

**FCA Swimmer of the Month
(July 2019)**

Novice

Our final Novice SOM of the Spring/Summer season has had quite a journey since joining the team last season. This athlete is hardworking, focused, and has a ‘take charge’ personality. (It should be noted that while away on vacation, she continued to train, swimming every day, in preparation for the LAC meet.) Needless to say, these efforts paid off in her transformative month. At LAC, she racked up 6 PRs with over 27 seconds of improvement and conquered her first ever 200 IM LCM without batting an eye. She also came away with 3 Silver Champs cuts. At Silver Champs, she teamed up with the 10 & Unders to medal in the 200 & 400 Free relays, while also improving in two individual events. What an amazing way to finish the season! Keep it up, **Lily Underwood**--you are the July SOM!

Coaches: Ford, Gillison, Tedesco

Practice Kudos:

Ned Damrauer, Dan Fenesan, Solomon Gursky, Simeon Kohler, Alina Wang - 4

Junior

This SOM knows how to entertain, and there is no end to the funny faces or sweet dance moves he can provide on deck. For the last month, however, he kept us engaged with outstanding performances in the pool. This swimmer finished the LAC meet with 8 PRs and his first JO cut in the 100 Back. The later accomplishment was the product of a time trial he insisted on doing when the formal session had ended. The momentum continued three weeks later at Silver Champs, where he racked up 7 more PRs, 19 more seconds of improvement, and scored in the “Top 7” of 5 events--including 3rd in the 200 IM & 2nd in the 50 BR. Actions certainly speak louder than words **Ian Pillar**. Congratulations you are the SOM!

Coaches: Ford, Sherin-Porter, Ford, Tait

Practice Kudos:

Junior Gold:

Anwen Underwood - 6

Morgan Chow, Felix Kohler, Juan Mindiola, Cameron Smith - 5

Junior:

Alex Chow, Natalia Durantón, Penelope English, Violet Moore, Chase Rose, Josie Strader, Andrew Witmer, Iris Xiong – 5

Senior

With three meets in July, this swimmer had some opportunities to impress...and that is **exactly** what she did. At LAC, she won her age group’s 1500 and racked up multiple PRs. At Junior Olympics, she dropped 10 seconds in her 400 IM and almost 30 seconds in her 800 Free. She also was a major contributor to 2 relays that broke team records and placed in the “Top 16.” At Silver Champs, she established a new team record in the 100 Fly, and she dropped over 10 seconds on her way to winning the 200 Fly. (Never mind, scoring almost 100 points and being a great and supportive teammate in the process.) You can’t ask for much more in July, and we are all very proud of these efforts and impressive accomplishments. Congratulations **Chloe English**, you are the July SOM.

Practice Kudos:

Sofia Moran – 22

Maddie Anderson, Holden Kopcsik, Claire Pillar – 20