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	C/C/	$\mathcal{O}$ /c		100/	(%)/	, \
(9)	18/2 VO	/.C /	(2) /3.			\ \( \)
Varsity Points Decator, John	1/5 /08	St. Clair	Stevens	(% \ \ \ \	te Cinals	Polar
Decator, John	14					14
Gwisdala, Calvin	5					5
Jakubiak, Alex	10					10
Jones, Caden	10					10
Mayo, Christopher	6					6
Oles, Wyatt	4					4
Pitzo, Michael	3.5					3.5
Richards, Brenden	4					4
Ritter, Carson	12					12
Sibilla, Griffin	2.5					2.5
Tenyer, Connor	4.5					4.5
Vander Meulen, Nathan	0.5					0.5
Marysville	76					
Opponent	104					

Well, we finally made it to payday...Not bad...there are a couple of things that we can do better, there are things that we did very well, and a couple of things we can get rid of. We may have come in second today, but I don't believe that we were out swum. They gathered up the points that we could not cover. I cannot remember that last time that everyone on the team scored. Be positive in what we do, take ownership of your task at hand, and be committed to your teammates...In this shorten season, just about anything can happen...but only if you are willing and able.

Food for Thought:

Don't limit your Challenges, Challenge your limits!!!
Anon

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Varsity Points Decator, John	5/8	O.C.	Cousi	Te Le Proje	Cold	To Cinal	$\frac{\dot{v}}{\sqrt{c}}$	Pay 1
Decator, John	14	16						30
Gwisdala, Calvin	5	9						14
Jakubiak, Alex	10	0						10
Jones, Caden	10	13						23
Mayo, Christopher	6	12						18
Oles, Wyatt	4	8						12
Pitzo, Michael	3.5	0						3.5
Richards, Brenden	4	10						14
Ritter, Carson	12	14						26
Sibilla, Griffin	2.5	7						9.5
Tenyer, Connor	4.5	8						12.5
Vander Meulen, Nathan	0.5	3						3.5
Marysville	76	100						
Opponent	104	72						

I like the effort. I want the conditions to be different...but it is what it is...It is satisfying watching you improve, or step up in fill in the gap...because of our situation. Be athletes that swim and dive. I want each of us to develop that concentrated "will" every time we get on the blocks or on the board. That only happens when our preparation is consistent and proper. We took the first step towards a division meet championship. Stay positive.

Food for Thought:

It always seems impossible until it's done.

Nelson Mandela

Varsity Points	Crey	St. Co.	Cousin	ANAC NEVENSO	Color	Te Cina		Otal
Varsity Points	5 10	0 /8		0	ク <b>、</b>	1	<u>v /</u>	⟨⊗⟩ /
Decator, John	14	16	14					44
Gwisdala, Calvin	5	9	6.5					20.5
Jakubiak, Alex	10	0	0					10
Jones, Caden	10	13	6.5					29.5
Mayo, Christopher	6	12	7					25
Oles, Wyatt	4	8	3					15
Pitzo, Michael	3.5	0	0					3.5
Richards, Brenden	4	10	7					21
Ritter, Carson	12	14	9					35
Sibilla, Griffin	2.5	7	2.5					12
Tenyer, Connor	4.5	8	2.5					15
Vander Meulen, Nathan	0.5	3	1					4.5
Marysville	76	100	59					
Opponent	104	72	125					

It is interesting to watch what unfolded tonight. I get the sense that we are not totally grasping NO FEAR. We spend a great deal of time in practice trying to build good habits and a confident mind set...so that you don't have to think about what you are about to do during the meet. Are you buying in? Were we out matched...yep. Did I know that going into the meet...yep...but why give up when so much of this sport is measured by fractions of a second. I hope that you are putting forth your best for the opportunities that you have been made available to help this team move in the right direction. If you didn't like what happened tonight...what are you going to do about it? No excuses.

#### Food for Thought:

Sometimes you need bad things to happen to be inspired to change and grow.

Anon

Varsity Points  Decator, John	o Cro	St. Clar	Cousin	ANAC EN CASO 16	GO/O	76 A		
Varsity Points	~ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \			8 \Q	y (	1 3	8	O <sub>fa</sub>
Decator, John	14	16	14	16				60
Gwisdala, Calvin	5	9	6.5	2.5				23
Jakubiak, Alex	10	0	0	7				17
Jones, Caden	10	13	6.5	14.5				44
Mayo, Christopher	6	12	7	6.5				31.5
Oles, Wyatt	4	8	3	8				23
Pitzo, Michael	3.5	0	0	3				6.5
Richards, Brenden	4	10	7	7.5				28.5
Ritter, Carson	12	14	9	14				49
Sibilla, Griffin	2.5	7	2.5	9				21
Tenyer, Connor	4.5	8	2.5	8				23
Vander Meulen, Nathan	0.5	3	1	6				10.5
Marysville	76	100	59	102				
Opponent	104	72	125	64				

Nice!...we mixed it up a bit. I am watching more events when those wearing the Viking swim cap are RACING...that is impressive to me. Are we perfect...no...but we are heading in the right direction...YEP. I like the effort...and the "want it attitude". Make no mistake, the challenge of the night was slowing down the meet. We finished in less than an hour. I understand that this put a pinch on your recovery between events...don't fret...there is a big payoff next week when we are in the championship meet. Let's finish this!...who's in?

Food for Thought:

You didn't come this far to only come this far

Anon

Varsity Points	SC.	0.	Cousin	ANAC PORSO, 16	Colo	67.		
Varsity Points		O.C.	ir Sit			1 3	6	O/a/
Decator, John	14	16	14	16	16			76
Gwisdala, Calvin	5	9	6.5	2.5	6			29
Jakubiak, Alex	10	0	0	7	8			25
Jones, Caden	10	13	6.5	14.5	14.5			58.5
Mayo, Christopher	6	12	7	6.5	6.5			38
Oles, Wyatt	4	8	3	8	8			31
Pitzo, Michael	3.5	0	0	3	6			12.5
Richards, Brenden	4	10	7	7.5	14			42.5
Ritter, Carson	12	14	9	14	16			65
Sibilla, Griffin	2.5	7	2.5	9	4.5			25.5
Tenyer, Connor	4.5	8	2.5	8	0			23
Vander Meulen, Nathan	0.5	3	1	6	5.5			16
Marysville	76	100	59	102	105			
Opponent	104	72	125	64	63			

Congrats!!! **Dual Meet Division CHAMPS!!!** How cool is that? As if that was not enough...throw in a *school record breaker*. That was a great way to wrap up the dual meet season....but we are not done yet...I know that I am nit picking but we need to be fine tuning the details at this point of the season. I want confident athletes on my teams that are striving for their best...no matter what. In any swim/dive meet... you have two opponents: the other team and the clock...don't add the third...(that gray matter between your ears). Unlike video games, we don't get do overs... Have fun making the most of your opportunities.

Food for Thought:

All it takes is all you got

Anon

Varsity Points			/0	MAC NEVERSO	10%			
2	,CV	O.C.	Colleit	EVENSO:	C/4	TO KINDI	\	,
Varsity Points	~ \\			8 \Q	y (	i 3	8	Oray
Decator, John	14	16	14	16	16	48		124
Gwisdala, Calvin	5	9	6.5	2.5	6	26		55
Jakubiak, Alex	10	0	0	7	8	31		56
Jones, Caden	10	13	6.5	14.5	14.5	43		101.5
Mayo, Christopher	6	12	7	6.5	6.5	27		65
Oles, Wyatt	4	8	3	8	8	27		58
Pitzo, Michael	3.5	0	0	3	6	0		12.5
Richards, Brenden	4	10	7	7.5	14	38		80.5
Ritter, Carson	12	14	9	14	16	48		113
Sibilla, Griffin	2.5	7	2.5	9	4.5	11		36.5
Tenyer, Connor	4.5	8	2.5	8	0	0		23
Vander Meulen, Nathan	0.5	3	1	6	5.5	12		28
Marysville	76	100	59	102	105	311		
Opponent	104	72	125	64	63			
						1st		

Congrats!!! MAC GOLD Division CHAMPS!!! Way to seal the deal. Great effort across the board. I enjoyed watching us compete. Through this season and all the "STUFF" that has been in our way of being "normal"...we weathered the storm...in convincing fashion. No one can take that away. Job well done!

#### Food for Thought:

If you think that your are too small to be effective, you have never been a dark room with a mosquito.

Bette Resse



Varsity Points  The notation of the last o									
Decator, John	14	16	14	16	16	48	24	148	
Gwisdala, Calvin	5	9	6.5	2.5	6	26	24	55	
Jakubiak, Alex	10	0	0	7	8	31		56	
Jones, Caden	10	13	6.5	14.5	14.5	43		101.5	
Mayo, Christopher	6	12	7	6.5	6.5	27		65	
Oles, Wyatt	4	8	3	8	8	27		58	
Pitzo, Michael	3.5	0	0	3	6	0		12.5	
Richards, Brenden	4	10	7	7.5	14	38		80.5	
Ritter, Carson	12	14	9	14	16	48		113	
Sibilla, Griffin	2.5	7	2.5	9	4.5	11		36.5	
Tenyer, Connor	4.5	8	2.5	8	0	0		23	
Vander Meulen, Nathan	0.5	3	1	6	5.5	12		28	
Marysville	76	100	59	102	105	311	24		
Opponent	104	72	125	64	63				
			,			1st	22nd		

Whoa!!! two races...two personal bests...two 7th places finishes...one more school record. This was the best finish by anyone in the blue water area this year. Congrats on your accomplishments... on the last day competing for the Vikings. Way to go out in grand fashion.

Food for Thought:

Be so good that they cannot ignore you

Steve Martin