

SMACTacular Swimmers - January

View Ridge

CF/SD (combined) - Will Fischer.

Will has steadily improved both his practice habits and his times all year. Over the last month, Will has put tremendous effort into building a better streamline and making a great streamline a consistent part of every length he swims. It really showed at the Winter Challenge during his first 200 freestyle. Keep it up, Will!

AG/Fit (combined) - Ava Tratt.

While Ava can only swim with us a couple nights a week, her improvements since the start of the season are incredible. She is at the point now where she is leading lanes. She always takes our coaching with a smile and is constantly improving!

AGP/SR (combined) - Ella Jablonski.

Ella is an example of Daniel Chambliss' "Mundanity of Excellence," or the idea that excellence is the result of things Ella chooses to do every day and not because, to paraphrase Crash Davis, "when she was a baby the gods turned her legs into thunderbolts." Ella approaches every practice with a positive attitude, her best effort, and a desire to improve and achieve the goals she set for herself at the beginning of the year. Every day, she makes the decision to get better and as a result she's been successful this year in all four strokes and all distances of her IMs.

Central

CF - Emma Livingston Vargas

Since the beginning of the season, Emma has shown to focus on the little important things such as always pushing off the wall in a tight streamline. She is always willing to make changes to her strokes and is always excited to learn new skills. We have been working a lot on breaststroke the past couple weeks and she has been working hard towards getting a legal breaststroke kick. It has been a long journey, but she finally has a legal breaststroke kick. It was extremely frustrating for her at times, but she never gave up! I am excited to see where her determination will take her. Great job Emma!

SD - Nika Bokan

Nika has consistently had the some of the highest attendance in the group. This month is no exception. Nika puts in the work every practice, takes stroke corrections to heart, and steps up to challenges. This month's challenge: racing not just her first 100-yard race in a meet, but four 100s on the same day. She achieved a Silver Time in her 100 Back. Great work, Nika. Keep it up!

AG - Leo Adedipe

Leo had the highest attendance in the group for the month of January. At those practices he is learning how to make the most of them by equally valuing hard work and technical excellence. For his efforts, Leo earned his first White Level IMX Recognition. Great job, Leo. Onward and upward!

FIT - Jude Rondeau

Jude has been putting in a lot of great work recently. Even though he can never quite get that perfect streamline, Jude is always attentive and willing to improve at practice. He has made many improvements in his freestyle and his underwaters get better every day (even if he can't streamline right), but besides that, Jude has a great attitude, work ethic, and is putting in the work to get faster.

AGP - Parik Kukreja

Parik has made a point of pushing himself and his teammates in practice this month. He has demonstrated consistency in technique and effort which translated directly to his improved performance in the Winter Challenge. I look forward to watching him continue to challenge himself and everyone around him to get better.

SR 1 - None

Attendance in January was low. Consistent and regular attendance is one of the basic necessities for achieving goals, and as we prepare for the end of this season every practice is important. I hope to see everyone a lot more over the course of February!

SR 2 - none submitted

SRP - none submitted

MIBC/Newport

CF/SD (combined) - none submitted

AGP - Tim Xu

Tim has been on a tear at practice recently and really started to train like a senior level swimmer. His willingness to get out of his comfort zone at practice has led to some incredible sets and practices. Those great training days helped him light it up at the IMX meet, where he has started to really improve in all of the four disciplines. I can always count on Tim to put in the effort I'm looking for. Great job, Timmy!

SR - none submitted

SRP - Eric Zhao

I don't know what has clicked for Eric since PNS champs, but he is training at a completely different level than what I saw the first part of the season. His focus is uncanny and his work ethic is second to none. He is starting to make the necessary technique changes to really go fast in all four of the strokes. If he keeps training the way he has been, progressing at the rate that he is, he's going to have one of the better performances in March. Keep it up, Eric!

NAT - Emmett Wayte

Emmett has been vocal about pushing himself and his teammates to get to the next level. He's embraced his role as one of the leaders of the team and he brings a lot of energy to every practice. At Washington Open he posted some solid times and he is positioning himself and his teammates for something great in March.

MSC

CF - Simren Bajwa

Simren has taken a lot of accountability for herself lately, especially in flip turns. She is very excited about the skill chart for Catfish and is always looking to improve to gain more stickers! She has put a lot of focus into her flip turns lately and is becoming increasingly more comfortable with them. I am excited about her progress and am looking forward to flip turns becoming a useful tool for her fast swimming!

SD - Aiden Zeng

Aiden always shows up on time with a big smile and ready to swim! He takes input well and applies new skills to his swimming. He likes to learn and is becoming a student of the sport. Before races, he is able to pinpoint the parts of the race he does well and what he might need to work on. This is a great way to build accountability and become a great swimmer!

AG - Kevin Koo

Kevin has been working like crazy lately! He shows up to practice excited and ready to learn. He has become a leader by example in the way he trains and also helps motivate his team mates. He has the willingness to get out of his comfort zone and pushes himself to be better everyday. I am excited to see where his swimming will take him!

Evergreen

CF/SD (combined) - Violeta Prieto

Violeta has worked hard since day one, and at just six years old she shows great athletic character - she is early every day, she always works hard to improve, she pushes herself to lead, and at the last swim meet she overcame some nerves to swim absolutely lights out fast! We are truly blessed to have the Prieto family swim with and contribute to SMAC. Thank you and keep it up, Violeta :)

AG - Mark Samson

Mark has been consistently working hard for years now, and he is always improving. He also just recently completed his IMX score with a first swim in the 500 Free! And just like in practice, he swims at meets with all out effort and attention - if you keep this up Champion, then you might be surprised at just how far you end up going in this sport. Thank you and keep it up, Mark!

SR - Hailey Lawless

Hailey comes to practice everyday ready to work. She pushes herself in practice to meet whatever challenges are placed in front of her. Hailey motivates her teammates in practice and at meets. Keep it up Hailey!

SRP - Chase Canning

Chase has done a great job all season coming to practice and working hard. He is a great vocal leader among his peers, and always seems to lighten the mood. Once high school season started, Chase was motivated to make both his high school practices AND club practice, almost every day. 3 workouts a day, on top of school. Truly remarkable dedication to the sport and it payed off at Washington Open. Chase dropped almost 5 seconds and achieved his first Senior Sectional cut in the 200 fly! Way to go Chase, keep on working!

NAT - Erin Kim

After signing her National Letter of Intent to continue her education and swim at Cal Poly, Erin has stayed focused on being a good teammate and leader in the group. Her hard work showed at the most recent Washington Open, when she achieved 4 of 6 best times and even swam a faster 100 fly than she did at Winter Juniors! Keep up the great work Erin, can't wait to see what you accomplish at Senior Sectionals!

Tukwila

CF/SD (combined) - Gabrielle Hammock

Over the last month, Gabi has been doing a great job improving her technique and flip turns. She is always asking what she can do to be better in the pool. This past weekend, Gabi completed her first swim meet and dominated those first time jitters. Keep up the great work, Gabi!

AG - Addy Carr

Addy is a quiet competitor. She races her heart out, she is extremely coachable, and she leads the younger swimmers when she swims. At the swim meet last weekend, she overcame nerves to swim some new events and she rocked every one of them! Keep it up, Champion. You have tremendous potential in the sport of swimming, Addy :) We hope you continue to enjoy swimming fast!

AGP - Ian Ritter

When Ian joined us in October, he quietly swam in one of our outside lanes. Today, you can find him in the middle of it all laughing and leading his lane. Ian's hard work is paying off as he swam 7 best times over the weekend - he's right at that 60-second 100 free mark and claims to be the next one in the group to break it! He's a great teammate, a hard worker, and a great addition to the team. Keep up the great work, Ian!

Kent

CF/SD (combined) - none submitted

AG - Anna Nishizawa

Anna is a dedicated and well respected swimmer, not only in our group and at our pool, but on our team. She is known for working hard every day and doing her best to correct her stroke, never showing any negativity. Anna is often asked to demonstrate her precise technique for the group. Recently, she has taken on the role of leading dryland stretches and is able to round up even the squirreliest teammate. This weekend at the Winter Challenge, her hard work paid off with a number of time drops including 10.5 seconds in her 200 IM! But, more importantly, she was always cheering for someone else or giving a teammate encouragement. Anna is a great representation of a SMACtacular swimmer. Amazing job, missy!!

AGP - Shaw Nishizawa

Shaw continues to put together week after week of consistent training that has produced outstanding results. Shaw has currently qualified for the Northwest Age Group Regional Championships in 13 events, has qualified for the Western Zone Championships in 8 events, and has set 2 SMAC Team Records. Shaw had great results in meets during January that enabled him to be recognized at the highest level (Diamond) of the SMAC IMX Recognition Program. Shaw's IMX score currently ranks him #20 in the country (11 year olds). Congratulations Shaw!!