## **Press Release for Dripping Springs Quad Meet**

On Tuesday, October 3, the Austin High Swim team competed in a four-team quad meet against Drippings Springs, LASA, and Wimberly. In combined team scores the Maroons finished in second place behind Dripping Springs.

The meet marked the third meet in a short time span for the Maroons. "That's one of the disadvantages of not having our own pool," said Austin High coach Ryan Goodwyn. "We're at the mercy of when the other schools want to schedule and host meets, so this was our third meet in the last two weeks. That's a tough turnaround on our kids."

In their previous two meets, the Maroons saw over 60% of their swims as new personal bests. In this meet, that percentage was much lower, with only 22% of their races coming in as new best times. Still, Goodwyn said his team competed well.

"This is not a meet where we see a lot of personal best times," he said. "There isn't a separate pool for warm-up and cool-down, it's an early morning, it runs very quickly, and there's a fatigue from the last two meets. I told the kids that this meet every year is more like a workout. We come, we warm up, and then we do three to four full speed races with very little rest in between and no cool down swim. This is a meet to practice mental toughness and racing, and they did that well today."

The next meet for the Maroons will be the Westlake Fall Invitational on October 17.

The following swimmers earned points for the Maroons in their individual events:

```
Josi Avila (SR) – 200 freestyle(2<sup>nd</sup>) and 100 freestyle (3<sup>rd</sup>)
```

Lacey Dominguez (JR) – 200 freestyle(5<sup>th</sup>) and 100 backstroke (5<sup>th</sup>)

Kole Esselstyn (JR) – 200 freestyle(7<sup>th</sup>) and 100 backstroke(4<sup>th</sup>)

**Keegan Holland (FR)** – 200 freestyle(8<sup>th</sup>) and 500 freestyle(7<sup>th</sup>)

Megan O'Leary (SO) – 200 I.M.(5<sup>th</sup>) and 100 butterfly(2<sup>nd</sup>)

**Owen Squires (FR)** – 200 I.M.(7<sup>th</sup>)

Keelan Christman (FR) – 100 butterfly(4<sup>th</sup>) and 500 freestyle(2<sup>nd</sup>)

Coco Crosby (SO) – 100 butterfly(5<sup>th</sup>) and 100 backstroke(4<sup>th</sup>)

Evie Plante (SO) – 100 breaststroke(6<sup>th</sup>)

Sora Jenkins (JR) – 50 freestyle (1st) and 100 backstroke(8th)

Mia Corbin (SO) – 50 freestyle(2<sup>nd</sup>) and 100 backstroke(2<sup>nd</sup>)

Charlotte Gottsman (SR) – 50 freestyle(4<sup>th</sup>) and 100 breaststroke(3<sup>rd</sup>)

Skylar Jones (FR) – 50 freestyle(5<sup>th</sup>)

**Evan Smith (SO)** – 50 freestyle(2<sup>nd</sup>) and 100 butterfly(4<sup>th</sup>)

**Kelly Murphy (JR)** – 50 freestyle(4<sup>th</sup>) and 100 freestyle(8<sup>th</sup>)

**Liam Taylor-Montero (SR)** – 50 freestyle(8<sup>th</sup>) and 500 freestyle(3<sup>rd</sup>)

Sam Dominguez (SO) – 100 butterfly(5<sup>th</sup>)

Matt Libersat (FR) – 100 backstroke(7<sup>th</sup>)

Clyde Cowan (SO) – 100 backstroke(8<sup>th</sup>)