

Fall Champs Location Katy High School Natatorium

Date Dec 20-22nd

Another great meet for Power for Life. Our kids really stepped up and raced well. We had 87% best times as a team which is amazing. Our coaching staff could not be happier with how our kids performed at their Championship meet. More importantly, we loved the smiles that the kids had because they did so well.

Here is a list of our athletes that represented us at Fall Champs. Below is a breakdown of how we did.

Sophia Arevalo, Reed Cheadle, David Conde-Dobocan, Catie Crane, David Dille, Elizabeth Dille, Joelle Ikugbagbe, Sydney Larsen, Sophia Laver, Rebecca Li, Austin Lin, Flynn Michielsen, Luana Milne, Zoey Nguyen, Hunter Nguyen, Chandler Stevenson, Sydney Troutman

Sophia Arevalo, 2 out of 3 best times

Reed Cheadle, 3 out of 3 best times

David Conde-Dobocan, 3 out of 3 best times

5th 25 free, 6th 50 back, 8th 25 breast

Catie Crane, 2 out of 3 best times

David Dille, 2 out of 3 best times

4th 25 free, 8th 25 back

Elizabeth Dille, 3 out of 3 best times

3rd 25 free, 7th 50 back, 2nd 25 breast

Joelle Ikugbagbe, 2 out of 3 best times

Sydney Larsen, 4 out of 4 best times

4th 100 free,

Sophia Laver, 3 out of 4 best times

Rebecca Li, 3 out of 3 best times

Austin Lin, 6 out of 6 best times

3rd 50 fly, 5th 100 free, 6th 100 breast, 2nd 100 fly, 2nd 100 back

Flynn Michielsen, 3 out of 4 best times

Luana Milne, 6 out of 6 best times

5th 50 fly, 8th 50 back, 3rd 50 free, 8th 100 back

Zoey Nguyen, 2 out of 3 best times

Hunter Nguyen, 2 out of 3 best times

5th 25 back

Chandler Stevenson, 3 out of 3 best times

Sydney Troutman, 3 out of 3 best times

Breakthrough swims

Sophia Laver 200 IM for the first time. Congrats!!

Our 12 & under girls 200 free relay finished 7th overall. Sydney Larsen, Luana Milne, Sophia Laver and Sydney Troutman-way to go ladies!!

We know the timing of this meet is not ideal, but we would love to see more of our team attending Championship meets. It makes it fun for everyone and it's important to step up for our team, especially during Champs. I do want to thank all the parents and athletes that were able to represent Power for Life Aquatics at Fall Champs. Our coaching staff is extremely proud of you gang.

Thank you,

Power for Life Aquatics Coaching Staff