



Thank you

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A letter from Coach Will Barker

It's fun to say. It feels good. Number one, etc. But, not once did I set out this season to make a plan to contend for a state title. The plan was to *focus on the things we can control*. This is the result of swimmers' and coaches' hard work and attention to details. This is the result of a true team effort from our 8 and unders to our National Team, and I am so incredibly blessed to be a part of an amazing organization.

Swimmers, I am always impressed by the athletes that come to practice every day, never complain, and work their butts off. Making technique changes and swimming fast at the same time is NOT easy. Thank you for your efforts. Stay patient and keep up the good work!

HEAT has the most amazing coaching staff. I get so much positive feedback about them, not only from our HEAT family, but from other teams as well. It is a challenge to find so many great people who love the sport and love being at practice. They take the HEAT philosophy and break it down appropriately for each group, and are creative about how they do it. Thank you Anica, Alexia, Aby, Ben, Bruce, Chris, Elliott, Emma, Erich, Hannah, Jack, Justin, Kira, Logan, Luke, Mariclaire, Michelle, Tina, and Emory for all you do! You all are the backbone of this organization!

Parents, thank you for getting your kids to practices and meets; providing them equipment, emotional support, and giving them encouragement. And, I certainly can't forget to thank you for spending ½ of your salary on food to fuel these young athletes!

Let's keep up the efforts and attention to the things we can do daily to be a better swimmer, team, family, and YMCA

GO HEAT!!

Will Barker, Head Coach



Thank you 2023-2024 HEAT coaches!

Head Coach Will Barker

Liara Aber
Kira Barker
Chris Freeburg
Tina Johnson
Logan Kuehne
Marin McAndrew
Michelle McCord

Annika Miller
Emma Newman
Hannah Newman
Aby Olson
Erich O'Donnell
Alexia Popa
Jack Vazquez



CHAMPIONSHIP TEAMS



2024 YMCA ILLINI JUNIOR DISTRICT SWIMMING CHAMPIONSHIPS

Seora Lee

Sophie Rank

Ava Schrage



2024 YMCA ILLINI DISTRICT SWIMMING CHAMPIONSHIPS

Davis Albers Kira Barker Kennedy Borden Kaiden Bristow Jonathon Cai Lyndley Carlson Tanner Carlson Elora Cork Abigail Dossey Patrick Gardoni Peter Gardoni Sam Gentry Hannah Good Xander Hopkins

Alison Howard **Emry Jensen** Kelsa Jensen Nathanael Kim Rubye Landry Seojin Lee Seora Lee Gordon Liu Maxwell Liu Lily Moore Praachi Mudar Tyler Oatman Beatrix Paulson Evan Piercy

Nolan Pyle Ellen Reynolds James Reynolds Nathanael Saldeen Kayden Tsai Meagan Tsai Claire Waggoner Jesse Wald Brynley Wilber **Emory Wilson** Abigail Woods Elinor Woods Harper Young Edward Zhang

Combined Team: 5th Place

Girls Team:

5th Place Overall 8th Place 8 & Under 4th Place 14 & Under 4th Place 21 & Under

6th Place Overall 3rd Place 10 & Under Boys Team: 8th Place 12 & Under 2nd Place 14 & Under 7th Place 21 & Under

HEAT CHAMPIONSHIP TEAMS

2024 ILLINOIS YMCA SHORT COURSE STATE CHAMPIONSHIPS



1st place: Combined Large Team, Girls Large Team, Boys Large Team

CHAMPAIGN COUNTY YMCA

Landon Alleman Stella Asse Izzy Aviles Garren Barker Mallory Borden **Babette Bradley** Binny Bradley Kip Bradley Jonathon Cai Josh Caithamer Lydia Caithamer Maggie Caithamer Macy Cappa Tyler Cappa Lyndley Carlson Tanner Carlson Isaac Carr Elora Cork Samuel Davis Olivia Dempsey

Catherine Dossey

Emily Dossey

Norelle Eilts

Erik Fahnestock

Madelyn Favot

Jonathan Freeburg

Patrick Gardoni

Peter Gardoni

Xander Hopkins
Alison Howard
Lainey Howard
Mira Ivanova

Location

Kander Hopkins
Alson Howard
Seojin Lee
Seora Lee
Gordon Liu

Alison Howard
Lainey Howard
Mira Ivanova
Emry Jensen
Karsyn Johnson
Sarah Karthikeyan
Emmett Kearns
Owen Kearns
Nathanael Kim
Rissah Kumar

Seojin Lee
Seora Lee
Gordon Liu
Maxwell Liu
Callie Lu
Bailey Malloch
Cecelia Marquez
Sofia Marquez
Ella Maxfield
David Miller

Tyler Oatman Raegan O'Donnell Talynn O'Donnell Beatrix Paulson Nolan Pyle Wade Pyle Hamzah Rauther Ellen Reynolds James Reynolds Nathanael Saldeen Jihoo Shin Jimin Shin Gracie Slifer Mollie Slifer Shinroong Song Olivia Terry Lyle Trupin Kayden Tsai Meagan Tsai Adam Varga Aron Varga Claire Waggoner Jeese Walk Brynley Wilber Aidan Williams AJ Williams Edward Zhang

Caroline Mills

HEAT CHAMPIONSHIP TEAMS



2024 SHORT COURSE AGE GROUP CHAMPIONSHIPS

Landon Alleman

Frik Fahnestock

2024 SHORT COURSE YMCA NATIONAL SWIMMING CHAMPIONSHIP







Izzy Aviles
Garren Barker
Babette Bradley
Isaac Carr
Erik Fahnestock

Logan Goss
Owen Kearns
Ella Maxfield
David Miller
Raegan O'Donnell

Talynn O'Donnell Wade Pyle Hamzah Rauther Aron Varga Aidan Williams



2023-2024 HEAT SWIM TEAM AWARDS

HARDEST WORKER:

GIRLS

Bria Vogel Lizzie Morrison Maddie Favot Elinor Woods Sofia Marquez Macy Cappa Maggie Caithamer Ruby Landry

BOYS

Chance Zhang Isaac Rhee Nathanael Saldeen Peter Gardoni Kayden Tsai Kayden Tsai Erik Fahnesock Tyler Cappa Nolan Pyle Garren Barket

MOST IMPROVED:

GIRLS

Vesper Donnelly Zion Glass Teresa Schmitz Claire Waggoner Emory Jensen Emily Dossey Josie Schmitz Caroline Mills

BOYS

Henry Anderson Adam Green Davis Albers Evan Ma Kip Bradley Jed Elsts Grayson Stinson James Reynolds

Y VALUES:

GIRLS

Samiyah Gordon Lydia Caithamer Bailey Malloch Beatrix Paulson Izzy Aviles Mollie Slifer Lyndley Carlson Ansley Rennert

BOYS

Riker Arnold Lyle Trupin Callen Jacobs Tanner Carlson David Miller Victor Perez Emmet Kearns Seojin Lee



2023-2024 HEAT IMX AWARDS



IM Xtreme (IMX) is a program that allows USA Swimming members to track their times against swimmers all across the nation! By swimming a specific program of events, swimmers can see where they rank nationally, within their zone, LSC, and club.

9 & Under, 10-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds, 12-year olds:

400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM

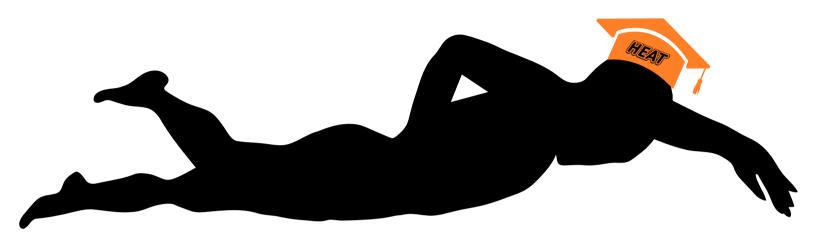
13, 14, 15, 16, 17, 18-year olds:

400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

IMX AWARDS:

GIRLS		BOYS			
Karsyn Johnson	3510 *	Wade Pyle (15)	4908 *	Garren Barker	3304
Sofia Marquez	3274	Wade Pyle (16).	4742	David Miller (17)	2856
Binny Bradley	2948	Isaac Carr	4732	Tyler Cappa	2620
Mallory Borden	2583	Erik Fahnestock (14)	3974	Seojin Lee (9)	1844
Bailey Malloch	1721	Landon Alleman (13)	3829	Patrick Gardoni	1596
Lily Moore	136	Erik Fahnestock (15)	3672	Seojin Lee (10)	1176
		Logan Goss (15)	3457	Evan Piercy	1027
		Landon Alleman (14)	3395	Xander Hopkins	968
		Logan Goss (16)	3381	Kayden Tsai	878
		David Miller (18)	3319	Tanner Carlson	7 10

*IMX TOWEL WINNERS:



High School Graduating Class of 2024

Thomas Costello

Champaign Central

Owen Kearns

Mahomet-Seymour

Jesse Wald

Urbana

Lin Gilbertz

Champaign Central

lan Peters

Urbana

Laura Taylor

Champaign Central

Ryan He

University Laboratory
High School

David Miller

Decatur St. Theresa

Olivia Terry

Champaign Central

Elise Ionin

Champaign Central

Jonathan Smith

Champaign Central

Aron Varga

Mahomet-Seymour



Thomas Costello

Champaign Central

Years on HEAT: 2 years

Events: 500 Free

Favorite HEAT memory: Swimming with friends

Words of wisdom for the younger HEAT swimmers: Work hard

Plans after high school: Interested in military aviation









Ryan He

University Laboratory High School

Years on HEAT: 3 years

Events:

100 and 200 Breast, 50 and 100 Free

Favorite HEAT memory:

Swimming with friends

Words of wisdom for the younger HEAT swimmers:

Find something that you like and pursue it to as far an extent as you can.

Plans after high school:

I will be attending Yale University in the fall.





Owen Kearns

Mahomet-Seymour High School

Years on HEAT: 7 years

Events:

50 Free; 100 Free; 200 Free; 500 Free; 100 Butterfly; 200 Butterfly

Favorite HEAT memory:

Making a Nationals cut at the Winter Classic meet.

Words of wisdom for the younger HEAT swimmers:

You're not gonna get anywhere in life if you're not willing to work hard.

Plans after high school:

Swimming and studying pre-law in college.













David Miller

Decatur St. Theresa High School

Years on HEAT: 2 years

Events:Backstroke

Favorite HEAT memory:

Watching the last heats of the 800 fr relay at Nats with my teammates seeing we made the podium.

Words of wisdom for the younger HEAT swimmers:

Do your underwater kicks, and get to bed early!

Plans after high school:

Swimming at an undecided school.













Olivia Terry

Champaign Central High School

Years on HEAT: 8 years

Events:

100 and 200 back

Favorite HEAT memory:

Outdoor long course practices

Words of wisdom for the younger HEAT swimmers:

Don't get so down about your results, always try to look on the bright side, like if you get a C on a test, well you understood 70% of the information. I believe there is no such thing as a bad experience, just one you can learn from.

Plans after high school:

i'm going to college, not sure if i'm swimming, or not. I have not made a decision.













Aron Varga

Mahomet-Seymour High School

Years on HEAT: 4 years

Events:

Breaststroke and IM

Favorite HEAT memory:

2023 nationals

Words of wisdom for the younger HEAT swimmers:

Never take swimming too seriously because you wont have fun and if you dont have fun you wont like swimming.

Plans after high school:

I will be attending college, it is not yet decided where yet.







