

SMACTacular Swimmers - November

View Ridge

CF/SD (combined) - Matilda White (SD)

Not only is Matilda an excellent swimmer but she's also a master unicyclist, juggler, and tiny, clown car driver. This multi talented young lady has been a joy to coach this year. She brings a lot of happiness to practice every day and is always excited about the chance to get better. Way to go Matilda!

AG/Fit (combined) - Jeremiah Thornewell

Jeremiah has shown consistent attendance through the month of November. It should be noted, Jeremiah isn't someone who just comes to practices, swims, and goes home. When he comes to practice he brings a level of excitement that brings the group up as a whole. Congrats Jeremiah!

AGP/SR (combined) - Peter Steck

Peter consistently attends practice, 82 percent for the season so far, and always wants to do more and work harder. He brings a positive attitude and demeanor to every training session. He is constantly a good example for the other athletes in the water. Keep it up, Peter!

Central

CF - Lily Solem

Lily is new to swim team this year, but you couldn't tell watching her swim. She has already made huge improvements since the beginning of the season. Lily always comes to practice ready to go with a big smile on her face. She is always excited to learn new things and she really has stepped up as a leader in the group. Her biggest improvement in the past couple weeks has been her freestyle, mainly getting a legal kick. It's very exciting to see her constantly work hard to learn new skills. Great job Lily, keep it up!

SD - Nora Yu

Nora shows up day in and day out with a positive attitude and desire to improve. The way she has attacked her weaknesses makes her very deserving of this award. Her attention to detail and consistency in her backstrokes turns set her apart. Way to go, Nora!

AG - Mulan Kukreja

Mulan had near perfect attendance this month and it showed! At the Fall Divisional meet, Mulan came in 3rd overall for the 9 Year Old Pentathlon. She brings a fierce work ethic to each and every practice. She continues to develop her attention to detail and low stroke count. The combination of hard work and precision is going to take her to some really exciting places in her swimming. Great job, Mulan!

FIT - Catherine Enrique

Catherine has done great work this month, not only working on butterfly, but freestyle and backstroke as well. She is constantly at practice and focused in on what she needs to do. She is very coachable and I have seen great improvement in her thus far. I hope to see a lot more!

AGP -Liv Gooding

The effort and attention to detail has improved drastically over the past few weeks. It will pay off.

SR 1 - Alice Johnson

Alice has been a dedicated swimmer all season long. Alice consistently comes to practice, focuses on the technical elements to her strokes, and always gives her best effort. It has truly been a season of growth for Alice, and it's evident in her more than 8 second drop so far in her 100 Breaststroke. I'm excited to see what else Alice can do this season.

SR 2 - Elise Scott

Elise is very quietly starting to string together more consistent workouts and begin to move outside of her comfort zone.

SRP - Elke Ambach

She is in the running for this award most months. Great attitude, a willingness to do hard things when she's tired, and a true interest in making the group better. She also swims fast.

MIBC/Newport

CF/SD (combined) - Alisa Shmidt

Alisa has been a really great, dedicated teammate this season. She never misses a practice and always wants to know how she can improve. Alisa comes to every practice ready to go and excited to learn new things!

SR - Ben Zeng

Ben's perseverance and grit has made an immense impact on the MIBC Senior group. It takes a true champion to stick-to-it and not be discouraged, even when things are incredibly difficult. Ben has proved that he is this champion again and again. He never backs down from a challenge, is eager to learn, and does it all with a smile on his face. He has become a crucial part of the group and it is felt when he is not there. Keep up the amazing work Ben! You are going to go far!

MSC

CF - Mitra Nadershahi

Mitra has been taking steps to more of a leader in the group. She is becoming more comfortable with leading the lane during practice. Mitra responds to new skills well and is often times used as an example for others to watch.

SD - Grace Li

Grace has been a great example of a positive influence on the group. She arrives everyday with a positive attitude and a giant smile. Grace swims with a purpose and stays focused on the task at hand. She is a great teammate and is always interested in how to help others improve.

AG - Abhi Battepati-

Abhi has been in and out the past few weeks balancing a couple sports. As he has been increasingly attending practice more, he is actively taking steps towards improving. Abhi stays focused on his technique and works hard to maintain it, especially during hard practices.

Evergreen

CF/SD (combined) - Lucy LaBella

"At the end of the day we are accountable to ourselves - our success is a result of what we do." - Catherine Pulsifer

Lucy practices with inner determination to improve, she has perfect Saturday practice attendance and she is always positive. When she was presented with an opportunity to swim with Age Group for a day - she pushed herself to keep up the entire practice, showing that she is ready for bigger swimming challenges. Lucy will be moving to Age Group in January, and if she keeps this up then her maximum potential as an athlete is limitless.

AG - Jayla Raymond and Owen Stender

"Accountability separates the wishers in life from the action-takers that care enough about their future to account for their daily actions." - John Di Lemme

Jayla and Owen work hard when nobody's looking, taking full responsibility for their daily actions and therefore their lifelong growth as athletes. They are both extremely coachable, holding on to any bit of instruction that they can get. They train hard, they make stroke changes every day and it shows with the amount of improvement they have both made this season. I am certain that if these two Champions continue to enjoy working as hard as they do in practice and at swim meets, then they are destined for greatness in and out of the pool.

SR -

SRP - Sloane Wichelmann

Sloane has had a great month of training. She's done an awesome job of improving one or two things every time she's at practice. Her consistent work ethic lead her to have a phenomenal meet at AGI! She achieved all best times, qualifying for Senior Champs in multiple events. Most notably, dropping more than 10 seconds in the 200 BR! Great job Sloane, keep pushing to Champs!

NAT - Leila Okazaki

Leila has set the tone as a leader from early in the season, and continues to improve each month. She has exemplified what it means to be a great teammate by helping with carpool, leading by example and with encouragement, and planning group social events for teammates to be better connected. On top of all that, she had a great meet at AGI, earning some best times and going times she hasn't done in years! Keep it up Leila, big things coming!

Tukwila

CF/SD (combined) - Luca Conte, Enzo Conte & Leilah McClaskey

Combining with Stroke Development due to pool space isn't always easy, but when they do, these three have done an amazing job stepping up to the challenge. It is rare that these three have missed a practice, and it's paying off.

Luca is our lane 1 lane leader. He works hard on EVERYTHING and is willing to make necessary stroke changes. Challenge him to a kick set and he'll give you his all!

Enzo has an awesome attitude in practice. He asks the right questions and works hard in practice. This season he's been working hard on his flip turns - and it's paying off!

Leilah has begged me for a year to join SMAC - this year she got her chance. She is excited to be part of SMAC, she works hard, and (SURPRISE) she listens to her mom-coach when it comes to stroke changes.

This group doesn't complain - they work hard, and more importantly they have fun. Keep up the great work Catfish!

AG - Maisey Jarrett

Maisey brings a positive and fun-loving energy to every single practice and meet. She helps to bring a large group of friends to every practice, she cheers her heart out when her team is swimming and she raced so hard in her 100 Fly's this season that she got a PNS Champs cut in both the 50 and the 100 Fly, in one single race!!! I have never seen that before, so thank you Maisey for putting yourself out there like that. She has also spent the entire year swimming every single Butterfly stroke in practice to the best of her ability, and as fast as she can. This consistency in her work habits is why she is capable of swimming so fast! Keep it up, Champion.

AGP - Tori Paulson

Tori has stepped up her swim game this season. Watching her take control of her swimming, make small (but important) stroke changes, and execute race strategies at meets has paid off. Tori approaches each practice with a positive attitude, and still continues to smile while I get on her for breathing off the walls! Having just missed champs last season, Tori is entering this champs season with 4 new cuts - all achieved this season. All your hard work is paying off, Tori! Keep it Up!

Kent

CF/SD (combined) - Tai Manning

Tai has been working hard from week to week and has shown great improvement with listening and following directions. His skills have progressed over the past few months and all the hard work paid off last weekend by earning a Pentathlon Trophy at Fall Divisions. By continually focusing on his technique and working hard every day, Tai will continue to make big time drops and great gains in swimming. Amazing job, sir! Keep it up!!

AG - Max Robbins

Max struggled at first when he moved up to AG at the start of this season. He constantly needed to be reminded to keep focused and fix the basics. Over this past month, he has been more consistent at practice. It was great to watch Mac drop time, but, more importantly, it was wonderful to see the support he gave to his teammates. It's one thing to perform well at a meet. However, it's an entirely something else to cheer on everyone else and encourage them to do their best. With continued efforts to do his best and encourage others to do the same around him, Max's group is sure to succeed. Nicely done, sir.

AGP - Elayne Chen

Elayne has shown consistent effort and had great workout attendance that is paying off. Elayne's focus on technique changes has resulted in amazing time drops over the past month. Elayne not only qualified for PNS Champs in every stroke, but had her first Age Group Regional Qualifying Times in the 200 IM and 100 Fly this month. I expect to see Elayne continue to excel with her amazing work ethic. Congratulations Elayne!