

Power for Life follows USA Swimming's nationally recognized IMX and IMR programs in an effort to help our swimmers become well rounded athletes. Swimmers whose bodies are still growing and changing each and every day may find that their best strokes change as their bodies develop. Having the belief that they can do anything is the high mark of what we hope, as coaches, for our swimmers to be able to achieve. High School and college coaches are especially pleased when they have swimmers on their teams who can swim anything because it allows the coaches more latitude when developing their line-ups for meets. Finally, swimmers who have more versatility are more attractive to college coaches when it comes to recruitment to swim in college. The results are in after our first meet of the season and a number of our athletes have already earned their IMX or IMR scores. Please keep in mind that each time our athletes performs one of these events and improves their time, their score increases. We do give awards at the banquet in the spring for the top point score in each training group for IMX. Keep on swimming and work to improve your scores!

## Current IMX Results:

Nicholas Freeman	3168	Samantha Barton	2906
Mariana Diaz	2753	Ivan Torres	2730
Matthew Crabtree	2670	Bella Derby	2430
Gerardo Angulo	2424	Kaylie Berkman	2302
Luke Bruno	1923	Francesca Derby	1765
Grayson Ruppert	1706	Nicole Carpenter	1564
Stacey Munoz	1447	Emma Watts	1398
Alan Puecher	985	Lexi Gorham	856
Evan Gibbs	690	Kellyn Sackash	680
Mary Williams	662	Kaelyn Sackash	591
Samuel Hunniford	506	Roman Perez	134
Grace Yetsko	26		

## IMR Results:

Sanjita Kini	91	Ablai Altayev	15
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More information on USA Swimming's IMX and IMR programs may be found at:

<https://www.usaswimming.org/Home/times/IMX-IMR>