

MUDSHARKS' NEWSLETTER



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TOKYO AMERICAN CLUB
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Coming Events 2019

26th May: Mudsharks Awards Dinner 2019,

2nd June: TAC All Comers 2019, entries due 29th May

10th June: Swim Team Extension, more details to come.

All entries for meets through the swim team calendar. Events and dates are subject to change. You will be notified by email of any changes

HKIS Stingrays GO24 Invitational 2019

Last weekend a team of 24 excited swimmers and 23 more excited parents and coach took off to Hong Kong to compete at the 2019 Hong Kong International School Stingrays' GO24 Fitness Invitational Meet. With events running across Friday, Saturday and Sunday, over 450 swimmers and 15 teams from Hong Kong, China, Korea and the Philippines attending, there was some great competition. In total there were 19 records broken and some impressively fast swimming. Our team had a total of 107 PB's over all. This meet wasn't without its hick-ups but the team pulled together and moved forward all intending to have a fun trip

Congratulations to all the swimmers, there wasn't one swimmer who didn't gain a substantial improvement on previous times. The swimmers worked hard leading up to the meet and the results show this. Please see all the results attached.



Congratulations to our medal winners at this very competitive meet. **Sakura Freeman; Bronze in the 100m IM and Bronze in the 50m Breaststroke, with two more 5ths and a 4th was on fire and able to gain the Girls 9&Under 3rd Place High Points Trophy. Excellent effort.**

Leo Mizuno; Had some very tough competition in his age group, but still pulled off the Gold in the 50m Freestyle, Bronze in the 100m Breaststroke...Nice

Congratulations to the **Bronze Medal winning Girls 10 & Under Medley Relay team; Nyla Deshpande, Isabelle Maury, Sofia Fini, Nyla Deshpande and Alison Okopyn. Fantastic.**



Some other mentionable efforts, Fraser Kilimnik won four of his heats and the room IM, he even won with his goggles off. He even got to meet Neil Brooks who was a member of the winning 4 x 100m Freestyle Relay team from Australian in the 1980 Moscow Olympics. Beau Salyards not only kept everyone entertained but was our youngest swimmer in the team at 6 years old, he did a very courageous job, well done Bo-Bo. Sister Maria, second youngest, also did a fantastic job taking 8 seconds off in her 100m IM. Brandon Sato was flying to get a 57.17 for



the 100m Free, Ellie Reilly also killed it in the 100m Free 1.06.39, Erin McConnell with a very swift 1:11.00 for her 100m Free, Alison and Lauren Okopny dropped over 30 seconds for their 200m Free and 200m IM consecutively, awesome effort girls. Jun Iwabuchi had a huge meet with chunks of 11 seconds and more off 100m Back, Fly and Free. Spencer Kilimnik taking on the 200's with 16 seconds off his Free and 12 off his IM. Benjamin Maury smashed 18 seconds off his

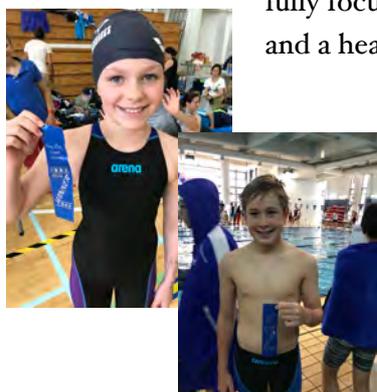


100m Fly and sister Isabelle with a couple of competitive and gutsy heat

wins also PBed in 4 out of 6 events. Justin "Bomber" Okopny was "Mr Consistent" with 2 to 4 second off every event. Marina Roces was "Ms Never Give Up" also getting between 6 and a massive 24 seconds off in every event. Henry Walters went out like a mad man in his 100m Fly and dropped 15 seconds off his time. Finya Lang was always cool, calm and collected and quietly taking roughly 14 seconds off both the 200m Free and 100m Fly. Cameron



Jamieson was also keeping most of us in stitches, while swimming-wise, dropping 7 seconds in his 200m IM and nearly 2 seconds in his 100m Free. Lilo Bauer always came back smiling because of either the heat wins or the 12 and 17 seconds in her 200m IM and 100m Free. Nyla Deshpande was fully focused as usual and didn't disappoint, picking up a couple of heat winner's and a heap of PB's. Sofia Fini was quiet and shy out of the water but ferocious



in the pool attacking her first day event, the 200m IM to drop 18.5 seconds. Austino Hamilton took the 8 second PB in his stride then went on to gain another 9 seconds in the 100m Fly, and with PB's in 4 more events. Christopher Hathaway attacked his 200m IM with a PB in the first Fly leg, then finishing it just as strong to gain nearly 7 seconds on his previous PB. Along with Leo's achievements



I was extremely pleased with all the efforts from all swimmers they all exceeded my expectations with the amount of the improvement each and everyone of our swimmer gained. WELL DONE TEAM

The support that everyone got from parents and fellow swimmers over the weekend was amazing. It was great to see such camaraderie across the whole team. I am very grateful for all the help I received from parents, leading up to and throughout the weekend, it is much appreciated.

Thank you to all the swimmers, parents and Recreational & Pool staff for all the support to make this trip such a big success



Any Questions?

Please send any queries to; mudsharks@tac-club.org

Meet & Event Information

Go to the swim team calendar below and click on any date;