

# **SMACTastic Swimmers - June 2018**

## **Central**

CAATfish - Quinn McCullough

Quinn comes to every single practice ready to swim and excited to learn something new. She is always asking me questions and is very eager to fill out the rest of her CAATfish sticker chart. Her two big accomplishments this past month were finally getting both a legal breaststroke kick and a legal breaststroke pull. Keep up the great work Quinn!

Age Group - Evan Millar

Evan has brought some intensity and consistency to this month's practices. Flashback a couple months and Evan rather reluctantly joined the A Interval on the main sets. Cut to this month, he's leading the A Interval on nearly every stroke... ...even on backstroke?! Yes, even backstroke! He also had the highest attendance of the group. Put that hard work together with showing up and good things are going to happen. Great work, Eván Millár, Tribute from District 12!

Age Group Performance

The end of the school year always brings a lot of distraction from training. With all of the school trips, vacations, and end of school parties, AGP needs to refocus on their goals and priorities leading into the end of the long course season. You get out what you put in...

Senior - Ellie Snyder

Had the highest attendance in the group for June, and came to each practice ready to challenge herself: the most basic but essential building blocks for success. Ellie's dedication to the sport is an example of what it takes to move forward in the sport during the summer break where it is easy to lose focus.

Senior Performance - Zach Leary-Bignayan

Everyday... getting it done!

## **North**

CAATfish/Stroke Development - LaVan Suseyi

LaVan has consistently been at practice almost every single day of her summer, working hard to improve and having fun while doing it. She is always ready to swim and excited to take on new challenges like flip turns and butterfly. She's been working hard on her freestyle side breathing and stroke technique, and her progress in freestyle has really been shining through. Awesome job, LaVan!

#### Age Group - William Ho

William has been a great example of what hard work looks like. He is able to remain focused at the task at hand even during very difficult practices. William is able to constantly stay on a goal 50 time during multiple repeats. His technical awareness during intense swimming will surely pay off as championship meets start approaching!

#### Age Group Performance - Lily Siripipat

As she battles through injury Lily has been remarkably resilient. Over the past month, and longer, she has had near perfect attendance and her work ethic has never waivered. She has never allowed herself to use her injury as an excuse and continues to find ways to improve.

#### High School - Harmony Shirk

Harmony has really shown leadership and commitment within the High School group. She helps keep the team on task, puts forth maximum effort, and supports her fellow teammates. Harmony always manages to get a laugh out of the group and helps to maintain a positive environment. Good job Harmony, I am excited to see how you do during these upcoming meets!

#### Senior - Mackenzie Mayfield

Mackenzie has been making great strides in training and at meets. As someone that came in not wanting to do anything over a 100 she's become quite the hard worker at practice. Pushing herself out of her comfort zone constantly and holding herself to a higher standard everyday. Her progress has been great to see and it's only the beginning.

#### Senior Performance - Tyler Lu

Tyler Lu continues to set the standard for consistency in working hard to improve everyday. At the Howard Jones meet he raced 3 events everyday prelims and finals where he raced with everything he had even with little down time in between events. He didn't complain once and he focused on one race at a time.

## **Mercerwood**

CAATfish - Alice Starostin

Alice had recently jumped back in the water after some time being sick. As she started practice again, it was as if she had never left! She was excited to see her team mates and she did not forget any of the skills she had learned. This was easily seen in her events at the intrasquad meet! Even though it was her first meet, she always looked confident and ready to race!

Stroke Development - Max Robbins

Max has a never-ending excitement for swimming. He is always one of the first swimmers ready for practices and meets. He does a great job at focusing during practice and is always ready for the next thing. He sets great example of how to focus and learn during a practice.

Age Group - Sahana Subramanian

Sahana has been doing a lot of great things this past month. It is easy to see that she is setting out to challenge herself and doing the right things to improve her swimming. She always shows up with a big smile and a great attitude. Her hard work is evident as she is beginning to lead practices every once in a while.

## **Evergreen**

CAATfish/Stroke Development - Maya Alm (combined with Tukwila)

Since coming to Tukwila, Maya has been all about filling out her CAATfish sticker chart. She has worked endlessly to achieve the ultimate goal of reaching all of the requirements to earn her stickers. While Maya didn't have any issues reaching these benchmarks for the majority of her strokes, the elusive 25 yard butterfly sticker had haunted her for weeks. However, at the 12&under intrasquad meet, Maya finally reached her goal of filling out her sticker chart with swimming a 25 yard butterfly legally for the first time. Nice work Maya!

Age Group - London Ferry (Combined with Tukwila)

London has been a leader at the combined Evergreen and Tukwila Age Group practices. She is willing and eager to take on new exercises and she is consistent in her early arrival. She is a self motivator when it comes to hard

work and is responsive to instruction when working to improve technique.  
Thank you, London!

#### Age Group Performance - Alex Kabacy

Alex Kabacy has been on injured reserve the last few months due to a seriously sprained MCL. A devastating injury at the beginning of the season that has left him seriously sidelined. Yet even with the injury, Alex remained as SMACtastic as ever, his attitude, spirit, humor, and overall presence at practice never changed. He still came to just about every practice on the schedule, did what he could, and kept his teammates spirits up with dancing, jokes, and 15 yd penalties for pass interference. Now that we are nearing the end of his recovery I see great things ahead of Alex as we continue to make strides (pun intended) towards being fully recovered. Keep up the great work Alex!

#### Senior - Emiri Nishizawa

Emiri has been battling a shoulder injury since April, she was making a ton of progress and looking like she was going to be able to compete in July. This month, she was told she couldn't compete for the rest of summer. Most people would crawl into a corner and call it a summer. Instead, she still comes to every practice with a positive attitude and kicks the whole time. Finding ways to modify the set to make it challenging and continue to improve. Big things are coming for Emiri in the Fall, watch out!

#### Senior Performance - Maisy Barbosa

Maisy hasn't missed a workout in a while. I can't really even think of the last time she has.. She comes everyday, with a smile and desire to improve. At the last meet down at Mt. Hood, Maisy competed for the last time in the 13-14 age group. She finished the meet with several best times, and the winner of the Female High Point. I'm proud of how hard she's worked to get back on track. Can't wait for Championship season!

## **Tukwila**

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#### Age Group Performance/Senior - Kathryn Soria

The most consistent and committed athlete towards their end of season goal(s) is Kathryn Soria. She has shown that even though summer is here, she has the ability to balance summer life and her swim goals. Kathryn has stepped up her effort, focused on the small details, and is showing that she is ready for the next level of swimming. Keep it up, Kathryn!

## **Kent**

#### Stroke Development - Juliette Taylor

Over the month of June, Juliette has shown great effort at practice. She has been kicking so hard on our daily set that her legs have "felt like jello." Just what a coach wants to hear! With her new focus and desire to improve, she will make great gains at upcoming meets. Plus, this month she has demonstrated correct technique a number of times for her teams with freestyle and backstroke. Way to go, missy!

#### Age Group - Jackson Butcher

After being moved to a more challenging lane in June, Jackson rose to the occasion and showed great determination to succeed. We discussed a plan to improve his technique and daily effort. His uneasiness transitioned to focused attention in practice. Although he will finish the summer training in California, Jackson has consciously made the decision to do his best every day and not let excuses get in his way of swimming fast. Enjoy Cali, sir! See you soon.

#### Age Group Performance - Shaw Nishizawa

Shaw has done an amazing job balancing a rigorous soccer practice/game schedule and maintaining remarkable practice attendance with SMAC. Shaw has shown a great willingness to accept feedback and implement changes that have resulted in great improvement. I am looking forward to seeing the results of his hard work at upcoming meets. Great job Shaw!

