

NAG Record SETTER

[PHOTO BY BARBARA KEANY]



ABOVE » (From left) Alex Lyons, Daniel Chen, Nick Bode and Gunnar Wolfe

[statistics]

● **Team:**

Lake Oswego Swim Club
Lake Oswego, Oregon

● **National Age Group Record Holders:**

13-14 Boys
200 Meter Freestyle Relay

● **Birthdates:**

Alex Lyons: 1993
Daniel Chen: 1994
Nick Bode: 1994
Gunnar Wolfe: 1993

● **Height:**

Alex: 5-10
Daniel: 5-10
Nick: 5-11 1/2
Gunnar: 6-3

● **Coach:**

Coley Stickels

Lake Oswego 13-14 Boys 200 Meter Freestyle Relay

BY JUDY JACOB

There's definitely some fast swimming going on at the Lake Oswego Swim Club in Oregon! Two of Lake Oswego's girls' teams were featured earlier this year in May and June as national age group record setters. Now, a boys' team has come together to set a national age group mark in the 13-14 age group.

A team of Daniel Chen, Nick Bode, Alex Lyons and Gunnar Wolfe bettered the 200 meter free relay time of 1:41.46, previously held by The Great Wolf Swim Team from Minnesota (2005), with their 1:41.34, July 19, at the Speedo Senior Sectional Meet in Gresham, Ore.

Daniel started off the time trial with a 25.29, followed by Nick's 25.05 for a running split of 50.34. Alex followed with a 25.91 (1:16.25), and Gunnar anchored in 25.06 for the record-breaking time of 1:41.34.

Lest you think Lake Oswego's girls are slowing down—they aren't! During the same sectional meet, three girls relays bettered NAG records. A group photograph of all of Lake Oswego's NAG record setters can be found in "American Relay" (see page 51).

HANG TIME:

Alex: Read, watch movies and attend concerts with friends

Daniel: Go places with friends, ride bike and play drums
Nick: Surf, waterski/wakeboard, hang out with friends, snow ski

Gunnar: Have fun with buddies

FAVORITE THING ABOUT SWIMMING:

Alex: Work = success

Daniel: Competition

Nick: Competing and achieving goal times

Gunnar: Breaking records

SHORT-TERM GOALS:

Alex: Set more NAG records

Daniel: Make junior national cuts

Nick: Make junior national cuts

Gunnar: Achieve junior national and Olympic Trials cuts

LONG-TERM GOALS:

Alex: Qualify for junior nationals

Daniel: Make the Olympics

Nick: Get a Division I college scholarship and Olympic gold medal

Gunnar: Finish in top 6 in 50 and 100 free of 2012 Olympics ♦