



# GO CMAC!!!

## Swimmer Highlight: February 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 – Cooper Jans, 8**

**Reason for selection:** As a relatively new athlete to CMAC, Cooper has been making rapid improvement. In just a few short months he has progressed from the beginning level of the group to an athlete with great competence and increased confidence. He is an awesome communicator, maintains his focus in practice, and is developing all the skills needed to become a great swimmer! Great job Cooper, keep it up!



*Favorite Food: bagels*

*Favorite Book: Who Would Win?*

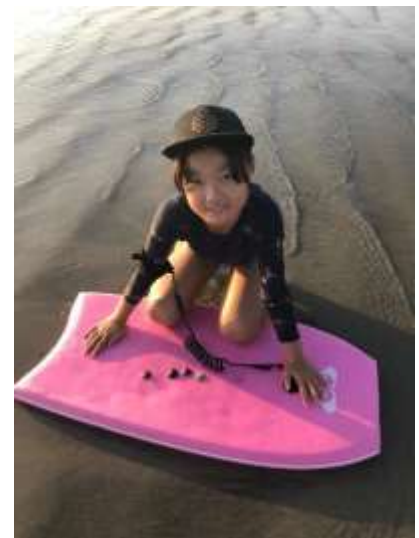
*Favorite Athlete: Devonta Swim (Univ. Alabama football)*

*Special Talents: RC car driving*



### **CMAC 2 – Brookly Bokosky, 11 & Mona Ohhashi, 9**

**Reason for selection:** Mona & Brooklyn have consistently taken leadership roles in their respective lanes and have extremely great focus each practice. Their attendance is very high, and the results are rapidly showing. They each are very receptive to critique from the coaching staff and take all suggestions and do their best to implement things. Great job girls – all that dedication is going to pay off!



*Favorite Food: Brooklyn (sushi) – Mona (French fries)*

*Favorite Book/Movie: Brooklyn (All of the Marvel cinematic universe) – Mona (Roxbury Park Dog Club)*

*Favorite Athlete: Brooklyn (Alex Morgan)*

*Special Talents: Brooklyn (soccer, acting) – Mona (surfing, snowboarding)*

### **CMAC 3 – Natalie Nichols, 13**

**Reason for selection:** Natalie has absolutely been CRUSHING each and every challenge presented to her. Coach Hayden has been working the CMAC 3 group and Natalie hits everything thrown at her out of the park. Like some of the others, multiple coaches have looked over absolutely floored by her effort, speed, and improvement. Natalie is definitely showing she is ready to make a move up in groups soon! Great job!

*Favorite Food: salmon*

*Favorite TV Show: Mathilda*

*Favorite Athletes: Amanda Beard*

*Special Talents: great with animals*



### **Development – Steven Mortensen, 12**

**Reason for selection:** Steven is another new athlete to CMAC that has made his presence known in that short time in only positive ways. He has a great attitude and you can see the wheels turning during instruction as he is always on task and processing all the information given to him. He is a role model to the group and a great example of what being part of a team is all about. We look forward to continuing to see Steven develop as a swimmer and get stronger and faster in the pool. Way to go!

*Favorite Food: pizza*

*Favorite TV Show: The Simpsons*

*Favorite Athlete: Jamie O'Brien*

*Special Talents: road and mountain biking*

### **Age Group Performance – Tessa Tougas, 12**

**Reason for selection:** Tessa recently joined CMAC with almost no swimming experience and has made startling improvement in a very short time. Her gymnastics background has a huge part in that (the core development and body awareness along with flexibility and strength), but what is certainly her most advantageous trait is her attitude. Tessa has undoubtedly one of the most joyous and positive attitudes you will find in any young person you meet. She makes everyone around her happy, and that is something that is coveted in a tough sport like swimming. The staff shake their head at her progress, dumbfounded by what she is already able to do. CMAC is so very fortunate that Tessa made the decision to get into the sport. Keep it up Tessa!

*Favorite Food: Boba*

*Favorite Book: Parachutes*

*Favorite Athlete: Simone Biles*

*Special Talents: Pistol Squat*



### **Senior Performance – Abby Greene, 14**

**Reason for selection:** Abby is a long-time CMAC athlete, and is a success story that coaches absolutely love to tell. Some swimmers see quick progress, while others see steady progress over longer periods of time. Like a bag of popcorn, swimmers all “pop” at different times, for different reasons. Under Coach Ian’s guidance, Abby, along with the entire Senior Performance group, are making some major moves toward becoming elite swimmers. As with many of these athletes highlighted this month, Abby has one of the most infectious positive attitudes on the team. She has a calming presence but can also demand respect from others in her group and is emerging as a confident leader in the pool. We are all very proud of you Abby!

*Favorite Food: bean and rice burrito*

*Favorite TV Show: The Office or Bob’s Burgers*

*Favorite Athlete: Gabby Douglas*

*Special Talents: singing & painting*

### **Elite – Kennedy Walker, 15**

**Reasons for selection:** Kennedy has been a member of CMAC for over 5 years and has put together a solid progression from a novice level beginner, to one of the most rounded and successful swimmers at CMAC. As a freshman at Costa Mesa High School, she certainly has a great 4 years ahead of her to continue to emerge as a power swimmer for CMAC! She is one of those swimmers that always gets the job done. She is accountable, mellow, focused, and a great teammate. She is another athlete making steady progress, just on the verge of taking her swimming to even higher levels. The staff is eagerly awaiting Kennedy’s continued breakthroughs in the sport and know that she will keep improving more and more rapidly with how she is handling the rigors of advanced training. Great work Kennedy!

*Favorite Food: Sushi*

*Favorite TV Show: That 70s Show*

*Favorite Athlete: Rafael Nadal & Michael Jordan*

*Special Talents: to be determined*

