

SMACtacular Swimmers - March/April

View Ridge

AG/Fit (combined) - **Teagan Dickson** - Teagan has made improvements to all of her strokes during these past two months. Her dedication to the sport was also seen when she came to every practice during her spring break. Keep up the great work going into the summer Teagan!

AGP/SR (combined) - **Catherine Andrews & Helena Dahl.**

Catherine Andrews. Cat made lots of progress during the short course portion of the year, finding her improvements in her “best” events; 100 and 200 freestyle, but also finding success in the 100 backstroke and 100 butterfly and finding her groove in the 100 breaststroke, 200 IM and 200 butterfly. Every day, Cat pours everything she can into her training. But I’m prouder of the steps Cat has taken with her mental and emotional approach to swimming. She has become one of the most supportive members of the group and is a leader when it comes to organizing cheering sections at practice and at a meet. Additionally, she has made marked progress with handling her emotions when the results of a race don’t meet her extremely high standards. This year she has gotten better at self-analysis, even when she is upset, and has learned to get herself back to an even keel during warm down. I am extremely proud of how hard Cat has worked to mature as a swimmer and I know it will lead to great things down the road!

Helena Dahl. I met Helena approximately a year ago. Roughly one day after that, I told her she needed to be more aggressive at the front of her races. This spring Helena got more aggressive. It was awesome to see. As an observer, it seems like this year has really opened Helena’s eyes to what she is capable of as a swimmer. She’s taken dramatic steps forward in backstroke, found a new gear in her breaststroke, and even admitted recently she dislikes freestyle a little less now. So, progress on that front too. I know that over the next 18 months she is going to improve by leaps and bounds and I can’t wait to see where the journey takes her. Awesome job, Helena. Keep it up!

Central

CF - Camber Tate

Camber has come a long way since the beginning of the season. He always struggled kicking with a board... but not anymore! He has been working so hard to improve his flutter kick and it's been paying off not only during kick sets, but also in his freestyle. He is leading lanes and is committed to improving. I am very excited to see what he will accomplish in the next few months. Keep up the great work, Camber!

SD -Quinn McCullough

Quinn is always excited to be at practice. She is a hard worker, pushing herself to make difficult intervals and never shying away from giving her best effort. This includes her attention to details in, and out of the water. Quinn shows a dedication to technique improvement with her strokes, and with dry-land exercises. Keep up the great work Quinn!

AG - Charlotte Washburn

Charlotte has shown a strong level of tenacity in training, and attention to details even when racing while tired. She never shies away from trying the faster intervals, and often will lead her lane through some of the toughest challenges. In this past month she has shown exceptional skill in applying new stroke changes and maintaining them while racing. She has stayed positive throughout all these challenges and is encouraging to her teammates. Keep up the great work and positivity Charlotte!

AGP - Parik Kukreja

Parik has decided that embracing the distance lifestyle is a great way to train. I have to agree and add that since he has done this, he has been accepting of any challenge thrown his way. With those challenges has come a great attitude and willingness to change and adapt to tough workouts. Keep up the great work, Parik. It will take you far!

MIBC/Newport

CF/SD (combined) - Alisa Shmidt

Alisa always comes to the pool with a big smile and a positive attitude. She is always asking questions to get better and you can truly see her love for swimming. She consistently puts in her best effort at practice and has become a leader in the group. Great job Alisa!

SRP - Eric Zhao (combined site)

Eric comes in each day ready to make himself better. He's steadily been small steps each day towards making himself into the swimmer he plans to be. Buying into the process, learning to stay perfect when uncomfortable and paying attention to details when no one else is watching will continue to pay off as the season progresses. Looking forward to a big long course season.

MSC

CF - LaVan Suseyi

LaVan always comes ready with her goggles and cap and a big smile on her face. She has been consistently leading the lanes and has lately become more comfortable with reading the clock. She has taken big steps in improving her skills and is getting pretty close to finishing out the Catfish skills chart. Great job LaVan!

SD - Anna Li

Anna has been one of the most consistent and hard working swimmers in the group this season. She has become very comfortable with leading the lane and reading the clock. While she is a bit splashy from time to time, she still pays close attention to what her body is doing and the skill she is working. She gains a better understanding of the sport every time she is at practice. Great job Anna!

AG - Ian Crowley

Ian has put in a lot of hard work lately and it is showing off in meets, most notably this past weekend. He is able to focus on the skills we are learning and makes an effort to hold his technique while racing. These are great aspects of a swimmer and will help him make great strides in the sport. Great job Ian!

Evergreen

CF/SD (combined) - Diego Gonzales

Diego has grown tremendously as an athlete since he started swimming this year. Through consistent attendance, and always trying to do better with each new day, this young man is starting to be a leader in practice. Since he has been working so hard, I cannot wait to see him race in his first swim meet this weekend! He is a little nervous, which is perfectly normal for everyone, but I know he will have a great time racing. Keep it up, Diego!

AG - Samantha Lambirth

Samantha has been consistently improving at swimming because she shows up often and she works hard all the time. Even though she just moved into Age Group, her streamlines, Breaststroke and flutter kicks are all getting to be on par with the best in the group! It is amazing to see how far she has come since she started swim team. Keep working hard and modeling great athletic character, Samantha - the team is better for it.

SR -

SRP - Kendra Gibson

After being selected as SMACtacular Swimmer of February, Kendra continued to tear it up. She qualified for her first AG Regionals in February and then at Regionals picked up her first Senior Sectional cut! Wow, what a finish to a great season! Keep up the great work Kendra!

NAT - Emily Ward

Emily had a great March Championship season. After taking the summer off to focus on herself and her swimming, she came back with a great work ethic and desire to improve. Heading into her Sectional meet, she was uncertain if she'd be able to hit her lifetime bests, and she certainly did that and more! Most notably dropping half a second in the 50 free and stepping up big on our relays. Way to work Emily, can't wait to see what LCM will bring!

Tukwila

CF/SD- Hunter Talmadge

Hunter always comes to practice with a smile on his face and ready to learn new skills. He attends practice consistently with a great attitude and work ethic. As one of the youngest members in Stroke Development, he does a great job leading his lane. Hunter's 'Fast Friday's' have been FAST - swimming best times in practice and making immediate changes to be better than his last swim. Keep up the great work, Hunter!

AG - Melia Nelson

Melia just joined Age Group, and already is taking over as a lane leader. She works hard to stay in front, and she maintains a great attitude through every challenge that comes her way. This great athletic character helps the team a great deal! Keep working hard, Melia. Thank you!

AGP - Natalia Peng

Natalia has been a great addition to Tukwila AGP this season. I have watched her grow as an individual and as an athlete the last few months.

Watching her step outside of her comfort zone in practice has impacted how she approaches her races. This past weekend at May Flowers, Natalia swam the 400 IM LC for the first time and walked away with a PNS Champs cut. As the weekend progressed, she picked up 1 more Champs cut in the 200 FR. I'm looking forward to seeing how the summer unfolds. Keep up the great work, Natalia!

Kent

CF/SD (combined) -Juliette Taylor

Juliette returned to KM after spring break with a fire in her belly. She has been making more and more challenging send offs and learning how to lead a lane through daily practice. She has shown an increased commitment to the sport & expressed her joy at the end of workouts. She is also getting the hang of holding onto proper stroke technique during fast sets. Thinking smarter AND harder. Keep it up Juliette! The speed will surely come in future meets.

AG - Jackson Butcher

Jackson worked hard through the end of short course season to reach some best times for himself. At the start of long course season, he hasn't slowed down a bit. Regardless of how difficult the task may be for him, he pushes through with a smile on his face and encouragement for his teammates. He has accepted the role of leading his lane and is always asking how he can improve his technique. Jackson is a critical member of our Age Group. Keep it up, sir!

AGP -Karis Conklin

Karis has made great strides this season as a result of her work ethic and a desire to do things the right way. Karis comes to practice with an attitude that makes practice fun for the swimmers and coaches around her and makes even the difficult days better for those around her. Karis has also demonstrated leadership by example as she leads her lane and encourages her teammates. I am excited to see the results of Karis' hard work as the Long Course Season begins. Great workaaaa.... Karis!