

August 8-11, Richmond, Virginia - The Adirondack All-Star Swim Team competed at the 2018 Long Course Age Group Zone Championship. Representing the North Country were 3 swimmers from Lisbon, all from the same family, Paul, Seth, and Gretchen Braun. Two coaches from Northern TRIBS Swimming (NTS) were also selected to lead this All-Star Team, Coach Joshua Jock as the Head Coach and Coach Jessica Smith, both of Massena. In total, 25 swimmers and 5 coaches represented the Adirondack District.

During this 4-day Championship, the 3 Braun swimmers combined broke 16 NTS Club Records. The youngest, Gretchen, also broke 3 Adirondack Resident Records.

Paul Braun (16) swam personal bests in all of his races, setting 6 new NTS Club Records: 100 Meter Free – 57.21, 200 Meter Free – 2:07.81, 200 Meter Back – 2:24.76, 100 Meter Back – 1:04:52, 400 Meter Free – 4:32.52, 50 Meter Free – 26.66.

Seth Braun (12) also swam personal bests in all of his races, setting 6 new NTS Club Records: 100 Meter Free – 1:04.27, 100 Meter Breast – 1:24.46, 200 Meter Free – 2:18.98, 400 Meter Free – 4:49.16, 50 Meter Breast – 37.59, 200 Meter Breast – 3:05.93. Seth also swam on 4 Adirondack Relay Teams: 200 Meter Free Relay, 400 Meter Medley Relay, 400 Meter Free Relay, and 200 Meter Medley Relay.

Gretchen Braun (10) swam personal best times in 4 races setting new NTS Club Records, 3 of which are also Adirondack District Records: 100 Meter Back (1:15.83), 400 Meter Free (5:10.75), and 100 Meter Breast (1:30.45). The 100 Meter Breast record has not been broken since 1982. Gretchen also received a phone call from the previous 400 Meter Free Record Holder, Alexandra Dixon, congratulating her on her success. Gretchen set a 4th NTS Club Record in the 200 Meter Freestyle. Her other events include the 50 Meter Free and 200 Meter Individual Medley, just hundredths of a second off her personal best in both.



Gretchen Braun from Lisbon having some fun.

Adirondack All-Star Team Head Coach Joshua Jock and Coach Jessica Smith worked with 3 other coaches from the Albany Region and 22 additional swimmers who all performed remarkably. Two other All-Star Members also broke Adirondack Resident Records and they

each broke a Meet Record. Brayden Henkel broke the 50 Meter Breast Meet Record with a time of 32.09 ranking him 2nd in the Nation. Alayna Gray broke the 50 Meter Free Meet Record with a time of 27.48, qualifying her for Winter Jr. Nationals.

Head Coach Joshua Jock had this to say, “Our biggest obstacle bringing this team together from a lot of different clubs in a short amount of time was getting them to act like a team, to support one another on and off the deck, and to have fun. It’s simply really, if you’re having fun you’re going to go fast. All the swimmers who made the team deserved to be there and worked just as hard as anyone else. You have to give yourself permission to be successful and then get out of your own way, don’t over think it, just do it.”

Full meet results can be found at the following link: <http://gotribs.org/meets>