



# **Annual Picnic and General Membership Meeting**

April 23, 2022

## **Agenda:**

General Meeting – Kristen Baroody  
Election of Board of Directors – Kristen Baroody  
Updated Bylaws Vote – Kristen Baroody  
Lunch

Scholarship Winners – Debby Martinich  
Recognition of Seniors' Awards – SR Staff  
Swimmer Award Presentations – Coaching Staff  
Closing Remarks – Kristen Baroody





RAYS Families,

Thank you for attending our RAYS Annual Picnic and Membership Meeting! We have a great opportunity to socialize, vote for new RAYS Board members and on updates to our Constitution and By-laws in person this year.

An Australian study out of Griffith University reported that kids who swim are more advanced and more confident than their non-swimming counterparts. Swimming improves mood, reduces anxiety and stress which translates into the brain's ability to think more efficiently. Swimmers are dedicated and disciplined. They are goal oriented. Swimming is a great sport!

This short course season the RAYS have earned 1,315 standard jumps from C to B to BB to A and above. 54 individual and 9 relay records have been set. Rays placed 1st for boys and girls at the 12&U and 13&O championship meets; and at Senior Champs the boys placed 2nd and girls 8th with an overall 4th place finish! We had 19 swimmers attend Age Group Champs where the boys placed 11th and girls and team placed 15th overall. I am writing this letter from Orlando, Florida where 13 of our RAYS swimmers are competing in the NCSA Junior Nationals meet. These are not easy accomplishments and speak volumes to our RAYS athletes and their coaches' hard work. While all these are laudable accomplishments our swimmers also find time to have fun and support one another. The Rays are a great team!









None of this could happen without our parents, extended family and friend volunteers; all of whom make this work. The early morning practices and long days on deck for meets are a testament to perseverance - another good quality of a swimmer! The RAYS Board members that I have had the privilege of working with to support our coaches and team have years of experience and tenure with our team. They have spent endless hours volunteering their time and talents on behalf of our RAYS swimmers and families. I am grateful for them and thank them because sometimes our job has been difficult!

As our own Jeff Rouse, Olympic Gold Medalist, said "Enjoy swimming for swimming's sake. We have to spend far too much time in the water to not enjoy the process of challenging yourself of moving through the water." I hope all of our swimmers continue to enjoy the sport and our team.

Go RAYS,  
Kristen Baroody  
President, Board of Directors  
2021-2022

## **“Best of Luck to the Class of 2022”**

*"You must have some vision for your life. Even if you don't know the plan, you have to have a direction in which you choose to go." Oprah*

	<b>Gwendolyn Avery</b> Brigham Young University
	<b>John Baroody</b> Mount St. Mary's University
	<b>Gabriel Courtney</b> Rappahannock Community College
	<b>Benjamin Eichberg</b> Miami of Ohio University
	<b>David Frank</b> Bridgewater College
	<b>Owen Geddes</b> St. Norbert College
	<b>Alexander Goshorn</b> Old Dominion University
	<b>Claire Hebertson</b> Undecided
	<b>Gracen Kelley</b> Bridgewater College



**Annika Luce**  
Wingate University



**Kaylee Lusk**  
Virginia Tech University



**Smith Martin**  
Rensselaer Polytechnic Inst.



**Joseph McDonnel**  
Randolph-Macon College



**Garrett Peck**  
Marymount University



**Sophia Penton**  
University of Virginia



**Wallace Taylor**  
Roanoke College



**Hannah Tse**  
University of Virginia



**Elizabeth Wardman**  
James Madison University

**Ashton Watterson**  
Undecided



**David Williams**  
Liberty University



## *Special Thanks to All Those Parents Who Volunteer to Officiate*

<b>Name</b>	<b>Club</b>	<b>Exp. Date</b>	<b>LSC Certifications - National Certifications Level</b>
Anderson, Karl	RAYS	12/31/2022	Stroke & Turn Administrative Official
Baroody, Kristen	RAYS	12/31/2022	Stroke & Turn
Bean, Julie	RAYS	12/31/2022	Stroke & Turn Chief Judge Starter - Trainee
Brown, Heather	RAYS	12/31/2022	Administrative Official - Trainee
Davies, Robert	RAYS	12/31/2022	Stroke & Turn Chief Judge - Trainee
Davis, ReNaye	RAYS	12/31/2022	Stroke & Turn
Emery, Rich	RAYS	12/31/2022	Stroke & Turn Chief Judge
Fairfax, Bill	RAYS	12/31/2022	Stroke & Turn Stroke & Turn N3 Chief Judge Starter N2 Starter Administrative Official Timing Equipment Operator - Trainee
Floyd, Steve	RAYS	12/31/2022	Stroke & Turn Stroke & Turn N2
Green, Nancy	RAYS	12/31/2022	Stroke & Turn - Trainee
Hinson, John	RAYS	12/31/2022	Stroke & Turn Chief Judge Starter
Hubbard, Megan	RAYS	12/31/2022	Stroke & Turn Chief Judge Starter Administrative Official
Hunter, George	RAYS	12/31/2022	Stroke & Turn Chief Judge Starter Referee/Deck Referee
Janey, Dave	RAYS	12/31/2022	Stroke & Turn Chief Judge - Trainee
Johnson, Steve	RAYS	12/31/2022	Stroke & Turn - Trainee
Kainu, Mike	RAYS	12/31/2022	Stroke & Turn Chief Judge Starter
Kelley, Shawn	RAYS	12/31/2022	Stroke & Turn Chief Judge
Kratowicz, Jeff	RAYS	12/31/2022	Stroke & Turn Chief Judge - Trainee

Martin, Kendall	RAYS	12/31/2022	Stroke & Turn
Martinich, Debby	RAYS	12/31/2022	Administrative Official Computer Operator
Martinich, Tony	RAYS	12/31/2022	Stroke & Turn Chief Judge Starter Referee/Deck Referee Open Water Referee Open Water Judge
Muhlenkamp, Jennifer	RAYS	12/31/2022	Stroke & Turn
Poley, Karla	RAYS	12/31/2022	Administrative Official
Sizemore, Karen	RAYS	12/31/2022	Administrative Official Computer Operator Timing Equipment Operator
Sizemore, Michael	RAYS	12/31/2022	Stroke & Turn/Stroke & Turn N3 Chief Judge/Chief Judge N2 Starter/Starter N2 Referee/Deck Referee Referee/Deck Referee N2 Admin Referee/Administrative Referee N2
Sowers, Chris	RAYS	12/31/2022	Stroke & Turn Stroke & Turn N2 Chief Judge
Sowers, Stephanie	RAYS	12/31/2022	Stroke & Turn Chief Judge - Trainee
Suhling, Stephanie	RAYS	12/31/2022	Stroke and Turn/Stroke and Turn N3 Chief Judge/Chief Judge N2 Starter/Starter N2 Referee/Deck Referee Referee/Deck Referee N2 Administrative Referee Open Water Referee Open Water Judge Clerk of Course
Taylor-Parker, Bobbi	RAYS	12/31/2022	Stroke & Turn Chief Judge
Thomason, Debbie	RAYS	12/31/2022	Stroke & Turn Administrative Official - Trainee Computer Operator - Trainee
Thomason, Wayne	RAYS	12/31/2022	Stroke & Turn Starter - Trainee
Watts, Colleen	RAYS	12/31/2022	Stroke & Turn Stroke & Turn N2 Chief Judge Starter
Weeks, Dawn	RAYS	12/31/2022	Stroke & Turn Chief Judge Starter - Trainee
Yawgel, Roxana	RAYS	12/31/2022	Stroke & Turn

## 2021-2022 Stingray Team Roster

### Thirteenth Year Stingray Swimmers:

Ben Eichberg

### Twelfth Year Stingray Swimmers:

Ashley Wang

Fiona Williamson

### Eleventh Year Stingray Swimmers:

John Baroody  
Alexis Thai-Nguyen

Benjamin Hunter  
Hannah Tse

Joey McDonnel

### Tenth Year Stingray Swimmers:

Carlie Clements

Lily Eichberg

Kenya Lawson

### Ninth Year Stingray Swimmers:

Madison Bean  
Smith Martin

Regan Euker  
Peyton Meyer  
Ethan Skees

Emma Green  
Ryan Moore

### Eighth Year Stingray Swimmers:

Allison Beamon  
Kevin McGowan  
Landon Perdue  
Julia Storen

Kaylin Boutte  
Matthew McGowan  
Maddie Smith  
Kiyah Zahabi

Savannah Duffy  
Claire Miller  
Andrew Spinnanger

### Seventh Year Stingray Swimmers:

Taylor Clark  
Aaron Euker  
Trevor Hudson  
Luke Martin

Dane Daniels  
Josh Gibbons  
Annika Luce  
Kylie Platenik  
Sophie Tse

Brody Davies  
Alex Goshorn  
Teighan MacDougall  
Julia Smith

### Sixth Year Stingray Swimmers:

Liam Anderson  
Morgan Brown  
Claire Hebertson  
Mikayla Kainu  
Brent Miller

Craig Bennett  
Abbey Gardiner  
Anna Henderson  
London Kelson  
Lukas Miller

Ian Bennett  
Katelyn Howell  
Jessica Hinson  
Michael Kratowicz  
Austin Parker

Morgan Parker  
Garrett Peck  
Jonah Unruh

Owen Parker  
Kyle Peck  
Landon Watterson

Tyler Pechacek  
Sami Sowers  
Ashton Watterson

**Fifth Year Stingray Swimmers:**

Gigi Avery  
Kathryn Bennett  
Abigail Chau  
Cameron Cook  
Roman De Sir  
Hannah Ellis  
Evan Frey  
AJ Green  
Kristian Henderson  
Caleb Howell  
Payton Huezo  
Gracen Kelley  
Brooklyn McGuin  
Summer Munoz  
Sara Parker  
Emma Grace Roberson  
Anabelle Simons  
Katelyn Spuchesi  
Wayne Thomason III  
Emily Weeks

Isabel Baroody  
Naomi Burgee  
Nick Clarkson  
Julius Davis  
Ava Eddy  
Sophie Ellis  
Nathan Frey  
Sarah Green  
Alison Ho  
Kate Howell  
Sid Johnson  
Isabelle Long  
Gabriella Mercurio  
Scott Palko  
Maria Poley  
Adrie Ryan  
Carden Simons  
Aubrey Struder IV  
Georgia Verbel  
Colton White  
Tatiana Xaviar

Seth Baseler  
Malachi Caballero  
Makayla Conley  
Hannah De Sir  
Aly Eller  
Samantha Engel  
Danny Gibbs  
Ariana Harris  
Aiden Holland  
Luke Howell  
Kathryn Kainu  
Isabella Mann  
Ethan Munoz  
Declan Parker  
Katie Poley  
Nathan Ryan  
Madison Simons  
Jordan Thomason  
Jillian Wedding  
Raegan Wood

**Fourth Year Stingray Swimmers:**

Tristan Avery  
Ezra Burgee  
Khloe Cannedy  
Kenley Dodson  
Evan Fairfax  
Natalie Hidrobo  
Isabelle Humphreys  
Lina Kaya  
Maddy Lange  
Maddy Majeski  
Addison Muhlenkamp

Isaac Bodge  
Christopher Bylund  
Ethan Damon  
Piper Eddy  
Kendrick Green  
Jason Ho  
Joleen Johnson  
Lily Knerr  
Ethan Long  
Farid Mandour  
Peighton Redding

Jake Brown  
Sam Calder  
Isabella Dicola  
Deion Evans  
Charlotte Harris  
Katelyn Howell  
Claire Kaiman  
Ava Krushinski  
Griffin Lusk  
Paityn Morin  
Gabbie Ryan



Samantha Ryan  
Aden Stephens  
Christopher Thomas  
Ben Valentine

Lily Shay  
Lizzy Struder  
Stephen Thrasher  
Cameron Weston  
Levee Winborne

Brynlee Simons  
Benjamin Thalman  
Brady Thurston  
Sami Williams

**Third Year Stingray Swimmers:**

Kaitlyn Adams  
Elise Baril  
Ana Bosinceanu  
William Coffey  
William Cook  
Dylan Edwards  
Gabriel Garalde  
Lily Green  
Kayden Hitt  
Bree Johnson  
Asher Joseph  
Mitchell Kim  
Tyler Kopp  
Tate MacDougall  
Emily Miles  
Noelia Olivares  
Sophia Penton  
Joey Sardos  
Merrick Simons  
Carter Theado  
Ciara Whaley  
Riley Williams

Alexys Anatol  
Jillian Bertoldi  
Noah Buttram  
Scarlett Connolly  
Joe DeCrisci  
Brooke Flynn  
Julia Garalde  
Abbie Hawkins  
Carter Holland  
Ian Jones  
Katherine Kaza  
Olivia Kim  
Kevin Krushinski  
Lorelei McCormick  
Cate Miller  
Matthew Palko  
Violet Rosero  
Olivia Sardos  
Andrew Sung  
Iris Torres  
Emma Williams  
Liam Wittwer

Julian Ayala  
Baileigh Bergeron  
Thomas Coffey  
Sophia Connolly  
Derek Dykman  
Gray Flynn  
Madelynn Gordon  
Marshall Higgins  
Kira Howell  
London Jones  
Justin Kim  
Trevor Kin  
Savannah Lerch  
Allyson Miles  
Anthony Mugavero  
Isabella Penton  
Cecie Ryan  
Ryland or Ry Seale  
Jayden Sung  
Dom Villanueva  
Jake Williams  
Tiffany Yawgel

**Second Year Stingray Swimmers:**

Franco Abud  
Ryan Anderson  
Savannah Buttram  
Gabriel Courtney  
Kate Eberle  
Joslyn Evans  
Rachel Goldberg  
Lucas Howe

Cora Anderson  
Audrey Boetig  
Connor Cardoso Matthews  
Adrianna Dimmer  
Mckenzie Ellis  
Butler Frank  
Falyn Green  
Emma Howes

Michelle Jurado  
Piper Bourne  
Kathryn Ceser  
Brennan Duffy  
Rowan Ellsworth  
Chloe Gabrielson  
William Hombach  
Zack Hubbard

Bica Huevo  
Stafford Hunt  
Nathan Johnson  
Ellie Kopp  
Jeanette Larson  
Shaun Miles  
William Perry  
Brian Potvin II  
Presley Saldana  
Thatcher Thomas

Leah Humphreys  
J/Jonathan Jackson  
Evelyn Knerr  
Reed Lansing  
Liam Long  
Ethan Mugavero  
Aaliyah Peterson  
Delia Potvin  
Jake Taylor  
Falon Vargo

Kennedy Hunt  
Allison Johnson  
Kathleen Kohl  
Audrey Larson  
Lucas Merida  
Gaetan Nlom Ndjel Ndjewel  
Hannah Phillips  
Nate Puchalski  
Morgan Taylor  
Aiden Weis

### **First Year Stingrays**

Cora Anderson  
Collin Archibald  
Ethan Balough  
Calista Barrett  
Chase Benson  
Abby Brust  
Abby Champney  
Matthew Christianson  
Jack Cianci  
Henry Dahart  
Brycen Dix  
Bailey Duffy  
Johnny Ellis  
Chrysanthi Euripides  
Michael Fiermen  
Butler Frank  
Owen Geddes  
Nathan Haberkost  
Magnus Hasty  
Maddie Hicks  
Avery Hudson  
Gabby Irish  
Myra Johnson  
George Kashiouris  
Maggie Kaye  
Aiden Kirkland  
Barrett Lumpkins

Greta Anglemyer  
Devin Archibald  
Christopher Barnes  
Elise Bauer  
Ellie Beverly  
William Calder  
Kaily Chau  
Giuliana Cianci  
Sydney Connolly  
Jackson DeLoach  
Claire Doty  
Kiley Eadie  
Mckenzie Ellis  
JD Evans  
Kynlee Finder  
Jack French-Lujan  
Joshua Gentry  
Ethan Hacking  
Madison Hatch  
Davia Hoover  
Andres Iglesias  
Alick Jochum  
Aaron Jung  
Nicholas Kashiouris  
Jared Kessler  
Addy Lewis  
Crosby Lumpkins

Michael Anglemyer  
Danny Arevalo  
Maryn Barnes  
Sammy Beafore  
Grayson Bollinger  
Sophia Ceontea  
Aiden Chen  
Bella Cianci  
CJ Crocker  
Lucas Dimmer  
Z Draper  
Lachlan Eaton  
Rowan Ellsworth  
Emaleigh Faison  
Austin Foster  
Charlotte Garcia  
Rachel Goldberg  
Finn Hagerty  
Patrick Hatch  
Tommy Horton  
Paulina Ilina  
Clarice Jochum  
Xander Kakosso  
Charlotte Kaye  
Minjae Kim  
Chase Lipscomb  
Giana Lungoccia

Nathanael Lungoccia  
Lukas Maticic  
Patrick McOsker  
Tomas Melendez  
Brycen Molaski  
Kara Morgan  
Emme Ouellette  
Edward Palomo  
Laila Paxton  
Cole Pollard  
Emmah Sebero  
Matthew Smithley  
Scott Stuart  
Anni Threatt  
Sydney Vignier  
Molly Watts  
Trey Williams  
Seth Yergey

Tristan MacDougall  
Sophia Maticic  
Ryan McOsker  
Carter Michalik  
Kaitlyn Molaski  
Kye Morin  
Hudson Ouellette  
Javier Palomo  
Vincent Phan  
Raina Rickman  
CJ SMITH  
Simon Smithley  
Catherine Taylor  
Tre Threatt  
Matthew Villanueva  
Eli Whitis  
Abby Winters  
Violet Yergey

Ryan Mackenzie  
Kayne McCarty  
Tamara Mejia  
Chase Miller  
Madilyn Molaski  
Saif Naber  
Eileen Oum  
Corinna Pardee  
Alex Pineiro  
KJ Ruiz, Jr.  
Kara Smith  
Haley Starnes  
Yeardeley Thomas  
George Tunaya  
AB Walker  
Finn Whitis  
Tenley Wood



Currently Top 3.5% of Teams in USA Swimming  
(118<sup>th</sup> out of 3,100+ Clubs)

## Our Accomplishments for the 2020-2021 Short Course Season, and the 2021 Long Course Season:



### YMCA Swimming 2020-21 Top 16 Individual Rankings – Short Course

#### 11 Year Old Girls:

Sidney Johnson – 50 Freestyle (16<sup>th</sup>), 100 Freestyle (10<sup>th</sup>), 100 Backstroke (14<sup>th</sup>), 50 Butterfly (14<sup>th</sup>)  
Claire Miller – 50 Backstroke (5<sup>th</sup>)

#### 12 Year Old Girls:

Savannah Duffy – 50 Butterfly (5<sup>th</sup>), 100 Butterfly (9<sup>th</sup>)  
Sydney Johnson – 200 Freestyle (4<sup>th</sup>), 500 Freestyle (8<sup>th</sup>), 50 Backstroke (8<sup>th</sup>), 100 Backstroke (7<sup>th</sup>)

#### 13 Year Old Girls:

Gwyneth Frick – 50 Freestyle (7<sup>th</sup>), 100 Freestyle (16<sup>th</sup>), 200 Freestyle (14<sup>th</sup>), 500 Freestyle (16<sup>th</sup>),  
1000 Freestyle (14<sup>th</sup>), 200 Backstroke (15<sup>th</sup>), 200 Breaststroke (15<sup>th</sup>), 400 Individual Medley (11<sup>th</sup>)  
Molly Miller – 500 Freestyle (14<sup>th</sup>), 1000 Freestyle (6<sup>th</sup>)  
Samantha Sowers – 50 Freestyle (13<sup>th</sup>), 100 Freestyle (7<sup>th</sup>), 200 Freestyle (9<sup>th</sup>), 100 Backstroke (10<sup>th</sup>),  
100 Butterfly (10<sup>th</sup>), 200 Butterfly (8<sup>th</sup>)

#### 14 Year Old Girls:

Lily Eichberg – 200 Freestyle (15<sup>th</sup>), 500 Freestyle (9<sup>th</sup>), 100 Breaststroke (5<sup>th</sup>), 200 Breaststroke (6<sup>th</sup>),  
200 & 400 Individual Medley (8<sup>th</sup>)  
Gwyneth Frick – 50 Freestyle (14<sup>th</sup>), 200 Backstroke (16<sup>th</sup>)  
Molly Miller – 200 Freestyle (8<sup>th</sup>), 500 Freestyle (16<sup>th</sup>), 1000 Freestyle (6<sup>th</sup>), 1650 Freestyle (4<sup>th</sup>),

#### 15 Year Old Girls:

Asher Joseph – 50 Freestyle (13<sup>th</sup>)

#### 16 Year Old Girls:

Carlie Clements – 200 Freestyle (16<sup>th</sup>), 500 Freestyle (14<sup>th</sup>), 200 Individual Medley (4<sup>th</sup>)  
Ashley Wang – 100 Backstroke (6<sup>th</sup>), 200 Backstroke (13<sup>th</sup>), 100 Backstroke (8<sup>th</sup>),  
200 Individual Medley (9<sup>th</sup>)  
Fiona Williamson – 1000 Freestyle (4<sup>th</sup>), 1650 Freestyle (9<sup>th</sup>)

**17 Year Old Girls:**

Tessa Campbell – 200 Breaststroke (8<sup>th</sup>)  
Marie Han – 1000 Freestyle (11<sup>th</sup>)  
Jenna Kapp – 1000 Freestyle (12<sup>th</sup>)  
Carter Wasser – 1000 Freestyle (9<sup>th</sup>)

**18 Year Old Girls:**

Kinsey Brooks – 100 Backstroke (14<sup>th</sup>), 100 Breaststroke (6<sup>th</sup>), 200 Breaststroke (3<sup>rd</sup>), 100 Butterfly (7<sup>th</sup>),  
200 Individual Medley (5<sup>th</sup>)  
Aleena De Sir – 50 Freestyle (11<sup>th</sup>)  
Jenna Kapp – 100 Backstroke (13<sup>th</sup>), 200 Butterfly (14<sup>th</sup>)

**11 Year Old Boys:**

Aaron Euker – 200 Freestyle (16<sup>th</sup>), 100 Backstroke (14<sup>th</sup>), 100 Breaststroke (5<sup>th</sup>),  
200 Individual Medley (11<sup>th</sup>)

**12 Year Old Boys:**

Aaron Euker – 500 Freestyle (11<sup>th</sup>), 50 Breaststroke (11<sup>th</sup>), 100 Breaststroke (15<sup>th</sup>)  
Ryan Moore – 50 Freestyle (13<sup>th</sup>), 100 Freestyle (7<sup>th</sup>), 200 Freestyle (10<sup>th</sup>)  
Austin Parker – 500 Freestyle (15<sup>th</sup>)

**13 Year Old Boys:**

Nicholas Clarkson – 100 Backstroke (13<sup>th</sup>), 200 backstroke (9<sup>th</sup>)

**14 Year Old Boys:**

Malachi Caballero – 100 Breaststroke (10<sup>th</sup>)  
Kyle Peck – 100 Backstroke (3<sup>rd</sup>), 200 Backstroke (2<sup>nd</sup>), 100 Butterfly (8<sup>th</sup>), 200 Butterfly (11<sup>th</sup>),  
200 Individual Medley (16<sup>th</sup>), 400 Individual Medley (6<sup>th</sup>)  
Leonard Struder – 1000 Freestyle (4<sup>th</sup>), 1650 Freestyle (9<sup>th</sup>)

**15 Year Old Boys:**

Samuel Calder – 200 Freestyle (16<sup>th</sup>), 500 Freestyle (7<sup>th</sup>), 1000 Freestyle (1<sup>st</sup>), 1650 Freestyle (2<sup>nd</sup>),  
100 Backstroke (15<sup>th</sup>)  
Regan Euker – 1000 Freestyle (8<sup>th</sup>)  
Daniel Gibbs – 200 Butterfly (16<sup>th</sup>)  
Benjamin Hunter – 1000 Freestyle (10<sup>th</sup>), 1650 Freestyle (7<sup>th</sup>), 200 Butterfly (14<sup>th</sup>)  
Kevin McGowan – 50 Freestyle (11<sup>th</sup>), 100 Freestyle (15<sup>th</sup>)  
Nicholas Pacheck – 1650 Freestyle (6<sup>th</sup>), 400 Individual Medley (15<sup>th</sup>)  
Mark Percy – 1000 Freestyle (6<sup>th</sup>), 1650 Freestyle (10<sup>th</sup>)  
Kyle Peck – 100 Freestyle (7<sup>th</sup>), 100 Backstroke (4<sup>th</sup>), 200 Backstroke (5<sup>th</sup>), 100 Butterfly (4<sup>th</sup>),  
200 Individual Medley (14<sup>th</sup>)  
Andrew Spinnanger – 1000 Freestyle (11<sup>th</sup>), 1650 Freestyle (13<sup>th</sup>)  
Jonah Unruh – 500 Freestyle (14<sup>th</sup>), 1000 Freestyle (4<sup>th</sup>), 1650 Freestyle (12<sup>th</sup>)

**16 Year Old Boys:**

John Baroodly – 1000 Freestyle (7<sup>th</sup>)  
Trevor Hudson – 200 Freestyle (15<sup>th</sup>), 500 Freestyle (3<sup>rd</sup>), 1000 Freestyle (2<sup>nd</sup>), 1650 Freestyle (1<sup>st</sup>),  
200 Individual Medley (15<sup>th</sup>), 400 Individual Medley (7<sup>th</sup>)  
Peyton Meyer – 1650 Freestyle (6<sup>th</sup>)  
Nathan Puchalski – 1000 Freestyle (13<sup>th</sup>), 200 Backstroke (15<sup>th</sup>)

**17 Year Old Boys:**

Benjamin Eichberg – 100 Breaststroke (5<sup>th</sup>), 200 Breaststroke (6<sup>th</sup>), 200 Individual Medley (6<sup>th</sup>),  
400 Individual Medley (16<sup>th</sup>)  
Logan Euker – 100 Freestyle (14<sup>th</sup>)  
James Granger – 1000 Freestyle (4<sup>th</sup>), 1650 Freestyle (11<sup>th</sup>)  
Massimo Serafini – 100 Butterfly (15<sup>th</sup>)

**18 Year Old Boys:**

Chase Hensen – 100 Breaststroke (8<sup>th</sup>), 200 Breaststroke (9<sup>th</sup>)  
Jackson Lusk – 1000 Freestyle (8<sup>th</sup>), 1650 Freestyle (12<sup>th</sup>)  
Luke Osleger – 200 Freestyle (15<sup>th</sup>)  
Massimo Serafini – 50 Freestyle (14<sup>th</sup>), 100 Backstroke (14<sup>th</sup>), 100 Butterfly (9<sup>th</sup>)  
Andrew Turbyfill – 1000 Freestyle (3<sup>rd</sup>), 400 Individual Medley (15<sup>th</sup>)

**YMCA Swimming 2020-21 Top 16 Relay Rankings – Short Course**

**15-18 Girls:**

400 Medley Relay – J. Kapp, K. Brooks, A. Wang, C. Clements (9<sup>th</sup>)

**15-18 Boys:**

200 Freestyle Relay – B. Eichberg, J. Spinnanger, M. Serafini, L. Euker (9<sup>th</sup>)  
800 Freestyle Relay – T. Hudson, L. Euker, L. Osleger, B. Eichberg (11<sup>th</sup>)  
200 Medley Relay – K. Peck, B. Eichberg, M. Serafini, L. Euker (11<sup>th</sup>)  
400 Medley Relay – K. Peck, B. Eichberg, M. Serafini, L. Euker (13<sup>th</sup>)

**YMCA Swimming 2021 Top 16 Individual Rankings – Long Course**

**12 Year Old Girls:**

Savannah Duffy – 100 Freestyle (16<sup>th</sup>), 50 Butterfly (4<sup>th</sup>), 100 Butterfly (3<sup>rd</sup>), 200 Individual Medley (16<sup>th</sup>)  
Sidney Johnson – 50 Freestyle (9<sup>th</sup>), 100 Freestyle (8<sup>th</sup>), 200 Freestyle (4<sup>th</sup>), 50 Backstroke (5<sup>th</sup>),  
100 Backstroke (3<sup>rd</sup>), 50 Butterfly (10<sup>th</sup>), 200 Individual Medley (15<sup>th</sup>)  
Evie Miller – 100 Freestyle (12<sup>th</sup>), 200 Freestyle (6<sup>th</sup>)

**14 Year Old Girls:**

Lily Eichberg – 200 Freestyle (15<sup>th</sup>), 200 Backstroke (9<sup>th</sup>), 100 Breaststroke (7<sup>th</sup>), 200 Breaststroke (5<sup>th</sup>),  
200 Individual Medley (7<sup>th</sup>), 400 Individual Medley (6<sup>th</sup>)

Sarah Green – 50 Freestyle (14<sup>th</sup>)

Molly Miller – 200 Freestyle (16<sup>th</sup>), 200 Backstroke (11<sup>th</sup>)

Samantha Sowers – 50 Freestyle (11<sup>th</sup>), 100 Freestyle (14<sup>th</sup>), 200 Freestyle (7<sup>th</sup>), 100 Butterfly (13<sup>th</sup>),  
200 Butterfly (10<sup>th</sup>)

**15 Year Old Girls:**

Sarah Green – 50 Freestyle (16<sup>th</sup>)

Asher Joseph – 50 Freestyle (8<sup>th</sup>)

**16 Year Old Girls:**

Carlie Clements – 50 Freestyle (14<sup>th</sup>), 100 Freestyle (13<sup>th</sup>), 200 Individual Medley (16<sup>th</sup>)

Ashley Wang – 100 Backstroke (6<sup>th</sup>), 200 Backstroke (5<sup>th</sup>), 100 Butterfly (13<sup>th</sup>), 200 Individual Medley (8<sup>th</sup>)

**17 Year Old Girls:**

Tessa Campbell – 100 Breaststroke (15<sup>th</sup>)

Fiona Williamson – 400 Individual Medley (10<sup>th</sup>)

**18 Year Old Girls:**

Kinsey Brooks – 100 breaststroke (13<sup>th</sup>), 200 Breaststroke (7<sup>th</sup>) 100 Butterfly (15<sup>th</sup>)

Aleena De Sir – 50 Freestyle (13<sup>th</sup>), 200 Individual Medley (10<sup>th</sup>)

**11 Year Old Boys:**

Wayne Thomason – 50 Freestyle (11<sup>th</sup>), 200 Freestyle (15<sup>th</sup>), 50 Butterfly (6<sup>th</sup>), 100 Butterfly (8<sup>th</sup>)

**12 Year Old Boys:**

Aaron Euker – 50 Breaststroke (9<sup>th</sup>), 100 Breaststroke (8<sup>th</sup>), 100 Butterfly – (16<sup>th</sup>),

200 Individual Medley (8<sup>th</sup>)

**13 Year Old Boys:**

Ryan Moore – 100 Freestyle (16<sup>th</sup>)

**15 Year Old Boys:**

Malachi Caballero – 100 Breaststroke (9<sup>th</sup>)

Samuel Calder – 100 Freestyle (16<sup>th</sup>), 200 Freestyle (11<sup>th</sup>), 100 Backstroke (6<sup>th</sup>), 200 Backstroke (5<sup>th</sup>),  
400 Individual Medley (10<sup>th</sup>)

Daniel Gibbs – 200 Butterfly (9<sup>th</sup>), 200 Individual Medley (16<sup>th</sup>)

Benjamin Hunter – 200 Butterfly (4<sup>th</sup>)

Nicholas Pacheck – 200 Breaststroke (11<sup>th</sup>)

Kyle Peck – 50 Freestyle (10<sup>th</sup>), 100 Freestyle (3<sup>rd</sup>), 100 backstroke (2<sup>nd</sup>), 200 Backstroke (2<sup>nd</sup>),

100 Butterfly (2<sup>nd</sup>), 200 Butterfly (12<sup>th</sup>), 200 Individual Medley (2<sup>nd</sup>), 400 Individual Medley (7<sup>th</sup>)

**16 Year Old Boys:**

John Baroody – 200 Backstroke (15<sup>th</sup>)  
Trevor Hudson – 200 Freestyle (12<sup>th</sup>), 200 Butterfly (11<sup>th</sup>), 200 Individual Medley (8<sup>th</sup>),  
400 Individual Medley (10<sup>th</sup>)  
Ian Jones – 100 Freestyle (12<sup>th</sup>)  
Nicholas Pacheck – 100 Breaststroke (13<sup>th</sup>), 200 Breaststroke (11<sup>th</sup>), 200 Individual Medley (13<sup>th</sup>)  
Nathan Puchalski – 100 Backstroke (13<sup>th</sup>), 200 Backstroke (10<sup>th</sup>), 200 Butterfly (8<sup>th</sup>)

**17 Year Old Boys:**

Benjamin Eichberg – 100 Breaststroke (13<sup>th</sup>), 200 Breaststroke (10<sup>th</sup>), 200 Individual Medley (14<sup>th</sup>)

**18 Year Old Boys:**

Logan Euker – 50 Freestyle (8<sup>th</sup>), 100 Freestyle (9<sup>th</sup>), 200 Freestyle (16<sup>th</sup>)

**YMCA Swimming 2021 Top 16 Relay Rankings – Long Course**

**11-12 Girls**

200 Freestyle Relay – S. Duffy, H. Ellis, E. Miller, S. Johnson (4<sup>th</sup>)  
400 Freestyle Relay – S. Duffy, H. Ellis, E. Miller, S. Johnson (3<sup>rd</sup>)  
200 Medley Relay – S. Johnson, S. Duffy, H. Ellis, E. Miller (4<sup>th</sup>)  
400 Medley Relay – S. Johnson, S. Duffy, H. Ellis, E. Miller (6<sup>th</sup>)

**13-14 Girls**

200 Freestyle Relay – L. Eichberg, M. Miller, A. Eller, S. Sowers (8<sup>th</sup>)  
200 Medley Relay – A. Eller, L. Eichberg, S. Sowers, M. Miller (6<sup>th</sup>)

**15-18 Girls**

200 Freestyle Relay – S. Green, M. Han, A. Joseph, C. Clements (14<sup>th</sup>)  
200 Medley Relay – A. Wang, A. Luce, A. Joseph, C. Clements (14<sup>th</sup>)

**13-14 Boys**

200 Freestyle Relay – R. Dykman, N. Clarkson, L. Martin, L. Walker (10<sup>th</sup>)

**15-18 Boys**

200 Freestyle Relay – T. Hudson, K. Peck, B. Eichberg, L. Euker (13<sup>th</sup>)  
800 Freestyle Relay – J. Unruh, B. Eichberg, S. Calder, N. Puchalski (12<sup>th</sup>)

**2021 Scholastic All-America Team**

Benjamin Eichberg

Logan Euker



## 2021 National Diversity Select Camp

Nathan Puchalski

### Stingray Members of the Virginia Swimming All Star Team 2020-2021 Short & Long Course Seasons

#### 11-12 Girls

Sidney Johnson – SC & LC

#### 13-14 Girls

Lilly Eichberg – SC

#### 15-16 Girls

Carlie Clements – SC

#### 17-18 Girls

Kinsey Brooks – SC

#### 11-12 Boys

Aaron Euker – LC

#### 13-14 Boys

Malachi Caballero – SC  
Kyle Peck – SC

#### 15-16 Boys

Trevor Hudson – SC & LC  
Ian Jones – LC  
Kyle Peck – LC

#### 17-18 Boys

Ben Eichberg – SC

## Stingray Team Records (Meters) 2021

### Long Course Meters – Female

<b>13-14</b>	50 Free	27.85	<b>6-Aug-21</b>	RAYS- VA	SAMI SOWERS at AG Zones
	200 Free	2:11.65	<b>22-Jul-21</b>	RAYS- VA	SAMI SOWERS at AG Champs
<b>15-16</b>	50 Free	27.36	<b>15-Jul-21</b>	RAYS- VA	ASHER JOSEPH at SR Champs
	50 Back	30.95	<b>15-Jul-21</b>	RAYS- VA	ASHLEY WANG at SR Champs
	100 Back	1:05.53	<b>15-Jul-21</b>	RAYS- VA	ASHLEY WANG at SR Champs
	200 Back	2:21.06	<b>15-Jul-21</b>	RAYS- VA	ASHLEY WANG at SR Champs
	200 IM	2:26.69	<b>4-Jun-21</b>	RAYS- VA	ASHLEY WANG at Hanover Meet
<b>Senior</b>	50 Free	27.36	<b>15-Jul-21</b>	RAYS- VA	ASHER JOSEPH at SR Champs
	100 Back	1:05.53	<b>15-Jul-21</b>	RAYS- VA	ASHLEY WANG at SR Champs
	200 Back	2:21.06	<b>15-Jul-21</b>	RAYS- VA	ASHLEY WANG at SR Champs

### Long Course Meters - Male

<b>15-16</b>	800 Free	8:38.48	<b>15-Jul-21</b>	RAYS- VA	TREVOR HUDSON at SR Champs
	1500 Free	16:38.19	<b>15-Jul-21</b>	RAYS- VA	TREVOR HUDSON at SR Champs
	50 Back	27.85	<b>15-Jul-21</b>	RAYS- VA	KYLE PECK at SR Champs
	100 Fly	57.14	<b>15-Jul-21</b>	RAYS- VA	KYLE PECK at SR Champs
<b>17-18</b>	100 Breast	1:07.44	<b>15-Jul-21</b>	RAYS- VA	BEN EICHBERG at SR Champs
<b>Senior</b>	800 Free	8:38.48	<b>15-Jul-21</b>	RAYS- VA	TREVOR HUDSON at SR Champs
	50 Back	27.85	<b>15-Jul-21</b>	RAYS- VA	KYLE PECK at SR Champs
	100 Fly	56.34	<b>15-Jul-21</b>	RAYS- VA	KYLE PECK at SR Champs
	200 Free R	1:37.23	<b>15-Jul-21</b>	RAYS- VA	K. PECK, B. EICHBERG, K. FLOYD, L. EUKER at SR CH
	400 Free R	3:32.75	<b>15-Jul-21</b>	RAYS- VA	B. EICHBERG, K. PECK, K. FLOYD, L. EUKER at SR CH
	200 Medley R	1:47.26	<b>15-Jul-21</b>	RAYS- VA	K. PECK, B. EICHBERG, K. FLOYD, L. EUKER at SR CH
	400 Medley R	3:55.77	<b>15-Jul-21</b>	RAYS- VA	K. PECK, B. EICHBERG, K. FLOYD, L. EUKER at SR CH

### Stingray Team Records (Yards) 2021-22

#### Short Course Yards – Female

<b>10 &amp; U</b>	200 Breast	3:11.72	<b>3-Dec-21</b>	RAYS- VA	LIZZY STRUDER at VSTP Invite
<b>13-14</b>	100 Free	52.44	<b>3-Dec-21</b>	RAYS- VA	SAMI SOWERS at VSTP Invite
	200 Free	1:55.25	<b>3-Dec-21</b>	RAYS- VA	SAMI SOWERS at VSTP Invite
	100 Fly	57.47	<b>19-Nov-21</b>	RAYS- VA	SAMI SOWERS at Swim & Rock
	800 Free R.	8:03.69	<b>10-Mar-22</b>	RAYS- VA	L. JONES, S. DUFFY, S. JOHNSON, E. MILLER at AG CH
<b>15-16</b>	50 Free	23.58	<b>15-Mar-22</b>	RAYS- VA	ASHER JOSEPH at NCSA JN
	100 Free	52.00	<b>3-Mar-22</b>	RAYS- VA	ASHER JOSEPH at Senior Champs
<b>17-18</b>	50 Free	23.54	<b>22-Feb-22</b>	RAYS- VA	CARLIE CLEMENTS at HS States
	100 Free	51.18	<b>22-Feb-22</b>	RAYS- VA	CARLIE CLEMENTS at HS States
	100 Back	55.67	<b>3-Mar-22</b>	RAYS- VA	ASHLEY WANG at Senior Champs
	200 Back	2:00.95	<b>3-Dec-21</b>	RAYS- VA	ASHLEY WANG at VSTP Invite
<b>Senior</b>	50 Free	23.54	<b>22-Feb-22</b>	RAYS- VA	CARLIE CLEMENTS at HS States
	100 Free	51.39	<b>4-Mar-22</b>	RAYS- VA	CARLIE CLEMENTS at HS States
	200 Back	2:00.95	<b>3-Dec-21</b>	RAYS- VA	ASHLEY WANG at VSTP Invite
	200 IM	2:01.40	<b>19-Nov-21</b>	RAYS- VA	ASHLEY WANG at Swim and Rock
	200 Free R	1:35.97	<b>3-Mar-22</b>	RAYS- VA	S. SOWERS, A. JOSEPH,

800 Free R	7:41.57	<b>3-Mar-22</b>	RAYS- VA	A. WANG, C. CLEMENTS at SR CH C. CLEMENTS, S. SOWERS, L. EICHBERG, A. WANG at SR CH
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### Short Course Yards – Male

<b>11-12</b>	1000 Free	11:17.52	<b>19-Nov-21</b>	RAYS- VA	AARON EUKER at Swim & Rock
<b>15-16</b>	100 Back	47.24	<b>3-Mar-22</b>	RAYS- VA	KYLE PECK at Senior Champs
	200 Back	1:44.48	<b>3-Mar-22</b>	RAYS- VA	KYLE PECK at Senior Champs
	100 Fly	48.50	<b>18-Feb-22</b>	RAYS- VA	ASHLEY WANG at Senior Champs
	200 IM	1:49.92	<b>15-Mar-22</b>	RAYS- VA	KYLE PECK at NCSA JN Champs
<b>17-18</b>	500 Free	4:30.70	<b>15-Mar-22</b>	RAYS- VA	TREVOR HUDSON at NCSA JN
	1000 Free	9:23.58	<b>3-Mar-22</b>	RAYS- VA	TREVOR HUDSON at Senior CH
	1650 Free	15:41.24	<b>15-Mar-22</b>	RAYS- VA	TREVOR HUDSON at NCSA JN
	100 Breast	55.78	<b>15-Mar-22</b>	RAYS- VA	BEN EICHBERG at NCSA JN
	200 Breast	2:01.41	<b>15-Mar-22</b>	RAYS- VA	BEN EICHBERG at NCSA JN
<b>Senior</b>	500 Free	4:30.70	<b>15-Mar-22</b>	RAYS- VA	TREVOR HUDSON at NCSA JN
	1000 Free	9:23.58	<b>3-Mar-22</b>	RAYS- VA	TREVOR HUDSON at SR CH
	1650 Free	15:41.24	<b>15-Mar-22</b>	RAYS- VA	TREVOR HUDSON at NCSA JN
	100 Back	47.24	<b>3-Mar-22</b>	RAYS- VA	KYLE PECK at Senior Champs
	200 Back	1:44.57	<b>15-Mar-22</b>	RAYS- VA	KYLE PECK at NCSA JN
	100 Breast	55.78	<b>15-Mar-22</b>	RAYS- VA	BEN EICHBERG at NCSA JN
	200 Breast	2:01.41	<b>15-Mar-22</b>	RAYS- VA	BEN EICHBERG at NCSA JN
	100 Fly	48.50	<b>18-Feb-22</b>	RAYS- VA	KYLE PECK at VHSL 4C CH
	400 Free R	3:05.32	<b>3-Mar-22</b>	RAYS- VA	I. JONES, T. HUDSON, B. EICHBERG, K. PECK at SR CH
	800 Free R	6:47.19	<b>15-Mar-22</b>	RAYS- VA	T. HUDSON, S. CALDER, I. JONES, K. PECK at NCSA JN
	200 Medley R	1:33.34	<b>15-Mar-22</b>	RAYS- VA	K. PECK, B. EICHBERG, N. PUCHALSKI, I. JONES at NCSA JN
	400 Medley R	3:21.43	<b>3-Mar-22</b>	RAYS- VA	K. PECK, B. EICHBERG, N. PUCHALSKI, I. JONES at SR CH

## 2021 – Long Course Championship Qualifiers

**2021 Eastern Zone Age Group Championships**  
Collegiate School Aquatics Center, Richmond, VA  
August 4-7, 2021

Savannah Duffy

Aaron Euker

Sidney Johnson

Sami Sowers

**2021 VSI Age Group Championships**

Collegiate School Aquatics Center, Richmond, VA

July 22-25, 2021

Nicholas Clarkson  
Lily Eichberg  
Madelynn Gordon  
Claire Miller

Savannah Duffy  
Hannah Ellis  
Sidney Johnson  
Evie Miller

Robert Dykman  
Aaron Euker  
Luke Martin  
Samantha Sowers

**2021 VSI Senior Championships**

Collegiate School Aquatics Center, Richmond, VA

July 15-18, 2021

John Baroody  
Samuel Calder  
Aleena De Sir  
Regan Euker  
James Granger  
Marie Han  
Zachary Hubbard  
Jackson Hunter  
Tristan Loesche  
Peyton Meyer  
Morgan Parker  
Nathan Puchalski  
Andrew Spinnanger  
Jonah Unruh  
Ashton Watterson

Ian Bennett  
Tessa Campbell  
Benjamin Eichberg  
Kyle Floyd  
Emma Green  
Claire Hebertson  
Trevor Hudson  
Ian Jones  
Annika Luce  
Molly Miller  
Garrett Peck  
Brooke Simila  
Leonard Struder IV  
Ashley Wang  
Jillian Wedding

Malachi Caballero  
Carlie Clements  
Logan Euker  
Daniel Gibbs  
Sarah Green  
Kolin Hoffman  
Benjamin Hunter  
Asher Joseph  
Smith Martin  
Nicholas Pacheck  
Kyle Peck  
Samantha Sowers  
Wallace Taylor  
Carter Wasser  
Fiona Williamson

**2022 – Short Course Championship Qualifiers**

**NCSA Junior Nationals**

Rosen Aquatic and Fitness Center, Orlando, FL

March 15-19, 2022

John Baroody  
Benjamin Eichberg  
Ian Jones  
Kyle Peck

Samuel Calder  
Lily Eichberg  
Asher Joseph  
Nathan Puchalski  
Ashley Wang

Carlie Clements  
Trevor Hudson  
Annika Luce  
Samantha Sowers

**2022 VSI Age Group Championships**

Collegiate School Aquatics Center, Richmond, Virginia

March 10-13, 2022

Madison Bean  
Robert Dykman  
Aaron Euker  
London Jones  
Claire Miller  
Austin Parker

Nicholas Clarkson  
Ava Eddy  
Luke Howell  
Savannah Lerch  
Evie Miller  
Declan Parker  
Wayne Thomason III

Savannah Duffy  
Hannah Ellis  
Sidney Johnson  
Patrick McOsker  
Ryan Moore  
Aden Stephens

**2022 VSI Senior Championships**

Collegiate School Aquatics Center, Richmond, Virginia

March 3-6, 2022

John Baroody  
Samuel Calder  
Lily Eichberg  
Daniel Gibbs  
Claire Hebertson  
Zachary Hubbard  
Ian Jones  
Annika Luce  
Peyton Meyer  
Morgan Parker  
Nathan Puchalski  
Leonard Struder IV  
Ashley Wang  
Jillian Wedding

Ian Bennett  
Carlie Clements  
Regan Euker  
Andrew Green  
Natalie Hidrobo  
Trevor Hudson  
Asher Joseph  
Ryan McOsker  
Molly Miller  
Garrett Peck  
Samantha Sowers  
Wallace Taylor  
Elizabeth Wardman  
David Williams

Malachi Caballero  
Benjamin Eichberg  
Owen Geddes  
Sarah Green  
Davia Hoover  
Benjamin Hunter  
Michael Kratowicz  
Peyton Meyer  
Addison Muhlenkamp  
Kyle Peck  
Andrew Spinnanger  
Jonah Unruh  
Ashton Watterson  
Fiona Williamson