

Brought to you by the Spur Club

ATHLETES OF THE WEEK!

Congrats to **Elise Stanculescu** and
Adam Akhter!



Adam Akhter took his swimming to another level this past weekend. On Friday he had 2 individual 1st place finishes, and was on a 1st place and 2nd place relay as the Cats defeated the Grenadiers by one point. On Saturday at the Leyden Invite, Adam dropped time on all of his season swims for a total of four 1st place finishes. He was meet champion in the 200 Medley relay, 400 Free relay, the 100 butterfly and the 100 backstroke. The Cats also won the team title.

Good Job, Adam!

Elise Stanculescu is an exemplary teammate, athlete, and competitor. She has laser focus and works to get better each and every day. She is honest with herself and understands that mistakes and setbacks are part of growth as a gymnast. Elise encourages her teammates and takes the time to work with newer gymnasts, respectfully offering suggestions for improvement, as well as encouraging them to step out of their comfort zone. Since the start of her career she now averages 1 point higher on Vault and 1.5 points higher on Uneven Bars, Balance Beam and Floor Exercise. She joined our "Crazy 8" club, by scoring 8.2 and 8.25 in back-to-back meets on the Vault.



Nice Job, Elise!