



GO CMAC!!!

Swimmer Highlight: November 2020

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 – Avery Baker, 8

Reason for selection: Avery is a model swimmer at CMAC and is CMAC 1's Swimmer of the Month for November. She is always kind and respectful to her teammates and coaches, and puts out consistent effort and focus, with great attendance. The coaches are excited to see her progress, and look forward to her continued success in the future. Excellent work Avery!

Favorite Food: pizza

Favorite Book: Owl Diaries

Favorite Athlete: her brothers, Hayden & Landon (soccer)

Special Talents: talented and aspiring artist



CMAC 2 – Harper Melstrom, 9

Reason for selection: Harper is the type of swimmer you want to build a program around, and in a very deep and focused group like CMAC 2, she has been shining bright lately, and is very deserving of special recognition. She always meets challenges with determination, and she is a fantastic communicator with the coaches – she will ask for clarification if needed, and is always listening and ready to learn. Her rate of improvement is steady and consistent, and more than anything, her positive attitude is infectious and makes the group even better. Great job Harper!

Favorite Food: ravioli and chicken

Favorite Book: Harry Potter and the Goblet of Fire

Favorite Athlete: Steffi Graf

Special Talents: a talented trout fisherwoman!

CMAC 3 – Vivian Muir, 10

Reason for selection: Vivian is November’s CMAC 3 Swimmer of the Month, and is very deserving for many reasons. Vivian has consistently achieved at high levels as a swimmer at CMAC, and has a very obvious desire to learn, and to improve herself as a swimmer. Her willingness to listen and take advice, and then to do her best to approach challenging tasks with an open mind and great focus is fantastic. All the coaches enjoy the chance to coach athletes like Vivian – well done!

Favorite Food: sushi

Favorite TV Show: The Simpsons

Favorite Athletes: Megan Rapinoe and Serena Williams

Special Talents: crafting, organizing pro, party starter and debate champion



Development – Fatima Cruz, 12

Reason for selection: Fatima is a relatively new member of the team at CMAC, but she has made a great mark already in a short time due to her calm and confident demeanor, hard work, and attention to detail. Fatima has a level of maturity and poise that is unique, and certainly appreciated by the coaching staff. She has the ability to lead by example, and makes a big impact in the way the group functions when she is there. We are very proud to have her as part of the CMAC family, and look forward to her continued progress. Great job Fatima!

Favorite Food: lasagna

Favorite TV Show: Survivor

Favorite Athlete: Ye Shiwen

Special Talents: styling & violin

Performance – Hayden Schneider, 14

Reason for selection: Hayden has been a member of CMAC for quite a while, and is beginning to see some very impressive progress as a swimmer. Not always a particularly (self-described) “fast” swimmer, Hayden has demonstrated that a consistent attendance, coupled with a rise in confidence and a desire to challenge herself, has certainly helped her improve. Hayden is the perfect example of what coaches call “the process”. Everyone can become an elite swimmer, if they are willing to work the process. There will be good and bad days, and often long stretches of seemingly minimal, if any improvement. But, by understanding the road of becoming a better athlete (and person) is not a linear one, and working to stay steadfast and resolute, all swimmers can achieve more than they might realize. Hayden is a prime example of this, and the staff at CMAC have a lot of pride in her persistence and dedication to becoming a better athlete. Congratulations Hayden!



Favorite Food: beans

Favorite TV Show: The Office

Favorite Athlete: Bethany Hamilton (for the dedication of coming back after her accident)

Special Talents: a highly advanced board and tile game player



Elite – Madison Stein, 15

Reasons for selection: Maddie is our Elite Group’s Swimmer of the Month for November, after coming out of quarantine with new levels of persistence and dedication – and the best results are yet to come. Maddie has demonstrated an extremely high level of focus and willingness to make corrections, learn, and be vulnerable to both the physical and mental challenges that becoming an elite athlete come with. She has a great deal of passion for competing, and is now, finally, stepping up with full force to nearly every challenge she is presented with. Maddie is a great communicator with her teammates and coaches, and has a refreshing honesty related to her training and the sport that helps keep the group cohesively moving forward with her relaxed attitude and welcomed comedic timing. We look forward to what Maddie will be able to accomplish in the coming months, and years. Awesome job Maddie!

Favorite Food: Chik-fil-A

Favorite Show/Movie/Book: “The Good Place”

Favorite Athlete: Missy Franklin

Special Talents: juggling