

SMAQtacular Swimmers - December

View Ridge

CF/SD (combined) - None

December saw a lot of new swimmers join the Stroke Development and Catfish groups and a lot of time off for the holidays. I know the group will be back and ready to work hard now that it's 2019!

AG/Fit (combined) - Teagan Dickson

Teagan's attendance has been phenomenal the entire season. Many took winter break off - Teagan did not and the improvements seen have been awesome. Keep up with the attendance and great work in the pool Teagan!

AGP/SR (combined) - Moira Williams

Moira had a tremendous December. At PNS 14 & Under Champs she finished in the top 8 in all 6 of her events, swam critical legs of three first place and team record setting relays, and set a team record in the 11-12 girls 50 yard freestyle. This success is a result of the hard work Moira has put into improving this fall and the positive attitude she maintains in all situations. Congratulations, Moira! Now go be more awesome!

Central

CF - Sadie Harmon

Sadie has had such a great season so far! She always comes to practice ready to learn something new. She truly is a racer at heart and it's awesome to see her push herself out of her comfort zone and be willing to make small changes to her strokes. Since the beginning of the season she has always faced challenges head on. This has made her become one of the leaders in the group. I am looking forward to see what she can accomplish in the new year. Keep up the great work Sadie!

SD - Elora Newstat

Elora has shown up in a big way this month. Her attendance is the highest in the group. Beyond just showing up, she has demonstrated a desire to do the little things right (even when the coach hasn't told her). This is a big step. Way to go, Elora!

AG - None

Now that the holidays are behind us, let's show up and get back to business.

FIT - None

I am hoping to see some more consistent attendance and better effort in the new year. Let make January better Fitness.

AGP - Ben Scott

He sets a positive tone at every practice he attends and likes a good challenge. He makes the group better when he's at practice. Ben was a big contributor to the team's success at 14 & under champs.

SR 1 - Frances Lenz

Frances brings a lot to practice, but most importantly she has fun and isn't afraid of swimming fast. With her positive attitude and attention to technique she helps makes the swimmers around her faster. She saw the hard work she has been putting in pay off in December with a big time drop in her 200 back and qualifying for C finals at Champs. Now, if only she could get in the pool on time this new year.

SR 2 - Elise Scott

Elise has very quietly begun to make significant improvements in her swimming and approach to practice. Some strong swims at Senior Champs showed that she's on the right track. There are much bigger things to come if this continues.

SRP - Yatin Kukreja

He shows up everyday, smiles a lot & makes bad jokes. The important thing is he thinks he's funny - and that's funny. His dedication this fall to doing things right paid off handsomely at Senior Champs with 2 big A finals in the 1000 & 1650. Lots of people were impressed. Those who see him train everyday weren't surprised.

MIBC/Newport

CF/SD (combined) - none

Catfish & Stroke D have been needing some improvement in focus and teamwork. Lately, I have been a little disappointed in the lack of good behavior that I have seen in practice. Now that winter break is over, I want us to jump back in stronger than ever and get ready to work hard together.

AGP - Justin Wang

Justin had a fantastic December, swimming lights out at the PNS championships. What really solidified this award for him was not only how he shows up every day and works his tail off, but because of the mental toughness and leadership he showed at the biggest meet of the year. After qualifying in 1st for the 200 fly final on the first night of PNS, Justin had a great 400 IM but was unfortunately disqualified. Many athletes would be crushed by this and see the experience as detrimental, but Justin bounced back a few hours later and dropped more than 2 seconds from his lifetime best swim that he did in the morning. I can't wait to see what he and the rest of the group do moving forward.

SR - none this month

Senior need to see improved attendance in January.

SRP - Lily Siripipat:

Lily has truly been training out of her mind now that her shoulder is allowing her to train the way she wants to. Her hard work paid off and showed as she got the ball rolling to a truly dominant performance by SMAC with a big win in the 400 IM. She was also part of the winning 200/400 medley and 400 free relays on top of winning the 50/200 back. She's training even harder now with the push to March and it'll be fun to watch her and the rest of the group do work in a few months!

NAT - Leo Zhang

Leo has been really pushing to take his swimming to the next level. You can see his drive for improvement with how he's been practicing. Every set he's focusing on getting better and making the most of his opportunities. Leo has been taking more and more risks in practice and it's been paying off for him. He is very consistent in making technique and being efficient a priority in his swimming. Really proud of the work Leo has put in and he's just getting started.

MSC

CF - Claire Zhang

Claire always shows up to practice ready with her cap and googles on and a big smile. We recently put up a skill chart for the catfish and she had responded very well to it! She takes each skill as a challenge and is always looking to improve more!

SD - Alice Starostin

Alice has shown lately that she has become more comfortable with hard work. She has more willingness to step up during fast swimming and will challenge herself and teammates. She does well with dry land and has learned athletic movements quickly!

AG - Tala Estes

Tala had been stepping up a lot lately and showing that she is comfortable with hard work. She has been challenging herself during the harder practices and in turn, challenging her teammates. She shows a great attitude which helps set a positive environment.

Evergreen

CF/SD (combined) - Hannah Vu

Hannah is brand new to SMAC Catfish and already she shows great athletic character - she's always on time, ready to rock with a good attitude, she works hard in practice and she improves her skills every day! Thank you, Hannah! Keep having fun, swimming fast and being a great teammate.

AG - Kaitlyn Vu

Kaitlyn not only contributed to both first place 10 & under SMAC relays at PNS Champs, which set new team records in the process, she also scored points with top 8 finishes in her individual events. Kaitlyn also swam a time trial in the 100 Breaststroke, an event that she has never done before, and she blasted past an Age Group Regionals cut by 3 seconds. She's already knocking at the door of a zones cut, and this is just the beginning for her! She can do all of this because she works hard in practice with a great attitude, she's extra coachable and she really likes swimming fast. Thank you, Kaitlyn!

SR - Sydney Thomson

Sydney works hard at practice pushing herself to lead her lane. She swam all best times at Senior Champs. Sydney is a great teammate to have on deck!

SRP - Gillian Tu

Gillian moved up to SRP at the beginning of the season, and has done a good job learning the value of practice attendance and consistent work ethic

throughout the fall. In the month of December, Gillian demonstrated a great ability to compete and perform at a high level. At 14U champs, Gillian blasted a Futures cut by over a second in the 100 BR. Her first time qualifying for that level meet. The following weekend at Senior Champs, Gillian showed her ability to contribute to the team by rocking a 28.6 50 BR (fastest BR split in the meet) on our A 200 Medley relay. Congrats on a great month Gillian, can't wait to watch you continue to grow as a swimmer!

NAT - Maisy Barbosa

After earning this honor earlier in the year, Maisy put all her hard work to good use at her December championship meet. She was 6 for 6 personal best times at Senior Champs. She wasn't seeded higher than 8th in any event before the meet, and finished in the top 8 in three of her events. She picked up a few new Futures cuts and got scary close to her first Winter Junior National cut. Most notably, Maisy dropped 20 seconds in the 500 free, going from not even having a Senior Sectional cut in that event, to qualifying for Futures in one day! Keep up the great work Maisy, you are a great example of what it means to work hard for your goals!

Tukwila

CF/SD (combined) - Jeslyn Ngo

Jeslyn shows up everyday with a smile on her face. She not only leads the lane and keeps everyone on track, but she works hard and is willing to make the small changes to her strokes. Jeslyn is a clear leader within the group. Keep it up, Jeslyn!

AG - Georgia Limbaugh

Georgia brings a wonderfully positive attitude to SMAC, and everyone around benefits. When we work on skills, she tries her best to make specific stroke changes. When we do a main set with A, B and C send-offs, she challenges herself and her friends on the A interval. When her teammates are racing and she's on the sidelines, she is the loudest cheerer. All this adds up to a great teammate, and an athlete with limitless potential. Thank you, Georgia!

AGP - Cecilia Woare

Cecilia approaches practice and challenges with a positive attitude. Her ability to focus on what she needs to do in order to accomplish her goals (rather than completely focusing on the outcome) has benefited her greatly. Cecilia swam in her first PNS Championship meet since turning 11 and walked away with a 6th place High Point finish (the only 11 year old in the top 10), 6 top-8 finishes, and 6 for 6 in best times. Keep up the great work, Cecilia!

Kent

CF/SD (combined) - Abbie Snyder

Abbie comes to practice each day eager to work hard & challenge herself. She leads her Kent family and is always asking for ways to improve her performance. In long sets, Abbie swims at consistently fast pace. That incessant drive shown through at Divisional Champs, and will surely continue as long as she keeps it up at the rate she's working. Way to go!

AG - Jeanette Zhao

Jeanette had a great December in the water. She continues to push herself, leading her lane daily. Jeanette has had large time drops since September, earning nearly best times at each meet. She also did well at PNS Champs in 50 back and 200 IM. With her quiet demeanor and increased focus on working hard, Jeanette will continue to see improvements in the water. Nicely done, miss!

AGP - Lauren Tagavilla

Lauren had an exceptional 3 months of training leading to great results at the 14-Under Championships. Lauren's first swim of the meet was the 100 Breast, a bonus event, where she had a 5.23 second drop in the event and placed 6th. Lauren continued to have a great weekend placing 12th in the 200 Breast (4.35 second drop), and 7th in the 50 Breast (1.75 second drop). All 3 swims also qualified Lauren for the upcoming Age Group Regional Meet. Lauren's hard work and great attitude will continue to produce great results. Congratulations Lauren!