

CASCADE SWIM CLUB - CHAMPIONSHIP GROUP
Fall 2021 - Champs

	Monday Swim 6:00-7:30 AM	Tuesday (w/ Performance) Dryland 430-500pm Swim 5-600pm	Tuesday GYM 5:00-5:45pm SWIM 6:00-7:30pm	Wednesday Swim 6:00-7:30 AM	Wednesday SWIM 5:30-7:00pm	Thursday (w/ Performance) Dryland 430-500pm Swim 5-600pm	Thursday GYM 5:00-5:45pm SWIM 6:00-7:30pm	Friday Swim 6:00-7:30 AM	Friday Dryland 430-500pm SWIM 5:00-6:00pm	Friday Dryland 530-600pm SWIM 6:00-7:00pm	Saturday SWIM 7:00-8:30am Stretch 8:30-9:15am
	Seton YMCA	REPSOL	REPSOL	Seton YMCA	REPSOL	REPSOL	REPSOL	Seton YMCA	REPSOL	REPSOL	Seton YMCA
1	Banks, Maria	Banks Maria	Bracho Paris, Gabriela	Banks, Maria	Feuchter, Alexandria	Banks Maria	Bracho Paris, Gabriela	Banks, Maria	Banks, Maria	Feuchter, Alexandria	Banks, Maria
2	Bracho Paris, Gabriela	Fox, Madison	Chau, Hayden	Bracho Paris, Gabriela	Kwan, Jolie	Fox, Madison	Chau, Hayden	Bracho Paris, Gabriela	Bracho Paris, Gabriela	Kwan, Jolie	Bracho Paris, Gabriela
3	Chau, Hayden	Harper, Anna	Griffith, Betty	Chau, Hayden	Mayr, Naomi	Harper, Anna	Griffith, Betty	Chau, Hayden	Chau, Hayden	Mayr, Naomi	Chau, Hayden
4	Fox, Madison	Kwan, Jolie	Ma, Maggie	Fox, Madison	McKeen, Brookelyn	Kwan, Jolie	Ma, Maggie	Fox, Madison	Fox, Madison	McKeen, Brookelyn	Fox, Madison
5	Griffith, Betty	Li, Claire	MacDougall, Jenna	Griffith, Betty	Millan, Carmen	Li, Claire	MacDougall, Jenna	Griffith, Betty	Griffith, Betty	Millan, Carmen	Griffith, Betty
6	Harper, Anna	Page, Hunter	Panchal, Rishita	Harper, Anna	Nagy, Kyra	Page, Hunter	Panchal, Rishita	Harper, Anna	Harper, Anna	Nagy, Kyra	Harper, Anna
7	Li, Claire	Robertson, Emery	Patel, Mihira	Li, Claire	Page, Hunter	Robertson, Emery	Patel, Mihira	Li, Claire	Li, Claire	Page, Hunter	Li, Claire
8	Ma, Maggie	Thiessen, Lilah	Reneau, Macey	Ma, Maggie	Robertson, Emery	Thiessen, Lilah	Reneau, Macey	Ma, Maggie	Ma, Maggie	Robertson, Emery	Ma, Maggie
9	MacDougall, Jenna	Wise, Elleigh	Turk, Sofia	MacDougall, Jenna	Schutte Campos Maya	Wise, Elleigh	Turk, Sofia	MacDougall, Jenna	MacDougall, Jenna	Schutte Campos Maya	MacDougall, Jenna
10	Panchal, Rishita	Kwan, Jaxon	Werner Enns, Abby	Panchal, Rishita	Slavich, Paige	Kwan, Jaxon	Werner Enns, Abby	Turk, Sofia	Panchal, Rishita	Slavich, Paige	Panchal, Rishita
11	Patel, Mihira	Weir, Ben	Brown, Maclean	Patel, Mihira	Smith, Emilia	Weir, Ben	Brown, Maclean	Werner Enns, Abby	Patel, Mihira	Smith, Emilia	Patel, Mihira
12	Reneau, Macey	Zhuang, Nathan	Costoy, Tristan	Reneau, Macey	Thiessen, Lilah	Costoy, Tristan	Brown, Maclean	Reneau, Macey	Reneau, Macey	Thiessen, Lilah	Reneau, Macey
13	Turk, Sofia		Craig, Thomas	Turk, Sofia	Van Vliet, Reegan		Craig, Thomas	Costoy, Tristan	Turk, Sofia	Van Vliet, Reegan	Turk, Sofia
14	Werner Enns, Abby		Curdov, Alexander	Werner Enns, Abby	Weir, Viviane		Curdov, Alexander	Craig, Thomas	Werner Enns, Abby	Weir, Viviane	Werner Enns, Abby
15	Brown, Maclean		Dennison, Daniel	Brown, Maclean	Wise, Elleigh		Dennison, Daniel	Dennison, Daniel	Brown, Maclean	Wise, Elleigh	Brown, Maclean
16	Costoy, Tristan		Isturiz, Daniel	Costoy, Tristan	Woods, Amelia		Isturiz, Daniel	Kwan, Jaxon	Costoy, Tristan	Woods, Amelia	Costoy, Tristan
17	Craig, Thomas		Maksoud, Ali	Craig, Thomas	Arbelaez, Sebastian		Maksoud, Ali	Maksoud, Ali	Craig, Thomas	Arbelaez, Sebastian	Craig, Thomas
18	Curdov, Alexander		Murphy, Keton	Curdov, Alexander	Black, Claran		Murphy, Keton	Murphy, Keton	Curdov, Alexander	Black, Claran	Curdov, Alexander
19	Dennison, Daniel		Richard, Alistair	Dennison, Daniel	Bracho Paris, Juan D		Richard, Alistair	Weir, Ben	Dennison, Daniel	Bracho Paris, Juan D	Dennison, Daniel
20	Isturiz, Daniel		Wise, Chase	Isturiz, Daniel	Comfort, Greyson		Wise, Chase	Zhang, Morgan	Isturiz, Daniel	Comfort, Greyson	Isturiz, Daniel
21	Kwan, Jaxon		Zhang, Morgan	Kwan, Jaxon	Cyr, Cole		Zhang, Morgan	Zhuang, Nathan	Kwan, Jaxon	Cyr, Cole	Kwan, Jaxon
22	Maksoud, Ali		Feuchter, Alexandria	Maksoud, Ali	Cyr, Locke		Feuchter, Alexandria		Maksoud, Ali	Cyr, Locke	Maksoud, Ali
23	Murphy, Keton		Mayr, Naomi	Murphy, Keton	Dennison, Miles		Mayr, Naomi		Murphy, Keton	Dennison, Miles	Murphy, Keton
24	Richard, Alistair		McKeen, Brookelyn	Richard, Alistair	Hezky, Ryder		McKeen, Brookelyn		Richard, Alistair	Hezky, Ryder	Richard, Alistair
25	Weir, Ben		Millan, Carmen	Weir, Ben	Kirov, Stefan		Millan, Carmen		Weir, Ben	Kirov, Stefan	Weir, Ben
26	Wise, Chase		Nagy, Kyra	Wise, Chase	Mclaughlin, Steven		Nagy, Kyra		Wise, Chase	Mclaughlin, Steven	Wise, Chase
27	Zhang, Morgan		Schutte Campos Maya	Zhang, Morgan	Meadus, Brodie		Schutte Campos Maya		Zhang, Morgan	Meadus, Brodie	Zhang, Morgan
28	Zhuang, Nathan		Slavich, Paige	Zhuang, Nathan	Moscibrodzki, Luca		Slavich, Paige		Zhuang, Nathan	Moscibrodzki, Luca	Zhuang, Nathan
29			Smith, Emilia		Pawelczak, Sebastian		Smith, Emilia			Pawelczak, Sebastian	Feuchter, Alexandria
30			Van Vliet, Reegan		Soliman, Ahmad		Van Vliet, Reegan			Soliman, Ahmad	Kwan, Jolie
31			Weir, Viviane		Thiessen, Bennett		Weir, Viviane			Thiessen, Bennett	Mayr, Naomi
32			Woods, Amelia		Vorster, Daniel		Woods, Amelia			Vorster, Daniel	McKeen, Brookelyn
33			Arbelaez, Sebastian				Arbelaez, Sebastian				Millan, Carmen
34			Black, Claran				Black, Claran				Nagy, Kyra
35			Bracho Paris, Juan D				Bracho Paris, Juan D				Page, Hunter
36			Comfort, Greyson				Comfort, Greyson				Robertson, Emery
37			Cyr, Cole				Cyr, Cole				Schutte Campos Maya
38			Cyr, Locke				Cyr, Locke				Slavich, Paige
39			Dennison, Miles				Dennison, Miles				Smith, Emilia
40			Hezky, Ryder				Hezky, Ryder				Thiessen, Lilah
41			Kirov, Stefan				Kirov, Stefan				Van Vliet, Reegan
42			Mclaughlin, Steven				Mclaughlin, Steven				Weir, Viviane
43			Meadus, Brodie				Meadus, Brodie				Wise, Elleigh
44			Moscibrodzki, Luca				Moscibrodzki, Luca				Woods, Amelia
45			Pawelczak, Sebastian				Pawelczak, Sebastian				Arbelaez, Sebastian
46			Soliman, Ahmad				Soliman, Ahmad				Black, Claran
47			Thiessen, Bennett				Thiessen, Bennett				Bracho Paris, Juan D
48			Vorster, Daniel				Vorster, Daniel				Comfort, Greyson
49											Cyr, Cole
50											Cyr, Locke
51											Dennison, Miles
52											Hezky, Ryder
53											Kirov, Stefan
54											Mclaughlin, Steven
55											Meadus, Brodie
56											Moscibrodzki, Luca
57											Pawelczak, Sebastian
58											Soliman, Ahmad
59											Thiessen, Bennett
60											Vorster, Daniel

SATURDAY PRACTICES ARE ALWAYS TEAM DAY - Swimmers are expected to wear Team gear (Swim suit, cap and t-shirts for dryland)
ALL swimmers are subject to regular evaluations and assessment regarding their attendance, attitude, training & competitive performance.
Swimmers may be moved into a different training group dependent on their qualified competitions, their performance, commitment, attitude and coachability.