**Central**

**CAATfish –** Lila Levinson

Lila comes to practice every day with a positive attitude and is always excited to get into the water and learn something new. A huge focus at practice the past couple weeks has been keeping a tight streamline off the wall every time you push off for a set. She has made constant improvements with her streamline and it shows every day at practice.

**Stroke Development – Leo Adedipe**

Leo has brought a great focus and energy to practice. While he certainly enjoys going fast (his coaches like him going fast too!), he has demonstrated that he also knows when to slow things down and do them correctly. The coach love seeing Leo’s balanced approach to great swimming and we are excited to see it pay off at meets soon.

**Age Group – Sofia Ruiz-Murphy**

Sofia showed up on day one ready to go. Several weeks in, her enthusiasm has not waned a bit. We could talk a lot about the way she’s improving her swimming (and there are a lot!), the most impressive skill she has demonstrated is leadership. Why do the coaches like leadership skills? An improved streamline makes one swimmer better. An improved leader makes the whole group better. Great job, Sofia!

**Fitness - Sabrina Slye**

Sabrina has had good attendance for all practices during the month of September. She has put lots of effort into her practices, not just working hard but making sure that she’s doing the drills correctly and improving her strokes. Sabrina has also stepped up as a leader in the group, taking time to help her teammates during workout. Sabrina, great job stepping up as a leader and great teammate!

**Age Group Performance – Hope Yu**

Hope has had perfect attendance the entire month! She’s been a leader both in attitude and skill focus. She has done a great job of encouraging her teammates during dryland and in the pool.

**Senior – Max Mahoney-Schaefer**

Max has demonstrated that he is willing to challenge himself and take risks by swimming on difficult intervals. Max consistently comes to practice, uses feedback to improve his technique, and has continued to work hard and be a part of the group while working through an injury.

**Senior Performance – Meng Meng Gibbs**

Meng Meng has really been pushing herself outside of her comfort zone recently.  She’s constantly been improving her freestyle technique especially when things start to get challenging in practice.  She’s been a good lane leader and teammate this month, and others in the group have taken notice.  Great to see from one of our Senior team leaders.

**Tukwila**

**CAATfish – Becky Pham**

Becky has been a strong member early on in the Tukwila CAATfish group. Becky demonstrates good streamlines, as well as being a good listener when a coach is explaining things to the rest of the group. She has also been working hard towards getting a legal butterfly!

**Stroke Development – Lily Gelinas**

Lily has taken on a role as a leader in the Stroke Development group. Lily will constantly lead her lane in whatever set we are doing, and will apply the skills we are learning in the water. Also, it's been great to see her continue with her solid attendance!

**Age Group - Gwen Shaffer**

Gwen has taken on an impressive leadership role in the Tukwila Age Group! She not only does an extraordinary job as lane leader but also leads by example with her positive attitude and encouragement of her teammates. Thank you, Gwen!

**Age Group Performance/Senior – Leo Benevedes**

Leo has been doing a great job stepping outside his comfort zone this season.  He has a great ability to make a change within his stroke and continue to work on it throughout the workout.  When he is challenged with a more difficult send off, he has risen to the occasion numerous times.  Not only is he a hard worker, but he is also a motivating teammate.  Leo is the voice you hear when it comes to encouraging his teammates during a set or congratulating them on a workout well done.  Keep up the great work, Leo!

**Mercer**

**CAATfish –** Grace Li

Grace has shown that she is working to be a student of the sport. She always knows the correct way to do specific skills and asks for feedback. It is easy to see that Grace enjoys swimming and always wants to improve.

**Stroke Development – Cookie Hooper**

Cookie has shown that she is focused and always wants to learn. It is easy to see that she wants to improve and always does the best she can with the task at hand. This is best shown in during any time that she is I the streamline position. Cookie does all the little things very well, so the bigger things will be easier to tackle.

**Age Group – Oscar Hokanson**

Oscar has shown that he is always attentive and looking to learn more. He takes instructions well and stays focused on the task at hand. This is shown in his back stroke. Oscar has improved his body line as well as keeping his legs kicking all the time.

**Age Group Performance/Senior – Maya Gheewala**

Maya has shown that she is ready and willing to learn every day. She is attentive and can take coaching corrections well. Maya has taken what she is learning and has applied it to her training every day. I look forward to seeing how all her hard work pays off during meets this season.