

Animal Kicks

Week 2

| Name | | Hometown | Club | 300 | Avg | Interval | Avg | Imp |
|----------------------|---|---------------------|---------------------------|---------|---------|----------|---------|------|
| Elrod, Rebecca | F | Cary, IL | Mundelein Mustangs | 4: 26.0 | 1: 28.7 | 2:00 | 1: 23.7 | -6% |
| Lawson, Tara | F | Mundelein, IL | Mundelein Mustangs | 4: 41.0 | 1: 33.7 | 2:00 | 1: 28.7 | -5% |
| Kroc, Samantha | F | Gurnee, IL | Blue Devil Swim Club | 4: 56.0 | 1: 38.7 | 2:00 | 1: 37.7 | -1% |
| Byrne, Kelly | F | Elgin, IL | Elgin Cyclones | 5: 13.0 | 1: 44.3 | 2:00 | 1: 39.3 | -5% |
| Becker, Sarah | F | Grayslake, IL | Blue Devil Swim Club | 5: 06.0 | 1: 42.0 | 2:00 | 1: 39.7 | -2% |
| Brady, Claire | F | naperville, IL | Fox Valley Swim Team | 5: 25.0 | 1: 48.3 | 2:15 | 1: 40.0 | -8% |
| Baelum, Nicole | F | Gurnee, IL | Blue Devil Swim Club | 5: 24.0 | 1: 48.0 | 2:15 | 1: 41.3 | -6% |
| DelRosario, Danyelle | F | South Elgin, IL | Elgin Cyclones | 5: 29.0 | 1: 49.7 | 2:15 | 1: 42.7 | -6% |
| Sahr, Brooke | F | Grayslake, IL | Blue Devil Swim Club | 5: 18.0 | 1: 46.0 | 2:00 | 1: 43.3 | -3% |
| Edmondson, Ashley | F | Gurnee, IL | Blue Devil Swim Club | 5: 18.0 | 1: 46.0 | 2:00 | 1: 44.7 | -1% |
| Ulicny, Amanda Rose | F | Gardner, MA | Greenwood Memorial | 5: 31.0 | 1: 50.3 | 2:15 | 1: 46.3 | -4% |
| Meyer, Megan | F | Naperville, IL | Fox Valley Swim Team | 5: 34.0 | 1: 51.3 | 2:15 | 1: 48.7 | -2% |
| Mishler, Molly | F | Hawthorn Woods, IL | Mundelein Mustangs | 5: 47.0 | 1: 55.7 | 2:15 | 1: 49.0 | -6% |
| Roth, Lauren | F | Libertyville, IL | | 5: 39.0 | 1: 53.0 | 2:15 | 1: 49.3 | -3% |
| Raeder, Kathryn | F | River Forest, IL | Team Millennium | 5: 57.0 | 1: 59.0 | 2:15 | 1: 49.7 | -8% |
| Kordik, Angela | F | Mundelein, IL | Mundelein Mustangs | 5: 51.0 | 1: 57.0 | 2:15 | 1: 49.7 | -6% |
| Mondzelewski, Sydney | F | Round Lake, IL | Mundelein Mustangs | 5: 51.0 | 1: 57.0 | 2:15 | 1: 50.0 | -6% |
| Gould, Samantha | F | Hoffman Estates, IL | Elgin Cyclones | 5: 52.0 | 1: 57.3 | 2:15 | 1: 52.7 | -4% |
| Grackowski, Eleya | F | Kenosha, WI | Pleasant Prairie Patriots | 5: 58.0 | 1: 59.3 | 13% | 1: 55.7 | -3% |
| Agoranos, Alexa | F | Gilberts, IL | Elgin Cyclones | 6: 22.0 | 2: 07.3 | 2:30 | 1: 57.0 | -8% |
| Kozak, Avery | F | Oak Park, IL | Team Millennium | 7: 04.0 | 2: 21.3 | 3:00 | 1: 59.3 | -16% |
| Malagoli, Grace | F | Oak Park, IL | Team Millennium | 6: 42.0 | 2: 14.0 | 2:30 | 2: 03.3 | -8% |
| Gogan, Annika | F | Whitefish Bay, WI | North Shore Swim Club | 7: 17.0 | 2: 25.7 | 3:00 | 2: 09.3 | -11% |
| Holsen, Eva | F | Hawthorn Woods, IL | Patriot Aquatic | 5: 43.0 | 1: 54.3 | 2:15 | 2: 10.3 | 14% |
| Girardot, Katherine | F | River Forest, AL | Team Millennium | 6: 36.0 | 2: 12.0 | 2:30 | 2: 11.3 | -1% |
| Gruber, Mikayla | F | Grayslake, IL | Mundelein Mustangs | 7: 19.0 | 2: 26.3 | 3:00 | 2: 15.0 | -8% |
| Froiland, Betsy | F | Whitefish Bay, WI | North Shore Swim Club | 7: 34.0 | 2: 31.3 | 3:00 | 2: 18.0 | -9% |
| Fidanze, Mia | F | Grayslake, IL | Mundelein Mustangs | 7: 40.0 | 2: 33.3 | 3:00 | 2: 21.3 | -8% |

| Name | M/ | Hometown | Club | 300 | Avg | Interval | Avg | Imp |
|---------------------|----|------------------|----------------------|---------|---------|----------|---------|------|
| Holck, Paul | M | Island Lake, IL | Mundelein Mustangs | 5: 05.0 | 1: 41.7 | 2:00 | 1: 33.3 | -8% |
| Grant, Jake | M | River Forest, IL | Team Millennium | 5: 11.0 | 1: 43.7 | 2:00 | 1: 37.0 | -6% |
| Solski, Jon | M | Naperville, IL | Fox Valley Swim Team | 6: 08.0 | 2: 02.7 | 2:15 | 1: 48.7 | -11% |
| Guenther, Nathaniel | M | Des Plaines, IL | Lattof Neptunes | 5: 58.0 | 1: 59.3 | 2:15 | 1: 50.0 | -8% |
| Malagoli, Dan | M | Oak Park, IL | Team Millennium | 6: 02.0 | 2: 00.7 | 13% | 1: 53.3 | -6% |
| Zygadlo, Anton | M | Vernon Hills, IL | Patriot Aquatic | 6: 31.0 | 2: 10.3 | 2:30 | 1: 54.0 | -13% |
| Ogranovich, Danny | M | Northbrook, IL | Glenbrook Aquatics | 6: 05.0 | 2: 01.7 | 2:15 | 1: 57.3 | -4% |
| Volpyansky, Eli | M | Northbrook, IL | Spartans | 6: 47.0 | 2: 15.7 | 2:30 | 2: 09.0 | -5% |
| Vaccarello, Phillip | M | Des Plaines, IL | Lattof Neptunes | 6: 39.0 | 2: 13.0 | 2:30 | 2: 11.3 | -1% |
| Obrecht, Kevin | M | Oak Park, IL | Team Millennium | 7: 07.0 | 2: 22.3 | 3:00 | 2: 12.3 | -7% |
| Ogranovich, Arie | M | Northbrook, IL | Glenbrook Aquatics | 7: 06.0 | 2: 22.0 | 3:00 | 2: 15.3 | -5% |
| Williams, Jack | M | Wind Lake, WI | Muskego High School | 7: 17.0 | 2: 25.7 | 3:00 | 2: 16.3 | -6% |
| Shchekin, Alen | M | Long Grove, IL | Patriot Aquatic | 6: 18.0 | 2: 06.0 | 2:30 | 2: 17.0 | 9% |
| Brown, Matthew | M | Bartlett, IL | BEST | 7: 42.0 | 2: 34.0 | 3:00 | 2: 18.0 | -10% |

6 x 50 @Race Pace

Week 2

| Name | Age | Hometown | Club | Add-Up | Best Time | Improve |
|----------------------|-----|-----------------------|-----------------------|---------|-----------|---------|
| Elrod, Rebecca | 12 | F Cary, IL | Mundelein Mustangs | 2: 00.5 | 2: 08.0 | 6% |
| Lawson, Tara | 13 | F Mundelein, IL | Mundelein Mustangs | 2: 01.2 | 2: 14.3 | 10% |
| Byrne, Kelly | 12 | F Elgin, IL | Elgin Cyclones | 2: 09.2 | 2: 32.0 | 15% |
| Becker, Sarah | 14 | F Grayslake, IL | Blue Devil Swim Club | 2: 12.9 | 2: 19.6 | 5% |
| DelRosario, Danyelle | 12 | F South Elgin, IL | Elgin Cyclones | 2: 13.0 | 2: 37.2 | 15% |
| Kroc, Samantha | 13 | F Gurnee, IL | Blue Devil Swim Club | 2: 18.5 | 2: 22.5 | 3% |
| Brady, Claire | 13 | F Naperville, IL | Fox Valley Swim Team | 2: 18.6 | 2: 25.1 | 4% |
| Agoranos, Alexa | 12 | F Gilberts, IL | Elgin Cyclones | 2: 19.0 | 2: 45.1 | 16% |
| Meyer, Megan | 13 | F Naperville, IL | Fox Valley Swim Team | 2: 20.4 | 2: 36.8 | 10% |
| Mishler, Molly | 11 | F Hawthorn Woods, IL | Mundelein Mustangs | 2: 21.0 | 2: 45.0 | 15% |
| Mondzelewski, Sydney | 11 | F Round Lake, IL | Mundelein Mustangs | 2: 26.0 | 2: 49.5 | 14% |
| Edmondson, Ashley | 11 | F Gurnee, IL | Blue Devil Swim Club | 2: 27.0 | 2: 53.4 | 15% |
| Roth, Lauren | 10 | F Libertyville, IL | | 2: 27.0 | | |
| Kordik, Angela | 10 | F Mundelein, IL | Mundelein Mustangs | 2: 28.0 | 2: 44.3 | 10% |
| Sahr, Brooke | 11 | F Grayslake, IL | Blue Devil Swim Club | 2: 28.0 | 2: 36.8 | 6% |
| Lundeen, Valerie | 13 | F River Forest, IL | Team Millennium | 2: 28.6 | 2: 51.6 | 13% |
| Raeder, Kathryn | 12 | F River Forest, IL | Team Millennium | 2: 29.0 | | |
| Gould, Samantha | 12 | F Hoffman Estates, IL | Elgin Cyclones | 2: 36.0 | 2: 58.7 | 13% |
| Girardot, Katherine | 12 | F River Forest, AL | Team Millennium | 2: 37.2 | 2: 41.4 | 3% |
| Holsen, Eva | 12 | F Hawthorn Woods, IL | Patriot Aquatic | 2: 38.0 | 2: 23.1 | -10% |
| Baelum, Nicole | 11 | F Gurnee, IL | Blue Devil Swim Club | 2: 41.0 | 3: 03.3 | 12% |
| Malagoli, Grace | 10 | F Oak Park, IL | Team Millennium | 2: 47.3 | | |
| Ulicny, Amanda Rose | 7 | F Gardner, MA | | 2: 52.0 | 3: 02.7 | 6% |
| Gruber, Mikayla | 10 | F Grayslake, IL | Mundelein Mustangs | 2: 53.8 | | |
| Kozak, Avery | 10 | F Oak Park, IL | Team Millennium | 3: 01.3 | | |
| Fidanze, Mia | 10 | F Grayslake, IL | Mundelein Mustangs | 3: 02.0 | | |
| Gogan, Annika | 10 | F Whitefish Bay, WI | North Shore Swim Club | 3: 07.3 | | |
| Froiland, Betsy | 11 | F Whitefish Bay, WI | North Shore Swim Club | 3: 12.0 | 3: 36.3 | 11% |

| Name | Age | Hometown | Club | Add-Up | Best Time | Improve |
|---------------------|-----|--------------------|----------------------|---------|-----------|---------|
| Holck, Paul | 13 | M Island Lake, IL | Mundelein Mustangs | 2: 09.0 | 2: 13.6 | 3% |
| Vaccarello, Phillip | 13 | M DesPlaines, IL | Lattof Neptunes | 2: 12.5 | | |
| Grant, Jake | 12 | M River Forest, IL | Team Millennium | 2: 16.0 | 2: 38.4 | 14% |
| Guenther, Nathaniel | 12 | M Des Plaines, IL | Lattof Neptunes | 2: 18.4 | 2: 16.5 | -1% |
| Williams, Jack | 14 | M Wind Lake, WI | Muskego High School | 2: 23.9 | | |
| Solski, Jon | 15 | M Naperville, IL | Fox Valley Swim Team | 2: 24.3 | 2: 49.7 | 15% |
| Brown, Matthew | 13 | M Bartlett, IL | | 2: 30.0 | | |
| Zygodlo, Anton | 10 | M Vernon Hills, IL | Patriot Aquatic | 2: 36.7 | 2: 38.8 | 1% |
| Volpyansky, Eli | 11 | M Northbrook, IL | Spartans | 2: 37.9 | 2: 45.9 | 5% |
| Obrecht, Kevin | 12 | M Oak Park, IL | Team Millennium | 2: 42.0 | | |
| Shchekin, Alen | 10 | M Long Grove, IL | Patriot Aquatic | 3: 13.3 | 3: 09.4 | -2% |
| Ogranovich, Danny | 11 | M Northbrook, IL | Glenbrook Aquatics | 3: 18.0 | | |
| Ogranovich, Arie | 9 | M Northbrook, IL | Glenbrook Aquatics | 3: 40.8 | | |

Distance Challenge - 500, 1000 or 1650

Week 2

| Name | Age | | Distance | Time | Avg |
|----------------------|------|---|----------|----------|---------|
| Becker, Sarah | 14.0 | F | 1650 | 21: 44.0 | 1: 19.0 |
| Kroc, Samantha | 12.0 | F | 1650 | 22: 05.0 | 1: 20.3 |
| Byrne, Kelly | 12.0 | F | 1650 | 23: 13.0 | 1: 24.4 |
| Mishler, Molly | 11.0 | F | 1650 | 24: 50.0 | 1: 30.3 |
| Edmondson, Ashley | 11.0 | F | 1650 | 26: 12.0 | 1: 35.3 |
| Ulicny, Amanda Rose | 7.0 | F | 1650 | 26: 13.0 | 1: 35.3 |
| Mondzelewski, Sydney | 11.0 | F | 1650 | 26: 16.0 | 1: 35.5 |
| Sahr, Brooke | 11.0 | F | 1650 | 26: 47.0 | 1: 37.4 |
| Holsen, Eva | 12.0 | F | 1650 | 27: 19.0 | 1: 39.3 |
| Baelum, Nicole | 11.0 | F | 1650 | 28: 24.0 | 1: 43.3 |
| Gruber, Mikayla | 12.0 | F | 1650 | 30: 29.0 | 1: 50.8 |
| Elrod, Rebecca | 12.0 | F | 1000 | 11: 58.0 | 1: 11.8 |
| Lawson, Tara | 12.0 | F | 1000 | 12: 04.0 | 1: 12.4 |
| DelRosario, Danyelle | 12.0 | F | 1000 | 13: 46.0 | 1: 22.6 |
| Agoranos, Alexa | 12.0 | F | 1000 | 14: 23.0 | 1: 26.3 |
| Roth, Lauren | 12.0 | F | 1000 | 15: 58.0 | 1: 35.8 |
| Froiland, Betsy | 12.0 | F | 1000 | 18: 25.0 | 1: 50.5 |
| Gogan, Annika | 12.0 | F | 1000 | 18: 28.0 | 1: 50.8 |
| Brady, Claire | 13.0 | F | 500 | 6: 53.0 | 1: 22.6 |
| Meyer, Megan | 12.0 | F | 500 | 7: 06.0 | 1: 25.2 |
| Kordik, Angela | 10.0 | F | 500 | 7: 19.0 | 1: 27.8 |
| Gould, Samantha | 12.0 | F | 500 | 7: 33.0 | 1: 30.6 |
| Raeder, Kathryn | 12.0 | F | 500 | 7: 39.0 | 1: 31.8 |
| Grackowski, Eleyna | 12.0 | F | 500 | 7: 45.0 | 1: 33.0 |
| Kozak, Avery | 12.0 | F | 500 | 8: 21.0 | 1: 40.2 |
| Malagoli, Grace | 12.0 | F | 500 | 8: 26.0 | 1: 41.2 |
| Girardot, Katherine | 12.0 | F | 500 | 8: 37.0 | 1: 43.4 |
| Fidanze, Mia | 12.0 | F | 500 | 8: 49.0 | 1: 45.8 |

| Name | Age | | Distance | Time | Avg |
|---------------------|------|---|----------|----------|---------|
| Vaccarello, Phillip | 13.0 | M | 1650 | 22: 55.0 | 1: 23.3 |
| Volpyansky, Eli | 11.0 | M | 1650 | 26: 21.0 | 1: 35.8 |
| Ogranovich, Danny | 12.0 | M | 1650 | 30: 46.0 | 1: 51.9 |
| Grant, Jake | 12.0 | M | 1000 | 13: 00.0 | 1: 18.0 |
| Zygadlo, Anton | 10.0 | M | 1000 | 15: 22.0 | 1: 32.2 |
| Williams, Jack | 12.0 | M | 1000 | 16: 54.0 | 1: 41.4 |
| Holck, Paul | 12.0 | M | 500 | 5: 58.0 | 1: 11.6 |
| Guenther, Nathaniel | 12.0 | M | 500 | 6: 09.0 | 1: 13.8 |
| Solski, Jon | 12.0 | M | 500 | 7: 18.0 | 1: 27.6 |
| Brown, Matthew | 12.0 | M | 500 | 7: 30.0 | 1: 30.0 |
| Malagoli, Daniel | 12.0 | M | 500 | 7: 56.0 | 1: 35.2 |
| Obrecht, Kevin | 12.0 | M | 500 | 7: 58.0 | 1: 35.6 |
| Shchekin, Alen | 10.0 | M | 500 | 8: 50.0 | 1: 46.0 |
| Ogranovich, Arie | 12.0 | M | 500 | 10: 32.0 | 2: 06.4 |