

SMACTacular Swimmers - October

View Ridge

CF/SD (combined) - Matthew Fischer.

Matthew is the youngest athlete at View Ridge and always does his best. He is positive and enjoys the opportunity to get better that every practice provides. He brings great energy to practice and is a great example of the "swimming fast is fun" principle. At the October Challenge Matthew had 3 personal records and 3 top 5 finishes!

AG/Fit (combined) - Greta Ambach

Greta was our lone representative for the Tualatin Hills Invite and she did not disappoint! Out of her six events, she swam best times in four of them. She also had top five finishes in each of the six events she swam. Great job Greta!

AGP/SR (combined) - Madeline Fox.

Madeline has attended 100 percent of the practices offered this year. One of only three swimmers in AGP at View Ridge to do so. She always has a positive attitude and is one of the most intrinsically motivated swimmers in the group. Not only does she listen, absorb and apply advice from her coaches, she actively looks for ways to improve. During the month of October she achieved her first Washington State Champs qualifying time with a 30 second improvement in the 1000 freestyle! She also had best times in the 50 free, 100 free, 100 back, 100 breast, 200 breast, and 400 IM.

Central

CF - Quinn McCullough.

Quinn comes to practice every single day wanting to get better. At such a young age, she is very dedicated. Anyone who watches her swim can see the love that she has for the sport, which is an amazing thing to see as a coach! She always brings a big smile and a positive attitude to practice. One of her recent accomplishments is doing the breaststroke underwater pullout! I am very excited to see what she will accomplish this season. Keep up the great work Quinn!

SD - Spencer Merwin

Spencer has had near perfect attendance throughout October. Half the battle of getting better is putting in the time. But beyond just showing up, Spencer has stepped up to leading the lane regularly and setting the tone when doing

things the right way. I'm excited to see where his dedication and hard work take him.

AG - Rayna Ejarque

Rayna has approached this season with a focused determination. She's been working on her weaknesses: lowering her stroke count and improving her underwaters. She also been improving her strengths, going over 75-yards in a 1:00 flutter kick and three 100s flutter under 1:25 all in the same day. She leads by example every single day. Great job, Rayna!

FIT - Kaitlin Fischl

Kaitlin has done an amazing job this month of being both attentive at practice and willing to challenge herself. She has made incredible progress on her flip-turns and continues to perform well in practice, leading the lane and posting some of the fastest times in practice. Keep up the good work Kaitlin!

AGP - None

We want to see someone really step up their performance in November to earn SMACtacular Swimmer of the Month

SR 1 - Frances Lenz

Throughout October Frances demonstrated what it takes to succeed. Frances came to practice regularly, she came with a great attitude and ready to work hard, had a positive mind set, challenged herself, and stayed committed to working on technical details. Frances really led by example, and it was great to see it pay off with a more than two second drop in her 100 backstroke.

SR 2 - Savannah Cockrill

Savannah is really starting to find reasons she can be successful and making an effort to push herself out of her comfort zone on a more regular basis. Her attitude and work ethic are in very good place right now.

SRP - Hanna Kolyvek

Hanna has really begun to buy into making changes on a regular basis. Her work is paying off both in her ability to perform better in practice each and every day and her results in meets. She's setting herself up well and we're looking forward to even better results in the future.

MIBC/Newport

CF/SD (combined) - Nicole Gobal

Nicole has been such a positive, encouraging teammate this season. She consistently puts in her best effort at every practice, and kindly helps explain things to her teammates and encourages everyone to just focus on trying their best. Nicole just raced all 50s for the first time at the SMAC Mini Meet, and she crushed it! Her hard work is really shining through. Great job, Nicole!

AGP - Keira Pham

Keira has been on a tear at practice this month, especially after having some good swims down in Oregon a few weekends ago. After a monster drop in her 200 free, Keira has truly embraced her role as a leader of the group and started to lead by example more. One of the greatest aspects of Keira as an athlete is how committed she is to improving, which is represented by her superb attendance and effort. All of her hard work will pay off soon enough!

SR - John Novak

John has provided an excellent example of a hardworking and committed athlete. Athlete development takes patience, diligence, and focus. Truly great athletes spend more time than anyone with their head down, buried in fatigue with the knowledge that they will soon see the fruits of their labor; John is that kind of athlete. He inspires others to work harder purely through example. His intrinsic motivation is influential and he absolutely deserves the SMACtastic award. Keep up the great work John, it will definitely pay off!

SRP - Dylan Ling

Dylan has a superb work ethic and is one of the better "racers" I have ever met at any level of swimming. He showed up in Oregon a few weekends ago for the T Hills Invite and lit it up, breaking the 23 second barrier for the first time in the 50 Free and breaking the 50 second barrier in the 100 Freestyle for the first time. We cannot wait to see how well he does in December and in March. Keep up the the good work, Dylan!

NAT - Kevin Kyi

Kevin has been embracing hard work and has been determined to get to the next level in his swimming career. He's been training really well and in Oregon he got to show off some versatility splitting 20 point in the 200 free relay but also dropping 17 seconds in the 500 to go 4:46. Good job Kevin it's only the beginning!

MSC

CF - Eli Long

Eli is new to the team and has shown that he is very excited about the sport. He is able to focus on the task at hand and is able to pick up new skills quickly. Eli brings a big contagious smile every day and is a positive influence on the group.

SD - Ray (Aidden) Zeng

Aiden is always excited to be at practice and is enthusiastic about learning new skills. He challenges himself to lead the lane and practice reading/ using the clock to stay on task. He shows he is committed to improving by coming to as many practices as he can, even when they are not at our normal pool.

AG - Kevin Koo

Kevin is one of the most excited kids in the group. He comes to practice everyday with a great attitude and the desire to work hard. He is able to take feedback well and looks for new ways to improve. He challenges himself and his team mates to get better, especially during the harder practices. This is a great quality to have as it will set himself and his team mates up for success in the future!

Evergreen

CF/SD (combined) - Grace Helland

Grace has been a leader in practice all year by leading her lane, doing her best and making stroke changes no matter who's watching. She is a great example for the newer swimmers. She is also attending her first swim meet soon! Although she is a little nervous, she's going to have so much fun and swim super fast. Thank you for bringing your positive energy to our team, Grace.

AG - Natalie Nguyen and Kenvin Lai

Natalie and Kenvin are both new to Age Group this year, and they are having tons of fun every day! They always bring a positive energy to the group, they push themselves to race whenever they have the opportunity, and both of these swimmers have made significant stroke changes to their Breaststroke and Butterfly strokes. Thank you, Champions! This is what our team is all about.

SR - Connor Betenson

He is a model hard-working with lots of potential. His dedication and drive to be better is what makes him a leader within the group. He is destined for great things, keep up the good work Conor.

SRP - Brennon Sikora

Has exemplified commitment and performance in the month of October. He's made 100% of practices and has stepped up on some tough Saturday practices combined with National group. On top of making every workout, Brennon had a great meet down in Oregon, with almost all best times and even qualifying for Senior Champs in his first time swimming the 1,000! Very impressive, keep it up Brennon!

NAT - Maisy Barbosa

After last month's SMACtacular recognition, Maisy made it a goal to have 100% practice attendance in the month of October, and she has done exactly that. Not only is she always there, she's been training on another level! Going times in practice that she's never done, and continuing to dominate underwater kicking. Big things coming for Maisy, look out!

Tukwila

CF/SD (combined) - Grace Nelson

Since her very first practice, Grace has grown leaps and bounds. Whether it's a new skill or a specific movement, Grace does her best to execute what is being asked. I have watched Grace really step outside her comfort zone and is now leading her lane from time to time. Her willingness to try new things has come with many firsts for her this month - from learning flipturns to working on her breaststroke kick, Grace is well on her way to accomplishing great things this season. Keep up the great work, Grace!

AG - Bella Bettger

Bella has been a quiet leader of our combined Age Group since the very beginning. Her coaches highly appreciate her ability to push herself in a workout, go fast when it's time to race and make technical changes. She brings positive energy and she pushes her teammates to race in practice. Thank you for being a great teammate, Bella!

AGP - Vivian Woare

Vivian is someone who is always putting in the work. When she stepped on the pool deck this year, she brought a whole new level of dedication - not just to the sport, but to herself. Mindset is everything and her approach to what she does on deck and in the pool is definitely paying off. At the Tualatin Hills Invitational, she picked up a new Champs cut, a couple best times and more importantly, she is swimming faster than this time last year. Keep up the great work Vivian, you're on track to accomplish your goals!

Kent

CF/SD (combined) - Jenny Zhao

Jenny experienced her first real swim meet this past month and it was great to see her prepared for competition. Each day she is working harder and harder, but, more importantly, she's correcting her strokes and improving her technique. Jenny's attention and ability to fix her stroke is impressive for a 7-year-old. As she grows and gets stronger, I'm sure she will be an 8-year-old to reckon with. Keep it up, lady!

AG - Ryley Clough

Ryley has focused his efforts over the past month to listen well and slow down "a little bit" in order to correct his stroke. He constantly swims towards the front of his lane, occasionally taking on a leadership role by keeping everyone organized. But beyond his work ethic in the pool, Ryley is an amazing teammate. He encourages everyone around him, handing out high fives to offer support if someone looks like they are struggling through practice or congratulating someone when we hop out between sets. Ryley is a wonderful representative of SMAC culture. Well done, sir!

AGP -Emma Scutt and Jonah Medvinsky

Emma continues to be extremely dedicated and performs at the highest of levels at every practice. Emma's dedication and hard work paid off at the recent Tualatin Hills Fall Invitational, as she swam to her first 13 year old PNS Championship Cuts (200 Back/400 IM), also earning Washington State Senior Championship Cuts in the same events. Congratulations Emma! Your hard work and dedication will lead to many more cuts!

Jonah has made an incredible transition this year in regards to his training habits. Jonah's consistent effort in practice, every day, has resulted in significant time drops and greatly improved technique. Jonah had 100% best times at the Tualatin Hills Invitational, swimming to Western Zone Cuts in the 100 Breast and 200 Breast. Jonah also had Age Group Regional Qualifying Times in the 200 Free, 100 Breast, and 200 Breast. Congratulations Jonah!!