinder
University of
Arizona

Kyle Grissom
USC

Cody Nash
Wilmington

It might not be widely known that we are proudly represented by nine TNT swimmers competing currently at ten collegiate programs across the country. Our collegiate representation includes institutions such as Auburn University in Alabama (Selma's [Sierra Jett](#), freshman), Delta State in Mississippi ([Katelyn Herrera](#), sophomore), Fresno Pacific in California ([Matlyn Morris](#), senior), University of Hawaii (Selma's [Aubrey Holbert](#), freshman), Pepperdine in California ([Khloe McCarthy](#), freshman), Saint Vincent in Pennsylvania ([Matthew Tashima](#), junior), UC Santa Barbara in California ([Chris Nolan](#), junior), University of Arizona in Arizona ([Mallory Korenwinder](#), freshman), University of Southern California (USC) in California ([Kyle Grissom](#), sophomore), and Wilmington in Ohio (Selma's [Cody Nash](#), junior). Our swimmers are in the midst of their training and competition cycle, and all have competed in at least three meets, and upwards to six, as they prepare for their respective Conference Championship meets that begin in February, and strive for their respective NCAA cuts for the March meets.



Competing in her first year for Auburn is [Selma's Sierra Jett](#) who was coached by Gary Ota and Home Schooled. Her competition season began in early October against the University of Kentucky where she posted a time of 24.26 in the 50 freestyle, a time that improved to 23.69 at the Georgia Tech Invite in mid-November. Her highlight swim at the Georgia Tech meet has to be her 100 freestyle where she swam near a lifetime best of 51.44 in the preliminary heats to earn a spot in the C final at 29th, and then posted a time of 50.89 which was well under her lifetime best to move up to 23rd, and within one second of the Division 1 NCAA B-cut. Sierra competed against LSU, Alabama and Tennessee in the course of the year.



[Katelyn Herrera](#) is competing in her second year for Delta State in Mississippi, and has competed in no fewer than four meets as we round out our calendar year, and against teams such as Alabama, Lindenwood, and Henderson. Katelyn is a Kingsburg High graduate who has rounded out the calendar year with season best swims, and significant drops in arguably the busiest competition schedule conducted by any of our athletes. At the Christmas Invitational, hosted by Delta State, Katelyn is competing in the 500 free, 400 IM, 1000 free and 1650 freestyle events, and has finished in scoring position in all events. She improved over four seconds in the 500 free to a time of 5:20.00 to finish 16th there, and then improved over 12 seconds in the 400 IM from the preliminary heats to the final heat for a 4:47.28 and 6th place finish there. Her 11:00.32 in the 1000 freestyle also finished in a 10th place scoring position, while her 18:15.02 finished 8th in the 1650 freestyle. This meet is taking place during the writing of this newsletter.



[Aubrey Holbert](#) is competing in her first year for the University of Hawaii. Aubrey is a Clovis North graduate coached in club by Gary Ota, who competed at the A3 Swimming Invitational alongside two of our other collegiate swimmers, Khloe McCarthy and Chris Nolan. Aubrey swam to her highest finish in the 100 back where her time of 59.25 placed 37th, and missed a second swim by just over a half second. Aubrey was Hawaii's second highest finisher in the event. Swimming pretty close to the same placing, Aubrey also finished 38th in the 200 fly with a time of 2:15.00, and then finished 45th in the 100 fly after swimming a time of 59.92. Her schedule at the meet included a multitude of relays, and also the 500 free where she finished 73rd with a time of 5:21.87. Aubrey is one of our senior swimmers who competed at the Pro-Am Classic last year, and went on to compete in some of our TNT Senior Circuit of meets that included the LA Invitational.



[Matlyn Morris](#) is a Porterville High School graduate who is competing in her final year for Fresno Pacific following a couple of years of injury and sidelining as a result. For this competition year, which began in late October for her, she has competed at the Pacific Invitational in late October, and then on to a meet at Fresno State in mid-November. Most recently she swam her season best times at UNLV in both the 100 back where her time of 1:00.00 finished 14th, and the 100 free where her 55.71 finished 16th. Matlyn has improved over two seconds in the 100 back from the beginning of the season as she works her way back from recovery. Matlyn is a long-time TNT swimmer who began at the Porterville site as an 8-under swimmer in 2003 swimming a 1:37.28 in the 100 backstroke, and she developed rapidly at the age group level, and then progressed to qualify and compete at meets such as Sectionals and the Santa Clara International. Her fastest time on record in the 100 back is 56.58 from 2014 prior to injury, which is under the 2016 Winter Junior National time standard.



[Khloe McCarthy](#) is a Tulare Western Graduate, and has competed in no less than four meets for Pepperdine to date and these include swimming against San Diego State and Cal Poly, in addition to competing at the Malibu Invite in mid-October, and the A3 Championships in mid-November. The A3 meet is a rested meet for many colleges that attend, and performances seem to indicate so. There's no exception when considering Khloe's performance, who maintains her well rounded ability as she competed in the span of freestyle events throughout the year from the 50 at the Malibu Invite earlier in the year, to the 500 at A3 where she posted a time of 5:08.93 to finish 25nd there. Her 400 IM time of 4:37.95 was her highest place finish of 29th at the meet which is very close to her lifetime best, and well before Conference Championship meets are to take place. Her 400 IM time would have earned a top-8 seeding into the championship final at the conference meet last year, and her 500 freestyle would well challenge for a championship swim where the 8th place preliminary time was 5:08.18.



[Matthew Tashima](#) is among our more experienced swimmers, and well supports the efforts of Saint Vincent College in Pennsylvania, typically finishing among the top 4 during dual meets for the program. Matthew is a Mt. Whitney graduate who has competed in no less than six meets from October to December in his junior year at the college. Saint Vincent has competed against colleges such as Bethany Saint Vincent, Grove City, Indiana University of Pennsylvania (IUP), Washington & Jefferson, University of Mount Union, as well as competing at the Franklin & Marshall Invitational where he posted his lifetime best in the 100 freestyle of 47.85 to get him into the consolation final of the event where he finished 15th. He also finished 12th in the 50 free after posting a time of 21.84 at the meet, which is about a second faster than his season best.



[Chris Nolan](#) is the first of our three pre-collegiate 2016 Olympic Trial qualifiers and is a Corcoran graduate who is competing in his third year for UC Santa Barbara. His mid-season semi-rest meet, like Khloe McCarthy, was the A3 Championships held at the East LA College pool. His hallmark event is the 200 butterfly, and at the A3 meet he posted a time of 1:46.48 which is about a 2-second improvement from his performance at the same meet last year, and is slightly faster than his conference time last February, seemingly setting him up for a strong conference performance this next time around. His time was enough for a 2nd place finish there. Although he had a 7th place finish in the 100 fly with a time of 49.07, he also finished 7th in the 100 breaststroke, an event which we haven't seen him swim for a while. He posted a time of 55.90 in the preliminary heats of the event, which would have placed him 4th overall, and just missing the Division 1 NCAA B cut by about a half second, all in an event that he hadn't competed in since he swam a 1:00.98 at the Juanita Allington meet in Clovis in 2014 (his previous lifetime best).



Another new arrival to collegiate swimming, and also a graduate of Tulare Western, is [Mallory Korenwinder](#) who is competing for the University of Arizona in her first year. Mallory is the third and final of our pre-collegiate 2016 Olympic Trial qualifiers, and her collegiate experiences to date include a tri-meet against Northern Arizona and Hawaii, dual meets against Utah, UCLA and USC, and most recently the Texas Invitational held at Austin, Texas, a pool she is familiar with after competing at Nationals and Junior Nationals there over the years of her development. This is a rested meet for Arizona, and she posted her lifetime best of 2:03.46 in the 200 IM, and earning a second swim in the event. She also earned a 10th place spot with a lifetime best of 2:15.76 in the 200 breast by nearly a second and a half, never touching a time in the 2:16 range in her life, and sliding just under the NCAA B-cut. She went on to a 10th place finish in the 100 breast with a time of 1:01.35 in the consolation final heat there, and a time that is just over a second under the NCAA B-standard, the automatic time being listed as 59.04 in that event. Her other event was the 50 free where her time of 23.95 finished 56th.



[Kyle Grissom's](#) flagship event is turning out to be the 50 freestyle – a huge advantage for a college program when considering relay participation. In fact Kyle's ability in the sprint freestyle has placed him on the A relay for both his freshman and now his sophomore year, a truly astounding accomplishment in itself considering that sprint freestyle events are typically dominated by upper class, especially at schools with such strong swim programs such as the University of Southern California (USC). A Porterville High School graduate, Kyle is the second of our pre-collegiate 2016 Olympic Trial qualifiers, and competed for USC most recently at the Texas Invitational in Austin Texas along with Mallory. His highlight event was the 50 freestyle where his 20.00 preliminary swim earned him a spot in the C final where he finished 19th, with a time that is well faster than is performance at the same meet the previous year as a freshman, and is his fastest non-Conference Championship performance time. His time is a tenth of a second under the B-cut for the event.



Our final collegiate swimmer is in his third year competing for Wilmington College in Ohio, and is also a Kingsburg High School graduate who, like Aubrey Holbert and Sierra Jett, was also coached by Gary Ota. [Cody Nash](#) is among the top performers for Wilmington, typically finishing among the top five in is respective events. He has helped Wilmington compete against schools such as Baldwin Wallace, Ohio Northern, Transylvania, Wittenberg, and Hiram. Swimming for Wilmington gives Cody a unique opportunity when compared to our other collegiate swimmers in that this school often competes in the short course meter course, and offers the 100 IM which was a new option introduced only in 2015-16 by NCAA swimming for conference-level competition. Cody's fastest meet performance, like many of our other collegiate swimmers, took place in mid-November, his being at the Ohio Wesleyan Invitational, and his top event was the 100 breaststroke where his time of 1:03.48 finished 3rd in the event. He followed that swim with a 2:19.08 in the 200 breaststroke, for a 4th place finish there. His season best 100 IM was at this meet where his time of 1:00.35 finished 11th, and then he also contributed in the 1650 to finish 8th with a time of 18:10.56.