



GO CMAC!!!

Swimmer Highlight: March 2021

Congratulations to the following swimmers for being selected by the coaching staff to be highlighted in this month's shout out! We are impressed by everyone's dedication to the process of becoming better swimmers and better people. Keep up the great work!

CMAC 1 – Ella Zergman, 9

Reason for selection: Ella's passion for swimming is obvious each time she comes to practice. She is always ready to learn, listen to instructions, and do her very best on whatever the group is working on. No matter who is giving her instruction, Ella is always receptive to feedback and works to put the skills into practice. CMAC is very fortunate to have new swimmers like Ella on the team, and we look forward to seeing her progress over the next few months. Great job Ella!

Favorite Food: pasta

Favorite Movie: Beauty and the Beast

Special Talents: art



CMAC 2 – Kamilah Ryan, 6: Kamilah has been swimming with CMAC since she was 4 ½ years old, and continues to progress and enjoy everything about the sport. She demonstrates great focus, attention to detail, is becoming skilled in all 4 strokes, technical areas (starts, turns, under waters) and is a very hard worker. The coaches look forward to seeing what this little swimmer does in the future. Great job Kiki!

Favorite Food: salmon

Favorite TV Show: She-ra

Favorite Athlete: Katie Ledecky

Special Talents: cooking & singing

CMAC 3 – Owen Offutt, 11

Reason for selection: Owen has been a member of CMAC for a few years now, and has recently begun excelling beyond expectations. He has a newfound sense of leadership and ownership of his swimming, and is working extremely hard each practice session. Coach Hayden & Coach Cheyenne have been impressed with his improvement in focusing in on the little details that make the biggest differences as swimmers progress and mature. Owen has a bright future ahead in aquatics – we are proud of you, keep it up!

Favorite Food: cheeseburgers

Favorite Book: Eragon

Favorite Athletes: Michael Phelps

Special Talents: has some serious dance moves



Development – Maddie Lee, 12

Reason for selection: Maddie has been one of those on a steady improvement track in the group, and is constantly looking for ways to improve her swimming. She is respectful, and most notably, very kind to her teammates in the group. She leads by example and is someone the staff hopes to see continue to work to improve her swimming. Maddie has a natural feel for the water, and has been a joy to coach. Great job Maddie!

Age Group Performance – Vy Thomas, 11

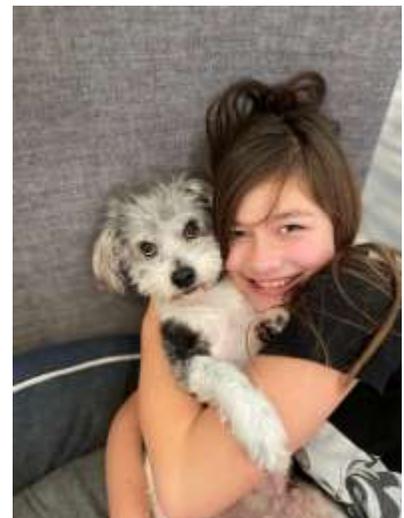
Reason for selection: Vy has been working through the ranks at CMAC for a few years now, and is developing into quite an aquatic powerhouse. Vy is very intelligent with her swimming, and finds ways to maximize her ability on a daily basis. She has great attention to detail, and consistently pushes her limits whether on a set with challenging intervals, or one that requires focus on technical development. Vy is also a model teammate that is inclusive and kind, and we are very proud of her development in the water, and the character she exhibits as a member of CMAC. Go Vy!

Favorite Food: Hot Cheetos Puffs & watermelon

Favorite Movie: The Bee Movie

Favorite Athlete: Misty Copeland

Special Talents: talented at puzzles (1000 piece +) & anime artist





Senior Performance – Ava Boyd, 14

Reason for selection: Ava is a newer member to the team at CMAC and has quickly made an impact in her training group, and on the team. She is developing into a much more rounded swimmer in all 4 strokes, and is connecting with her teammates and coaching staff each practice. Ava is a quiet leader, always on task and approaching each set with focus and determination. She is a model swimmer in the group, and Coach Ian has been continually impressed with her attitude and respect she shows everyone around her. We look forward to seeing Ava continue to improve and enjoy the sport at CMAC – well done Ava!

Favorite Food: ice cream

Favorite Book: Six of Crows by Leigh Bardugo

Favorite Athlete: Katie Ledecky

Special Talents: hand lettering, drawing & story writing

Age Group Elite – Brandon Le, 12

Reasons for selection: Brandon joined CMAC back in October, and has recently showcased a huge surge in determination and focus, as well as taking a leadership role in the group. Brandon can be seen each practice in the front of the lane, pushing the pace, and looking for ways to improve in all areas. He has a smile on his face every day, and has an extremely positive impact on those around him. Brandon is very goal-oriented, and that is easy to see each practice as he is swimming with a true fire for the sport and being the best he can be. His work ethic is top-notch, and that will continue to pay off over time. Great job Brandon!

Favorite Food: fries

Favorite Movie: Harry Potter

Favorite Athlete: Michael Phelps

Special Talents: drawing



Senior Elite – Josh Trevino, 18

Reasons for selection: Josh joined CMAC in May of 2019 after beginning to take his swimming more serious as a member of Segerstrom High School. New to club swimming, Josh embarked on the journey of daily excellence and daily improvement under Coach Dan, and we were quickly impressed for many reasons. Josh has great attendance, engagement, and is always doing the work to get better. He has improved in technique tremendously, and has recently started seeing some major leaps forward in his performance. Josh is an example that if you have the desire, you can reach your goals. We hope that Josh continues down the path of the competitive swimmer after graduation this spring, and we can continue feeling that pride we have for him for years to come. Great job Josh!

Favorite Food: shrimp

Favorite TV Show: Friends

Favorite Athlete: Cody Miller

Special Talents: flips / gymnastics

