

NAG Record SETTERS



ABOVE » (From left): Cassidy Robinson, Grace Carlson, Celia Keany and Brenda Cha

[statistics]

• Team:

Lake Oswego Swim Club
Lake Oswego, Oregon

• National Age Group Record Holders:

11-12 Girls
200 Yard Freestyle Relay

• Birthdates:

Cassidy Robinson: January 1995
Grace Carlson: August 1995
Celia Keany: August 1995
Brenda Cha: April 1996

• Height:

Cassidy: 5-7
Grace: 5-6 1/2
Celia: 5-4
Brenda: 5-3

• Coach:

Coley Stickels

Lake Oswego 11-12 Girls 200 Yard Free Relay

BY JUDY JACOB

History was made at the Corvallis Aquatic Team (CAT) Open, Jan. 13, in Corvallis, Ore. For the first time in team history, four swimmers from the Lake Oswego Swim Club lowered a national age group record. Grace Carlson, Cassidy Robinson, Brenda Cha and Celia Keany's time of 1:40.25 in the 11-12 girls 200 yard freestyle relay bettered the listed NAG record of 1:40.93, set by the Cincinnati Marlins in 1996. It also eclipsed the 1:40.43 posted by the Colorado Stars in December of last year.

In addition to their short course national record, the girls also hold Oregon Swimming standards in the 200 and 400 meter freestyle relays.

The girls also combined to win the 200 medley relay (1:53.51) at the CAT Open and swept the top four places in three events. Grace led the way with first-place times in the 50 free (24.49), 100 back (1:00.21) and 100 IM (1:01.45). Cassidy was second in those same three events with times of 26.09, 1:03.97 and 1:03.73, respectively.

Brenda placed fourth in the 50 free (26.42) and third in the 100 back (1:04.46) and 100 IM (1:04.59). Celia finished third in the 50 (26.36) and fourth in the 100 back (1:04.69) and 100 IM (1:05.52).

HANG TIME:

- Cassidy:** Hanging out with friends and family, shopping, playing volleyball and soccer
Grace: Reading, singing, playing piano, hanging out with friends
Celia: Hanging out with friends and family, shopping and running track
Brenda: Reading, practicing piano and violin

FAVORITE THING ABOUT SWIMMING:

- Cassidy:** Friends, workouts, meets and competition
Grace: Achieving a good race time and knowing that all the hard work paid off
Celia: Competing and spending time with friends
Brenda: Competing

SHORT-TERM GOALS:

- Cassidy:** Set another NAG record in the 13-14 girls 200 medley relay
Grace: Set NAG records in individual events
Celia: Make junior national cuts
Brenda: Make national top 10

LONG-TERM GOALS:

- Cassidy:** Swim in college and the 2012 Olympics
Grace: Win the Olympics
Celia: Swim at a top-10 Division I swimming program
Brenda: Swim at Olympic Trials ♦