

Championships Wrap Up ~ Long Course 2026

As we are nearly complete with another Long Course season and reflect on our state championship meets, I cannot help but feel an overwhelming sense of gratitude. Competitive sports—and especially the sport of swimming—require far more than the effort of the athlete alone. Success is built through the collective commitment, trust, and belief of athletes, families, coaches, and every individual who supports the journey.

So first, thank you for your **commitment** to this team and to your athlete. Thank you for your **trust** in our coaching staff and in the process we believe in. And finally, thank you for your **belief**—both in your athlete and in what they are capable of becoming. As I reflect on this season, these three words continually come to mind: **Commitment. Trust. Belief.**

Commitment

Championship performances are not built during championship meets. They are built in the countless hours that nobody sees. They are built during early morning practices, long afternoons, strength sessions, difficult training sets, recovery days, nutritious meals, consistent sleep, and making good decisions when no one else is watching. They are built through showing up day after day, even when motivation is low and progress seems slow. Daily commitment is required to become good at anything. Excellence is rarely the result of extraordinary moments; it is most often the result of ordinary moments repeated consistently over time. Commitment also extends beyond individual performance. It is a commitment to doing the little things correctly. It is a commitment to learning proper technique before chasing faster times. It is a commitment to supporting teammates, encouraging one another, and helping create an environment where everyone can improve. One of the greatest compliments an athlete can receive is the respect of their teammates. Respect is earned through consistent commitment. Athletes notice who is willing to work, who shows up prepared, who embraces challenges, and who chooses to do things the right way. Years ago, I was told that successful athletes are 24/7/365 athletes. That does not mean swimming should consume every aspect of life or that balance is unimportant. Rather, it means understanding that every choice contributes to development. Sleep, nutrition, hydration, recovery, academics, attitude, relationships, and training habits all influence athletic performance. As athletes mature and their goals become greater, these habits become increasingly important. While younger athletes may develop at different rates, building these habits early creates a foundation that will serve them well for years to come. This season, we witnessed remarkable commitment throughout our team. From our youngest swimmers attending their first championship meet to our senior athletes pursuing state titles and national qualifying standards, we saw countless examples of athletes embracing the daily process rather than simply chasing the end result.

Trust

Trust is one of the most valuable ingredients in any successful program. As coaches, we ask athletes to believe in training plans that may not immediately make sense. We ask them to be patient through difficult weeks, to understand that improvement is rarely linear, and to recognize that long-term development always outweighs short-term gratification. Thank you for trusting our coaching staff to make decisions that we believe are in the best interest of each athlete's growth. Every practice, every meet schedule, every championship preparation, and every adjustment throughout the season is made with thoughtful consideration of helping athletes become the best version of themselves—not just this season, but over many years. Trust also extends between parents and athletes. One of the greatest gifts parents can provide is allowing their child to gradually take ownership of their swimming journey. Encourage them to pack their own swim bag, prepare for practice, communicate directly with coaches, ask questions, solve problems, and become increasingly independent. Swimming is a sport that teaches responsibility, accountability, resilience, and independence. Those lessons become just as valuable as medals and best times because they prepare young people for success long after their competitive careers have ended. When coaches, athletes, and families trust one another, extraordinary things become possible.

Belief

Belief creates confidence. Not unrealistic expectations or pressure, but genuine confidence that comes from knowing someone believes in you regardless of the outcome.

Every athlete will experience setbacks. Every swimmer will have races that disappoint them. Every season includes moments where progress seems slower than hoped. Those moments are precisely when belief matters most. Believe in your child's ability to improve. Believe in their resilience when things become difficult. Believe in their effort, their character, and their capacity to overcome challenges.

When athletes know that their value is not determined by a stopwatch or a podium finish, they become free to compete with confidence and courage. As coaches, we believe deeply in every athlete who walks onto our pool deck. We celebrate championship performances, but we are equally proud of the swimmer who conquers a fear, learns a new skill, improves attendance, develops leadership, or discovers a love for hard work. Every athlete's journey is unique, and every athlete deserves to know that improvement is possible.

This Long Course Championship season gave us much to celebrate. Across every championship meet, we witnessed athletes achieving personal bests, qualifying for new levels of competition, earning medals, breaking records, representing Crawfish Aquatics with pride, and demonstrating outstanding sportsmanship. While those accomplishments deserve recognition, they tell only part of the story.

The true success of this season lies in the thousands of practices completed, the friendships strengthened, the confidence gained, the resilience developed, and the culture that continues to grow within our team. Championship meets simply reveal the work that has already been done.

Every athlete, regardless of final placement, contributed to our team's success through their preparation, attitude, and willingness to compete with courage. Our coaching staff could not be more proud of the effort displayed throughout the championship season. More importantly, we are excited about what this season has built for the future.

We have several more opportunities for athletes on our team to compete in the coming weeks at Age Group Zones in Orlando, Senior Zones in Houston, Futures Championships in Austin and USA Swimming Junior Nationals in Irvine. We know they will represent Crawfish with pride, excellence and will DIG DEEP in each race they compete. We will be highlighting those athletes and groups through our social channels.

The lessons learned this summer should not remain in the past. Carry them forward.

Continue committing to the daily process. Continue trusting in the work, even when immediate results are not visible. Continue believing—in yourselves, in your teammates, in your coaches, and in the possibilities that lie ahead. Great programs are not defined by one championship meet or one remarkable season.

They are built year after year through people who consistently choose to invest in one another and pursue excellence together. Thank you for allowing us the privilege of coaching your children. Thank you for your sacrifices, your encouragement, your support, and your trust throughout the season.

Congratulations on an outstanding Long Course season. We are incredibly proud of what our athletes accomplished, but even more proud of the people they are becoming. We look forward with great excitement to continuing that journey together.

Dig Deep!

Coach Jayme

Age Group State Championship Highlights

The team of 79 athletes won the Age Group State Championship scoring 4087.5 points winning by over 2300 points. The men's team won with 1620.5 points and the women won 2427 along with a mixed relay win to close the meet.

Swimmers of the Meet

Sadie Allen and Eli Clavier

High Point Winners

11-12

Willie Chapman

13-14

Sadie Allen

Eli Clavier

Individual Event Winners

10 & Under

C.C. Chapman 100 Back

Emilia Palacio 50 Back

Keller Roedel 200 IM

11-12

Elli Nettles 50 Breast & 100 Breast

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

13-14 (14 & Under)

Sadie Allen 100 Free, 100 Fly & 50 Fly

Adelaide Drennan 400 I.M.

Samantha Johnston 100 Back, 200 Free & 400 Free

Ai Nguyen 200 Fly

Lindy Slay, 200 back

J.J. Rush 50 Breast, 50 Back & 50 Free

Eli Clavier 50 Breast, 100 Breast, 200 Breast, 200 Fly, 400 Free, & 800 Free

Liam Myrick 50 Fly

Relay Team Winners

10 & Under

Boys 2000 Medley Relay O.Yee, H. Chapman, K. Roedel, A Thompson

12 & Under

Boys 200 Free Relay W. Chapman, R. Doming, P. Hart, S. Duval

Boys 200 Medley Relay S. Duval, W. Chapman, P. Hart, R. Doming

14 & Under

Girls 400 Free S. Johnston, J. Rush, A. Drennan, S. Allen

Girls 400 Medley L. Slay, A. Drennan, S Johnston, S. Allen

Girls 200 Free J. Rush, S Johnston, L. Slay, S. Allen

Girls 200 Medley L. Slay, J.. Rush, S Johnston, S. Allen

Boys 400 Free E. Clavier, M. Pentas, L. Myrick, A. White

Boys 400 Medley L. Myrick, E. Clavier, I. Feliz, M. Pentas

Boys 200 Free E. Clavier, A. White, I. Feliz, L. Myrick,

Boys 200 Medley M. Pentas, E. Clavier, L. Myrick, A. White

Mixed 200 Medley S. Allen, E. Clavier, L. Myrick, J. Rush

Top 8 Individual Finishers

**Top 3 Finisher in bold*

Sadie Allen, Sophie Burton, **Fiona Carmouche**, **CC Chapman**, Henry Chapman, Allie Chisholm, **Eli Clavier**, Luke Clavier, Avery Clayton, **Colette Demoruelle**, Tess Demoruelle, **Adelaide Drennan**, **Richie Doming**, **Addison Dugas**, **Steven Duval**, **Isaac Feliz**, Phillip Hart, Izzy Heard, **Samantha Johnston**, Elizabeth Kolb, Muskaan Lodha, Izzy Matherne, Kate McConnell, **Gracie Mcilwain**, **Charlotte Moll**, **Liam Myrick**, **Elli Nettles**, **Ai Nguyen**, **Emilia Palacio**, Miller Pentas, **Dylan Reeves**, **Keller Roedel**, **JJ Rush**, **Lindy Slay**, Catherine Schoen, Sofia Serrano, Xander Thompson, Andrew White and **Ollie Yee**.

Team Records

11-12

Elli Nettles 50 Breast

13-14

Sadie Allen 100 Fly, 100 Free & 50 Fly

JJ Rush 50 Free

Eli Clavier 50 Breast, 100 Breast, 200 Breast, 400 Free & 800 Free

Liam Myrick 50 Fly

Girls 400 Free	S Johnston, JJ Rush, A. Drennan, S. Allen
Girls 400 Medley	L. Slay, A. Drennan, S Johnston, S. Allen
Girls 200 Free	JJ Rush, S Johnston, L. Slay, S. Allen
Girls 200 Medley	L. Slay, JJ. Rush, S Johnston, S. Allen
Boys 400 Medley	L. Myrick, E. Clavier, I. Feliz, M. Pentas
200 Mixed Medley	S. Allen, E. Clavier, L. Myrick, J. Rush

Open

Sadie Allen 50 Fly

State Records

13-14

Sadie Allen 50 Fly

Eli Clavier 50 Breast, 100 Breast and 200 Breast

Girls 400 Free	S Johnston, JJ Rush, A. Drennan, S. Allen
Girls 400 Medley	L. Slay, A. Drennan, S Johnston, S. Allen
Girls 200 Free	JJ Rush, S Johnston, L. Slay, S. Allen
Girls 200 Medley	L. Slay, JJ. Rush, S Johnston, S. Allen
Boys 400 Medley	L. Myrick, E. Clavier, I. Feliz, M. Pentas
200 Mixed Medley	S. Allen, E. Clavier, L. Myrick, J. Rush

First Time Qualifiers

Futures

Lindy Slay

Winter Juniors

Eli Clavier (bypassed Futures)

Summer Juniors

Sam Johnston (bypassed Winter Juniors)

JJ Rush (bypassed Futures and Winter Juniors)

Toyota Senior Nationals

Sadie Allen

Senior State Championship Highlights

The team of 68 athletes won the Age Group State Championship scoring 4599 points winning by over 2700 points. The men's team won with 1972.5 points and the women won 2671.5 along with a mixed relay win to close the meet.

Individual Event Winners

Avery Borbash- 400 IM

Molly Mayo - 200 Breaststroke

Lydia Talley- 200 Free, 200 Back, 400 Free and 800 Free

Nathan Kennedy- 800 Free

Relay Team Winners

Girls 200 Free F. Kubricht, S. Johnston, E. Bennett, A. Clement

Girls 400 Free F. Kubricht L. Talley S. Johnston A. Clement

Girls 800 Free L Talley, F. Kubricht, S. Johnston, A. Borbash

Girls 200 Medley E. Bennett, M. Mayo, F. Kubricht, A. Clement

Girls 400 Medley E. Bennett, M. Mayo, F. Kubricht, A. Clement

Boys 400 Medley J. Lange, N. Vargas, V. Nguyen, N. Kennedy

Mixed 200 Medley J. Lange, N. Vargas, F. Kubricht, A. Clement

Top 24 Individual Finishers (Point Scorers)

*Top 8 Finisher

Eli Gray Bennett, Julia Black, Skylar Borderlon, Bella Bourque, Denzel Caballero, Olivia Clayton, **Andi Clement**, Alex Dartez, Emilie Farah, **Ben Faulk**, Ciara Farmer, Amelia Hartdegen, Matthew Heimbold, **Paxton Heltz, Peyton Heltz**, Samantha Johnston, **Nathan Kennedy**, Dean Kolb, **Fath Kubricht**, Stella Lanasa, Karsyn Landry, Kate Landry, **Jamison Lange, Liliana Latour**, Ryler Mahler, **Molly Mayo**, Catherine McAllister, **Jack McConnell, Van Nguyen, Lian Ostendorf**, Brooks Resweber, **Ben Richert, Riley Roedel**, Meredith Roper, **Doruk Sayal**, Olivia Serrano, Leyla Shidaee, Kinsley Smith, **Lydia Talley, Noah Vargas**, Molly Watson, **Cooper Webb, Max Williams**, JJ Yacoub and Ziang Zhuang.

State Records

15-16

Jamison Lange 50 Back

Senior (15-18)

Boys 400 Medley J. Lange, N. Vargas, V. Nguyen, N. Kennedy

Team Records

13-14

Eli Clavier 200 Free (relay leadoff)

Senior (15-18)

Faith Kubricht 50 Fly

Noah Vargas 100 Breast

Senior (15-18) and Open

Molly Mayo 100 Breast

Boys 400 Medley J. Lange, N. Vargas, V. Nguyen, N. Kennedy

Mixed 200 Medley J. Lange, N. Vargas, F. Kubricht, A. Clement

Open

Girls 800 Free L. Talley, F. Kubricht, S. Johnston, A. Borbash

First Time Qualifiers

Sectionals

Ben Faulk

Brooks Resweber

Catherine McAllister

Futures

Paxton Heltz

Cooper Webb

Riley Roedel

Lilana Latour

Winter/Summer Juniors

Molly Mayo

Toyota Senior Nationals

Faith Kubricht