

SHARK TALES

Elmwood Sharks Swim Team Monthly News



Life was Sweet at the Shark Shoppe: LA Swimming Short Course State Meets

By Sarah Carr

The Sharks showed up with incredible energy, motivation, and team spirit to swim to major individual and team successes at the Louisiana Swimming State Short Course Senior & Age Group Championship Meets! The hard work and dedication was on full display as the Sharks swam their way to personal best times, new team records, and state championship finishes. We could not be prouder of our swimmers and parents for their incredible sportsmanship and support of the team during this championship season!

Louisiana Swimming Senior State Championship Team:
Colin Candebat and Seema Hijazi.

Louisiana Swimming Age Group State Championship Team:
10 & Unders: Serena Elliott, Chase Gauthier, Jenna Henry, Omar Hijazi, Chase Vidrine, Greyson Collins, Karim Hijazi
11 - 12s: Grace Bordelon, Pia Ceresa, Lily Curson, Beau Feng, Bria Flynn, Olivia Roberts, Charlotte Rudolph
13 - 14s: Ben Breithaupt, Grant Castillon, Robby Eutsler, Nathan Flynn, Blair Foss, Annalise Gagliano, Sara Hijazi, Lila Merchant, Bryan Santos, Trevin Terrance

Congratulations on an amazing Short Course Season! We are looking forward to wrapping up our Short Course Championships with the LA-B and 8 & Under Championship Meet March 12th in Lafayette!

Keep Swimming Strong, Sharks!

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UPCOMING MEETS

- March 3 **Elmwood Sharks Intrasquad Meet**
Ochsner Fitness Center
- March 12 **LA-B / 8 & Under Championship**
Robicheaux Center - Lafayette, LA

Athletes in the Kitchen Balance

While we all enjoy the festivities of Mardi Gras season and a break from the pool, we have to remember to keep a good balance!

- Be sure to stay hydrated on the route and throughout the busy days, especially if you are traveling.
- Pack healthy snacks and make sure to pay attention to portion sizes when indulging (yes, unfortunately, that includes King Cake slices).
- Include protein and complex carbs to keep energy levels high throughout the day!

Swimmers of the Month

The following Sharks placed in the top 3 in the State and are members of the All-State Team:

- Grant Castillon - 2nd Place Male 14&U 1650 Free (16:58.67), 2nd Place Male 14&U 500 Free (4:55.91), 3rd Place Male 14&U 1000 Free (10:16.56), 3rd Place Male 13-14 200 Free (1:49.85), 3rd Place Male 13-14 200 Back (2:01.23)
- Annalise Gagliano - 2nd Place Female 13-14 50 Free (24.97)
- Chase Gauthier - 3rd Place Male 10&U 50 Fly (35.46)
- Bryan Santos - 2nd Place Male 13-14 100 Breast (1:04.70)
- Trevin Terrance - 1st Place Male 13-14 100 Breast (1:03.24), 2nd Place Male 13-14 100 Back (55.91), 3rd Place Male 13-14 50 Free (22.56)
- Boys 14 & Under 400 Freestyle Relay - 3rd Place - Grant Castillon, Nathan Flynn, Robby Eutsler, Trevin Terrance
- Boys 14 & Under 200 Freestyle Relay - 2nd Place - Bryan Santos, Robby Eutsler, Grant Castillon, Trevin Terrance
- Boys 14 & Under 400 Medley Relay - 2nd Place - Robby Eutsler, Bryan Santos, Trevin Terrance, Grant Castillon
- Boys 14 & Under 200 Medley Relay - 1st Place - Trevin Terrance, Bryan Santos, Robby Eutsler, Grant Castillon

The following Sharks finished in the Top 16 in the State in 1 or more events: Ben Breithaupt, Colin Candebat, Pia Ceresa, Serena Elliott, Robby Eutsler, Beau Feng, Bria Flynn, Blair Foss, Jenna Henry, Lila Merchant, Olivia Roberts, Chase Vidrine



New Team Records

| Event | Record Holder(s) | Date Set | Time |
|-----------------------|----------------------|------------|----------|
| Male 15-16 50 Free | Candebat, Colin J | 02/13/2022 | 21.96 |
| Male 15-16 100 Back | Candebat, Colin J | 02/11/2022 | 52.27 |
| Male 15-16 100 Fly | Candebat, Colin J | 02/11/2022 | 51.23 |
| Male 15-16 100 Free | Candebat, Colin J | 02/12/2022 | 47.59 |
| Male 15-16 200 Back | Candebat, Colin J | 01/30/2022 | 2:02.71 |
| Male 15-16 200 Fly | Candebat, Colin J | 01/30/2022 | 2:07.77 |
| Male 15-16 200 IM | Candebat, Colin J | 02/13/2022 | 1:59.03 |
| Male 15-16 400 IM | Candebat, Colin J | 01/28/2022 | 4:21.66 |
| Male 15-16 500 Free | Candebat, Colin J | 01/28/2022 | 5:03.05 |
| Male 13-14 50 Free | Terrance, Trevin M | 02/20/2022 | 22.56 |
| Male 13-14 100 Back | Terrance, Trevin M | 02/18/2022 | 55.91 |
| Male 13-14 100 Breast | Terrance, Trevin M | 02/20/2022 | 1:03.24 |
| Male 13-14 200 Back | Castillon, Grant G | 02/20/2022 | 2:01.23 |
| Male 13-14 1000 Free | Castillon, Grant G | 02/20/2022 | 10:16.56 |
| Male 13-14 1650 Free | Castillon, Grant G | 02/17/2022 | 16:58.67 |
| Male Open 50 Free | Candebat, Colin J | 02/13/2022 | 21.96 |
| Male Open 100 Back | Candebat, Colin J | 02/11/2022 | 52.27 |
| Male Open 100 Breast | Terrance, Trevin M | 02/20/2022 | 1:03.24 |
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| Male Open 200 IM | Candebat, Colin J | 02/13/2022 | 1:59.03 |
| Male Open 400 IM | Candebat, Colin J | 01/28/2022 | 4:21.66 |
| Male Open 500 Free | Castillon, Grant G | 02/19/2022 | 4:55.91 |
| Male Open 1000 Free | Castillon, Grant G | 02/20/2022 | 10:16.56 |
| Male Open 1650 Free | Castillon, Grant G | 02/17/2022 | 16:58.67 |
| Female 13-14 50 Free | Gagliano, Annalise M | 02/20/2022 | 24.97 |
| Female 13-14 100 Back | Gagliano, Annalise M | 02/18/2022 | 1:02.97 |
| Female Open 50 Breast | Flynn, Bria G | 02/19/2022 | 35.27 |
| Female Open 50 Free | Gagliano, Annalise M | 02/20/2022 | 24.97 |
| Female Open 100 Back | Gagliano, Annalise M | 02/18/2022 | 1:02.97 |
| Female Open 100 Free | Gagliano, Annalise M | 02/19/2022 | 55.20 |
| Female Open 100 IM | Flynn, Bria G | 02/18/2022 | 1:07.75 |
| Female Open 200 Free | Gagliano, Annalise M | 02/18/2022 | 2:01.50 |
| Female Open 200 IM | Merchant, Lila G | 02/20/2022 | 2:27.61 |
| Female Open 500 Free | Gagliano, Annalise M | 02/19/2022 | 5:39.91 |