

SWIMMER OF THE WEEK



9/23 – 9/29 – Alexis Schaefer – for her performance in the Oswego Dual meet in which she swam a lifetime best in her leg of the 400 free relay and 500 freestyle events. She also swam a season best in the 200 I.M.

9/15 – 9/22 Amanda Zayed – For her performance at the Neuqa Valley Invite and Bradley/Crete triangular. Amanda won her heat of the 50 free at N.V. and dropped 4 seconds in both the 50 and 100 free style.

9/8 – 9/14 Noel Olson – For her performance in the Lockport relay meet in which she had personal best times in the 50 free and 100 free as a member of the 200MR, 200 Free relay and 400 Free relay.

9/1 – 9/7 Megan Avery - For her performance in the Lockport/Andrew Triangular and the Fenton Dual Meet. At Fenton, Megan swam the 500 free, 200 free relay, 100 back and 400 free relay. Congrats and thanks for helping out the team!