

Tukwila

Stroke Development – Johnny Ngo

Since moving up from CAATfish, Johnny has fit in extremely well within the Stroke Development group. During kick sets, Johnny is able to exhibit his ability of having an excellent kick. On a regular basis Johnny is a lane leader in the group, even when we are working on strokes that aren't necessarily his strong suit. Johnny is continually looking for ways to improve his swimming, and it is working! Keep it up Johnny.

CAATfish – Dixon Fain

Dixon arrives to practice ready to go and always with a huge smile on his face. Dixon is constantly excited and willing to learn new skills, and has shown the ability to apply the instruction to his strokes in the water. Dixon is an awesome leader within the group and it will be exciting to see how he improves!

Age Group – Brendon Huynh

Brendon's been working hard in my group for a long time. He comes to practice on time and he is always a leader, even when not leading a lane. He accepts stroke corrections with an eagerness to improve, understanding that what I'm telling him is to make him better. I sincerely enjoy coaching him and seeing him improve as he continues swimming!

AGP/SR – Sophia Rivera

Sophia has been quietly stepping out of her comfort zone by pushing herself past her 'current' limits. She approaches each practice with a great attitude and has realized that she too can be lane leader – this realization has benefited her swimming, as I've seen her confidence grow in both practice and meets. Keep up the great work, Sophia!

Central

CAATfish – Fina Griffin

Fina always comes to practice ready to learn something new and is always excited to get in the water. Since the beginning of the season she has shown to focus on the little important things such as always pushing off the wall in a tight streamline. We have been working a lot on breaststroke the past couple weeks and she has been working hard towards getting a legal breaststroke. Nice job Fina!

Stroke Development – Kiera Berlin

Kiera joined CAAT part-way into the season, but you'd never know it by looking at her now. The positive attitude and great effort she brings to practices has led to significant improvements. Her attention to detail on her open and flip turns has impressed her coaches. Keep up the great work Kiera!

Age Group – Ava Schoening

Attitude and expectations, these are the two points that have set Ava apart this month. Whether it was going a best time in the 50 Free from a push or fighting to be the fastest swimmer on Age Group's broken 200s it is clear that Ava is holding herself to a new, high standard. We are excited to see her work in practice pay off at meets.

Fitness – Peter Antezana

Peter has had a great season so far, he has been very consistent about coming to practices. And because of his great attendance and hard work in the water he has managed to obtain Silver and Gold times for the 50 Freestyle, 100 Freestyle and 50 backstroke.

AGP – Cole Liffmann

This was a difficult decision this month. Overall, the group had a great month, making major improvements in performance. That being said, this month Cole Liffman has continually shown up with a coachable attitude. She gives every ounce of effort she has in practice and is becoming a better athlete all around. I'm proud of who she is becoming as a swimmer and a person!

Senior – Zachariah Leary-Bignayan

Zach has the highest attendance in the group, and at practice he regularly challenges himself. Zach has been working on improving each of his strokes at practice, and has seen improvements across the board at meets. It's great to see Zach challenging himself, getting champs cuts, and working towards bigger goals.

Senior Performance – Emma Fasullo

For constantly getting better each day and being more willing to take on challenges outside of her normal comfort zone. She's getting better in all aspects of her training. And dry erase markers.

Mercer Island

CAATfish – Grace Li

Grace has shown to be a great example and a positive influence on the group. She does a great job at listening to instructions and swimming with a purpose. This is best seen in her commitment to pushing off every wall in a streamline.

Stroke Development – Sahana Subramanian

Sahana has made a tremendous amount of improvement this season. She actively pays attention to instruction and swims with a purpose. Sahana has shown that she wants to improve and that she will work hard to do so!

Age Group – Daria Gustaveson

Daria consistently arrives to practice with a positive attitude and is ready to work. She is able to stay focused on the task at hand and actively works toward improving her skills. Daria is able to lead the lane during practice and set a positive example for the group.

AGP/SR – Maya Gheewala

Maya has shown that she is committed to actively taking steps towards improving her skills. She looks to understand new skills and how they affect her swimming, becoming a student of the sport. Maya is able to take new skills that we work on and apply them to her swimming.