

Central Area

Stroke Development – Mulan Kukreja

Mulan is competitive. In practice and at meets Mulan wants to be the fastest. What stands out more than just wanting to be fast, is the fact that Mulan wants to do things the right way. When a swimmer wants to be the best both in technique and speed good things happen.

Age Group – Carmen Villareal

Carmen has demonstrated a great attitude this past month. Arriving at practice she is positive and focused. In the water her calm demeanor shifts to a focused intensity. She attacks hard sets, holds her teammates accountable for leaving on the correct interval, and has one heck of a handshake!

Fitness - Miovic Cecile

Cecile has demonstrated excellent sportsmanship and, she has being very consistent about coming to practices and has shown extraordinary work ethic. Cecile got to attend her first swim meet this month where she manage to obtain a silver time for the 50 backstroke. Another thing I have notices about Cecile is that she's a very friendly person and speaks with all her teammates during swim practices and encourages them to swim fast

AGP – Jordan Smith

Jordan has had near perfect attendance this month. He has come to practice every day with a great attitude and has accepted every challenge thrown his way, even when it meant overcoming his fear. I have seen improvement in his technique, strength, and mental toughness!

Senior Group – Carl Dutton

Carl has one of the highest attendances in the group, and at practice he utilizes feedback to improve his strokes. Carl has used feedback at practices to improve the timing of his breath in fly, and has also shown that he is willing to take the risk of changing his freestyle catch to improve his efficiency. Carl regularly challenges himself at practice and pays attention to what his teammates do in practice. It's great to see Carl put himself able to lead by example.

Senior Performance – Tyler Goodspeed

During the month of October, Tyler Goodspeed has been set the example of what a Senior Performance swimmer should be. He's pushed himself to take on greater challenges, at times going at his best times in longer events during training sets. Tyler's clearly been making an effort to maintain perfect form and stroke count even when sets prove difficult and his body begins to break down. Despite the fact that he wears his goggles around his neck looking like a 9 year-old summer leaguer who's forgotten his event number, he's held in high regard by his teammates as he clearly makes not only himself, but those around him better each day. We're looking forward to big things in December.

Tukwila

CAATfish - Isaac Alfonso

Isaac has come a long way from when he first started in CAATfish in September. No matter what we are doing, Isaac is excited and willing to learn. It's exciting to see Isaac continue to work hard to learn new skills, especially learning how to dive and do flip-turns!

SD - Chip Swarmer

Chip has continued to be a great member of Stroke Development in Tukwila. When learning about a new skill, Chip will be actively listening and engaged. When he gets in the water, there is often an immediate connection to what was explained to what he is doing in the water. Keep it up Chip!

Age Group – Belladonna Bettger

Bella is having great success taking feedback from coaches and applying it to her swimming. Due to this, she has also become a focused and supportive lane leader over the last month. Keep up the good work!

AGP/SR – Cecilia Woare

Since the beginning of the season, Cecilia has done a great job of stepping out of her comfort zone and has made great strides in making small changes to her strokes. Whether it's practice or a swim meet, you can count on her to step up to the challenge and give it her all. Keep it up, Cecilia! You have a great attitude that's motivating and contagious!

Mercer Island

CAATfish – Anna Li

Anna has shown to consistently focus on doing the important little things in practice such as always pushing off the wall in streamline. As Anna stays consistent with the important things, she will build a strong base for a future of successful swimming.

Stroke Development – Max Robbins

Max is always excited and ready for practice. It is easy to see that he wants to do what he can to improve his stroke and racing skills. He is also able to read a pace clock and stay on an interval throughout practice.

Age Group – Austin Fugate

Austin has shown that he is attentive and is able to lead a practice. He is able to lead the lane and keep himself and others on an interval by paying attention to the pace clock. This is important because coaches are able to give more feedback rather than just telling swimmers when to go.

Age Group Performance/ Senior – Justin Gamroth

Justin has shown that he is committed to actively improving his skills. He brings a positive attitude and a willingness to work hard every day. It is easy to see his attention to skill as he races during meets.