

## **FINALISTS: Senior Coach of the Year**

### **Sean Farrell, CDOG**

#### 2022 CT Long Course Senior Championships

Women 2<sup>nd</sup> place

Men 1<sup>st</sup> place

Combined 1<sup>st</sup> place

#### 2022 CT Short Course Senior Championships

Women 2<sup>nd</sup> place

Men 1<sup>st</sup> place

Combined 1<sup>st</sup> place

3 swimmers competed at 2021 SC Junior Nationals

#### ISCA Senior Summer Blast

Women 2<sup>nd</sup> Place

Men 4<sup>th</sup> Place

Combined 2<sup>nd</sup> Place

Team set 1 CT Relay Record and 1 CT Resident Record

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### **Emmanuel Lanzo, RAC**

#### Long Course Season

- Phillip 66 Nationals Men's High Point Award, two participants/finalists, 3 Resident Records
- One Speedo Summer Junior National Participant
- 6 Summer Futures Championship participants, 3 Finalists, 2 Medalists
- 4 Senior Zone Participants, 3 Finalists, 1 Medalist
- 8 Eastern Zone Long Course Age Group Championship Participants
- CT LC Senior Championships 2nd Place Overall, 1st Place Men, 2nd Place Female, 2 State Records, 1 13/14 State Record, Male Distance High Point
- CT LC Age Group Championships. 2nd Place Overall, 1st Combined 11-12, 1st Combined 13-14. 2 Individual Resident Record, 2 Individual Connecticut Records, 2 Relay Res/Ct Records

#### Short Course Season:

- CT SC Senior Championships 2nd Place Overall, 1st Place Men (Unattached), 1st Place Female, Male Overall High Point, Male Overall Distance High Point,
- CT SC Age Group Championships, 2nd Place Overall, 3rd Place 10/U Combined, 3rd Place 11-12 Combined, 2nd Place 13-14 Combined.

## **Emmanuel Lanzo, RAC (cont.)**

### Overall

- Coach Emmanuel was selected as the Head Coach for the USA Swimming Southern Zone Select Camp in Louisville Kentucky, USA.
  - 59 CT Top 16 Swimming
  - 9 USA Swimming Scholar Athlete Awards
  - 2021-2022 USA Swimming Bronze Medal Club
  - 5 Individual Resident Records. 3 Relay Resident Record
  - 5 Individual Connecticut Records. 4 Relay Connecticut Record
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## **Adriana Shack, BULL**

NO BIO PROVIDED