

# State Championship Wrap Up ~ Long Course 2024

It is hard to believe that another Championship season and full season has come and gone. The JOURNEY can seem so long at times and then when we all stop to reflect for a moment, it seems to have happened in a blink of an eye. JOURNEY is the theme for this summer as it is truly emblematic of an Olympian. You will hear a lot about it in the coming weeks, just as it was discussed by athletes leading up, during and post Olympic Trials last month.

It has been 132 days since the last day of our team's final short course championship meet. From that time on and even prior from the days after the short course state meets, the athletes have been working towards performing their best at the end of the summer season, which they did. If you look back even further, it has been 347 days since the 2023-2024 swim season began. Those are two large numbers. During those days the athletes labored according to the plans formulated by the coaches. On certain days it was a grind. Other days it was light. Each day can be described as spirited. Throughout, the athletes were being molded, shaped and, from conversations I had this weekend, they enjoyed the process in hindsight despite it being tough.

That journey is what it is all about. Those things are summed up in the recent series of social media posts on the senior athletes moving on to college in the coming weeks. It may be reminiscing about a hard practice, what a certain coach did, what was discussed in the hallway, meals together or a myriad of other things that may occur on or around Crawfish Aquatics with friends that relationships have been forged here. We hope that all athletes and families appreciate the journey regardless of the end result or outcome in their races.

Included in this wrap up we have some stats on how the athletes performed at Sectionals in addition to the highlights from both the Age Group and the Open State Championships. The performances for the team are more than just these highlights; however, it is nice to recognize some extraordinary achievements. As we wrap up the 2024 Long Course season, we also want to wish each of the athletes going to compete for Team Louisiana the best of luck at Zones in Midland, TX.

Finally, I encourage each and everyone to watch the 2024 Paris Olympics. Swimming starts Saturday July 27. Finals are around 12:30 pm CST each day for just over a week.. Not only will the performances be electric by athletes from Team USA, but other athletes from around the world will be putting up times and swims that do not seem plausible. It will be so fun to watch all as they compete to realize their dreams. You never know, one of our athletes on our team now may be there in 2028 in Los Angeles or in 2032 in Brisbane, Australia. Current USA Swimmer, Carson Foster, started here at a young age prior to moving to Cincinnati. We will be rooting hard for him in the 200 IM, 400 IM and 4x200 Freestyle Relay. I know him personally and he would discuss how his time on Crawfish is an integral portion of his journey. So I implore all athletes to dream BIG as it could be you one day on this stage!

Dig Deep!

Coach Jayme

# **Age Group State Championship Highlights**

The team of 82 athletes won the Senior State Championship scoring 4314.5 points winning by over 2500 points. The men's team won with 1986 points and the women won 2288.5 along with a mixed relay win to close the meet..

## **Swimmers of the Meet**

Samantha Johnston

## **High Point Winners**

*9-10*

Elli Nettles

Willie Chapman

*11-12*

Samantha Johnston

Eli Clavier

## **Individual Event Winners**

*10 & Under*

Elli Nettles- 50 Back, 100 Back, 50 Breast, 100 Breast, 200 I.M.

Willie Chapman- 50 Back, 100 Back, 50 Fly, 100 Free, 50 Breast, 200 I.M.

*11-12*

Addie Drennan- 50 Breast, 100 Breast

Samantha Johnston- 50 Back, 100 Back, 50 Fly, 100 Free, 100 Fly, 200 I.M.

Evie Landry- 50 Free

Eli Clavier- 200 Free, 100 Free, 400 Free, 200 I.M.

Liam Myrick- 50 Back

*13-14 (14 & Under)*

Riley Roedel- 800 Free

Sophia Sims- 200 I.M.,, 400 I.M., 200 Fly, 200 Back, 200 Breast

Lydia Talley- 1500 Free, 400 Free

Peyton Heltz- 1500 Free, 100 Breast

Cooper Webb- 50 Breast

## **Relay Team Winners**

*10 & Under*

Male 200 Free Relay

R. Doming, P. Hart, A. Allen, W. Chapman

Male 200 Medley Relay

P. Hart, A. Allen, W. Chapman, R. Doming

*11-12*

Female 200 Free Relay

S. Johnston, S. Allen, A, Drennan, E. Landry

Female 200 Medley Relay

S. Johnston, A, Drennan, S. Allen, E. Landry

Male 200 Free Relay

L. Myrick, A. White, A. Zumbek, E. Clavier

Male 200 Medley Relay

L. Myrick, E. Clavier, A. White, A. Zumbek

*13-14 (14 & Under)*

Female 200 Free Relay

F. Kubricht, R. Roedel, E. Bennett, S. Sims

Female 200 Medley Relay

S. Sims, F. Kubricht, R. Roedel, L. Talley

Female 400 Freestyle	S. Sims, F. Kubricht, S. Johnston, L. Talley
Female 400 Medley Relay	E. Bennett, F. Kubricht, R. Roedel, S. Sims
Male 200 Free Relay	J. Yacoub, A Dartez, J. Lange, Z. Zhuang
Male 200 Medley Relay	J. Lange, Pe. Heltz, M. William, J. Yacoub
Male 400 Freestyle Relay	J. Yacoub, D. Caballero, Pe. Heltz, J. Lange
Male 400 Medley Relay	J. Lange, Pe. Heltz, M. William, J. Yacoub
Mixed 200 Medley Relay	J. Lange, Pe. Heltz, R. Roedel, S. Sims

### **Top 8 Individual Finishers:**

**Sadie Allen**, Austin Allen, **Eli Gray Bennett**, Andie Bienvenue, Sophie Burton, **Denzel Caballero**, Fiona Carmouche, Neah-rae Chambers, **Willie Chapman**, **Eli Clavier**, Alex Dartez, **Colette Demoruelle**, **Richie Doming**, Adelaide Drennan, Thomas Heilman, **Peyton Heltz**, **Phillip Hart**, **Samantha Johnston**, **Faith Kubricht**, **Evie Landry**, **Jamison Lange**, Milanda Liu, Ryler Mahler, Charlotte Moll, **Liam Myrick**, Elli Nettles, Ai Nguyen, Maimi Nguyen, **Riley Roedel**, Jordyn Rush, Catherine Schoen, Olivia Serrano, Sofia Serrano, Eliza Sims, Sophia Sims, **Lydia Talley**, Arianne Titmus, **Cooper Webb**, **Andrew White**, **Max Williams**, JJ Yacoub, Ziang Zhuang, and Andrew Zumbek

*\*Top 3 Finisher in bold*

### **Team Records**

*9-10*

Willie Chapman- 50 Back, 100 Back, 50 Breast

*11-12*

Addie Drennan- 50 Breast

Samantha Johnston- 50 Fly, 100 Free

Evie Landry- 50 Free

Eli Clavier- 400 Free and 800 Free

Female 200 Free Relay- S. Johnston, S. Allen, A, Drennan, E. Landry

Female 200 Medley Relay- S. Johnston, A, Drennan, S. Allen, E. Landry

*13-14*

Riley Roedel- 50 Fly

Jamison Lange- 50 Back

Male 400 Freestyle Relay- J. Yacoub, D. Caballero, Pe. Heltz, J. Lange

Mixed 200 Medley Relay- J. Lange, Pe. Heltz, R. Roedel, S. Sims

*Open*

Riley Roedel- 50 Fly

### **State Records**

*9-10*

Willie Chapman- 50 Back

*11-12*

Eli Clavier- 800 Free

Female 200 Free Relay- S. Johnston, S. Allen, A, Drennan, E. Landry

Female 200 Medley Relay- S. Johnston, A, Drennan, S. Allen, E. Landry

*13-14*

Mixed 200 Medley Relay- J. Lange, Pe. Heltz, R. Roedel, S. Sims

**First Time Qualifiers***Sectionals*

Samantha Johnston

Evie Landry

Jamison Lange

*Futures*

Sophia Sims

**Zone Team**

*Traveling to Midland, TX for the competition as part of Team Louisiana.*

Ai Nguyen

Sophia Sims

Cooper Webb

Max Williams

[Link to Swim Swam Article highlighting Crawfish and LA Swimming swimmers!](#)

# **Senior State Championship Highlights**

The team of 63 athletes won the Senior State Championship scoring 4321 points scoring more than double the second place team. The men's team won with 1980 points and the women won 2285 along with a mixed relay that finished second.

## **Individual Event Winners**

Molly Mayo- 400 I.M., 200 Breast  
Ava Ostendorf- 100 Breast  
Lyla Roper- 1500 Free  
Rylee Simoneaux- 100 Back, 800 Free, 200 Back  
Colin Candebat- 200 Breast, 200 IM  
Alex Cooper- 1500 Free

## **Relay Team Winners**

Female 200 Medley Relay

## **Top 24 Individual Finishers (Point Scorers)**

Sean Baudoin, Ben Dickson, **Isabella Bourque**, Gracy Calfo, Chloe Carver, **Alex Cooper**, **Colin Candebat**, Brayden Carnahan, Chloe Carver, **Andi Clement**, **Amielle Courville**, Jackson Dejean, Anna Guidroz, **Calix Hammett**, Paxton Heltz, Anna Hicks, **Eric Jurkovic**, Jonathan Kirk, Sydney Kline, Dean Kolb, Austin Landry, **Lilianna Latour**, **Audrey Lemoine**, Abigail Lewis, Jiya Lodha, **Molly Mayo**, **Jack McConnell**, **Phillip Nguyen**, **Van Nguyen**, **Matthew Okonski**, **Ava Ostendorf**, **Lia Ostednorf**, Connor Owens, Ethan Phipps, Gibson Pitalo, Ben Richert, **Mary Claire Roberts**, **Emma Romero**, **Lyla Roper**, **Doruk Sayal**, Ava Schoen, Leyla Shaidae, **Spencer Simon**, **Rylee Simoneaux**, **Ava Sims**, Adam Stelly, Blake Talbert, **Noah Vargas**, **Isabella Vargas** Sebi Vargas, **Alex Walsh** and **Gretchen Walsh**.

*\*Top 8 Finisher*

## **State Records**

15-16

Doruk Sayal- 50 Breast

17-18

Male 400 Medley Relay- Alex Cooper, Colin Candebat, Matthew O'Konski, Calix Hammett

## **Team Records**

*Senior (15-18) and Open*

Bella Bourque- 50 Fly

Molly Mayo- 50 Breast

Mixed 200 Medley Relay- Rylee Simoneaux, Colin Candebat, Calix Hammett, Andi Clement

## **First Time Qualifiers**

*Sectionals*

Mary Roberts

Ava Sims

Paxton Heltz

Van Nguyen

Johnathan Kirk

Phillip Nguyen

*Futures*

Spencer Simon

Noah Vargas

*Winter Junior Nationals*

Eric Jurkovic

Andi Clement

# **Speedo Sectional Championships Highlights**

We took a team of 13 athletes to Austin, Texas for Sectionals. The team was comprised of Colin Candebat, Andi Clement, Alex Cooper, Amielle Courville, Anna Guidroz, Audrey Lemoine, Molly Mayo, Matthew O'Konski, Ava Ostendorf, Lyla Roper, Spencer Simon, Rylee Simoneaux and Noah Vargas. They finished in 12th place despite not contesting relays or competing on Sunday in full and focused preparations to come back to prepare for the Senior State Championships.

## **Individual Event Winner**

Matthew O'Konski- 200 Butterfly

**\*\*Matthew is our first event winner at Sectionals since Colin Bone won in 2015.\*\***

## **Top 16 Finishers (Scoring Points)**

Molly Mayo- 200 Breast 16th

Lyla Roper- 200 Back 16th

Rylee Simoneaux- 100 Back 7th, 200 Back 10th

Colin Candebat- 200 Butterfly 9th, 800 Free 4th, 400 IM 3rd, 100 Fly 13th

Alex Cooper- 800 Freestyle 10th

Matthew O'Konski- 800 Free 11th, 400 IM 15th

## **Second Swims (Finals, not scoring)**

Andi Clement- 200 Breaststroke, 100 Breaststroke

Amielle Courville-100 Breaststroke

Audrey Lemoine- 200 Breaststroke, 100 Breaststroke

Molly Mayo- 400 IM and 100 Breaststroke

Ava Ostendorf-200 Breaststroke, 100 Breaststroke

Lyla Roper- 100 Backstroke, 400 Free

Rylee Simoneaux- 100 Freestyle, 400 Free

Alex Cooper- 100 Backstroke, 200 Free and 400 Freestyle

Matthew O'Konski- 400 Free and 100 Fly

Noah Vargas- 200 Breaststroke, 200 Butterfly, 100 Breaststroke, 100 Butterfly

## **Team Records**

*Senior (15-18)*

Matthew O'Konski-200 Fly

## **First Time Qualifiers**

*Summer Junior Nationals*

Colin Candebat

Matthew O'Konski