

## Lone Star Meet Recap - Cy-Fair Natatorium

The entire coaching staff would like to thank everyone that represented Power for Life Aquatics this past weekend including athletes, parents and officials. We do appreciate all of our volunteers including timers and officials. Thank you.

Overall, it was a great meet. Our kids really did a great job of focusing on the process and it showed through the results. We did a wonderful job of streamlining and our turns were much improved compared to the last meet. Our under-water travel from pull outs to dolphin kicks improved dramatically. You could see a difference with our team's skills compared to most of the other teams. Our staff was very happy with how our kids performed from skills to stroke technique. Always work in progress.

Below is a list of our athletes that crushed it this past weekend. Way to step up gang!! **We are so proud of you.**

**Olivia Adey-Peters, Nicolas Alvarez, Sophia Arevalo, Stratton Arnold, Saeed Azuara, Micah Bolt, Luke Bruno, Bianca Cabaddu, Bo Cheadle, Reed Cheadle, Liam Chiu, David Conde-Dobocan, Catie Crain, Makayla Cruz, Sophia Cruz, Austin Dore, Alex Gilson, Charlie Hilbig, Haley Ho, Kevin Huang, Harper Hudson, Reese John, August Leading, Sidney Larsen, Sophia Laver, Alejandro Leonardi, Ana Leonardi, Rebecca Li, Asher Lin, Flynn Michielsen, Luana Milne, Hunter Nguyen, Ryan Nguyen, Zoey Nguyen, Sofia Olego, Regan Olson, Camilla Reyes, Grace Rhode, Grayson Ruppert, Santiago Salazar, Ella Schlorholtz, Isabelle Simons, Tres Simpson, Chandler Stevenson, Milo Tower, Sydney Troutman, Camilla Turcios, Joel Wilson**

We had a number of our kids racing in an event for the first time. Congratulations on experiencing a new event and for achieving a personal best time. The faster you are, the harder it is to drop time, especially in mid-season. Every group has been training to build the correct habits and stroke technique, so I was very happy with our Thunder programs doing so well without much intensity with their training. Way to rise to the occasion gang.

### **TEAM TOTAL: 81 % best times**

Thunder 1	17/39	44% best times
Thunder 2	35/41	85%
Thunder 3	22/27	81%
Lightning 1	29/33	88%
Lightning 2	35/39	90%
Rain	16/17	94%

**Best times per individual:**

Olivia Adey-Peters, 3/3

Nicolas Alvarez, 5/6

Sophia Arevalo, 3/3

Stratton Arnold 6/6

Saeed Azuara, 6/6

Micah Bolt, 5/6

Luke Bruno, 2/6

Bianca Cabaddu, 4/6

Bo Cheadle, 6/6

Reed Cheadle, 2/3

Liam Chiu, 3/3

David Conde-Dobocan, 3/3

Catie Crain, 3/3

Makayla Cruz, 3/3

Sophia Cruz, 3/3

Austin Dore, 3/3

Alex Gilson, 3/6

Charlie Hilbig, 3/3

Haley Ho, 3/3

Kevin Huang, 2/3

Harper Hudson, 4/4

Reese John, 6/6

August Leading, 3/3

Sidney Larsen, 6/6

Sophia Laver, 2/3

Alejandro Leonardi, 3/3

Ana Leonardi, 3/3  
Rebecca Li, 3/3  
Asher Lin, 1/6  
Flynn Michielsen, 3/4  
Luana Milne, 6/6  
Hunter Nguyen, 3/3  
Ryan Nguyen, 3/3  
Zoey Nguyen, 3/3  
Sofia Olego, 2/2  
Regan Olson, 3/6  
Camilla Reyes, 2/3  
Grace Rhode, 2/3  
Grayson Ruppert, 1/3  
Santiago Salazar, 1/6  
Ella Schlorholtz, 4/6  
Isabelle Simons, 4/6  
Tres Simpson, 2/6  
Chandler Stevenson, 1/3  
Milo Tower, 6/6  
Sydney Troutman, 3/3  
Camilla Turcios, 3/3  
Joel Wilson 3/3

**Happy but never satisfied. Always striving and driving for the next level!**

We would love to have great attendance for the next month leading up to our Championship meets. Please try and get the kids to practice as much as possible if you want to see results.

- Rain shooting for 2 out of 3 days a week-3 would be awesome

- Lighting 2 looking for 3 out of 4 days a week
- Lighting 1 shooting for 3-4 out of 5 days a week
- Thunder programs 4+ days a week

Consistency is the only way to ingrain the correct habits to reach their potential.

**Thank you TEAM!!**

**Power for Life Coaching Staff**