

CAATastic December 2017

Central

CAATfish – Gus Hayes

Gus has come a long way since joining the team in September. He always comes to practice with a positive attitude and is always excited to learn something new. Our focus throughout December was butterfly and he has made several improvements which makes me very excited to see what he will accomplish in the next few months. Keep up the great work Gus!

Stroke Development – Kathryn Mertel

Kathryn has really taken the focus for this section of season to heart. She has been working hard on developing both her catch and her kick to new levels. When she puts it all together it is fun to watch. Don't be caught off guard by Kathryn. When she puts her mind to it, she's a powerhouse!

Age Group – Stella Smith

Throughout this entire season Stella has been growing as a leader. She has been leading her lane in words and actions and the results speak for themselves: qualifying for 14&Under Champs and stepping up on two team record setting relays. It's awesome to see all that hard work pay off. Great job, Stella!

Fitness – Gus Shuman

Gus Shuman is the swimmer of the month for Fitness. He has accomplished a lot for the month of December. Gus mastered his dives from the racing blocks and was able to swim a 100 IM with all legal strokes. August has always giving his best during practices and he will be participating in his first swim meet this second half of the season.

Age Group Performance – Sparks Webb

Sparks has been making major improvements to her racing, technique, athleticism, and attendance. In December, Sparks swam in her first ever Champs Meet, qualified for AG Regionals, and was one of the few who made 100% of the Winter Heck workouts. If she could only figure out that she should be leading her lane...

Senior – Asta Liffick

Asta has the highest attendance in the group for the month of December, and was one of two swimmers that did not miss a practice over winter training. At Champs Asta also had a big time drop in her 200 back and demonstrated through her attitude, cheering, and availability for relays what being a good teammate looks like. It is nice to see Asta being a good role model for the rest of the group.

Senior Performance – Cole Nouwens

Cole Nouwens is December's CAATastic swimmer for the Senior Performance group. Cole's been throwing it down in practice constantly for months now. All members in the group saw big things coming, and at the Senior Sectional meet Cole came through going 100% best times, qualifying for Senior Sectionals in both Breaststroke events and played a big role in our relays. If you see Cole around, ask him to tell you a joke. It's funny.

Tukwila

CAATfish: Reese Stober

Reese had a spectacular month in December. At practices, she is often the first one ready to go with her cap and goggles on. She is eager to learn new skills and always is looking for ways to improve. The highlight of her December was swimming a 50 of each stroke at Fall Divisionals paving the way for her movement up to Stroke Development! We are excited to see her continue developing in the new year!

Stroke Development – Ian Frenchowicz

Ian started off the month of December by having a very strong meet at the Fall Divisionals. Ian posted a few best times and placed 6th in the overall pentathlon. In practice he continues to have a positive attitude, and works hard to be a leader in the group.

Age Group – Parker Marvin

Parker Marvin has come into her own recently, with near perfect attendance and her first ever PNS cut! The dedication and commitment has really paid off as she continues to improve. She has also grown comfortable in her leadership in practice showing many occasions where she has encouraged teammates to push themselves.

AGP/Senior – Ben Bricca

Since day one, Ben has showed up to practice focused and ready to go! In addition to his great work ethic, he does a great job understanding the stroke changes and more

importantly applies it to what he does in practice. Ben is a great teammate who leads by example with a positive attitude – his enthusiasm for the sport is contagious. It has been fun to watch him push his comfort zone and realize his capabilities. Your hard work and consistency is paying off. Keep doing you, Ben!

Mercer

CAATfish – Emma Ye

Emma has shown a lot of interest and improvement in her skills over the past few months. She is always excited to start practice and is engaged with the task at hand. Her biggest improvement can be seen in her breast stroke, becoming quite a good kicker! She is building good habits that will help her succeed in the long run.

Stroke Development – Will Ross

Will has always shown his excitement for the sport and his willingness to improve. Since he is so engaged, he has become knowledgeable of the sport. He seems to have a good understanding of why we practice certain skills and is interested in learning new ones. This is a great way to set up a good foundation for successful swimming in the future.

Age Group – Oscar Hokanson

Oscar has shown that he is committed to learning new skills and improving the ones he has. He does a great job at being focused on the task at hand. This is lately shown in his freestyle, keeping a steady kick and a strong body line. This allows him to move through the water much more effectively.

AGP/Senior – Justin Gamroth

Justin has shown to be a very coachable swimmer. He actively takes new concepts and applies them to his swimming. This is best shown in his ability to work on the finer skills such as breathing at the right moment. Focusing on smaller, quicker skills will help him keep a strong body line, thus becoming a more efficient swimmer.