

SMACtacular Swimmers - September

View Ridge

CF/SD (combined) - Emerson Fine

Emerson is new to the sport of swimming but has displayed great coachability and enthusiasm for the sport. Emerson is always excited about her chance to swim and improve. She listens well and does her best to apply what she hears. Every practice she gains more comfort and confidence in the sport of swimming.

AG/Fit (combined) - Kaitlyn Vu

Kaitlyn has had excellent attendance to start off the season! She brings excitement in and out of the pool which helps the other swimmers in her group immensely. Great job Kaitlyn!

AGP/SR (combined) - Bennett Rosenberg

Bennett has not missed a practice this season. Everyday, Bennett brings great energy, enthusiasm, excitement, and effort to practice. He is supportive of his teammates and encourages their improvement while pursuing his own and his positive attitude keeps everyone engaged during the hardest parts of a training session. Bennett is a great example of having fun and working hard!

Central

CF - Alina Reichl

Alina always come to practice with a positive attitude and is always excited to get in the water. She is constantly asking questions to get better and you can truly see her love for swimming. She has not missed a day of practice and is already a leader in the group. The SMAC kick off was her first meet ever, but you couldn't tell watching her. She ended the meet with a silver time in the 50 freestyle and had a blast! Great job Alina!

SD - Silas Collins

Silas has started off the season with intensity, focus, and a coachable attitude. That last point is best illustrated by the adjustments he made to his breaststroke kick. A quick comment about keeping his knees narrower led to a dramatic change that Silas felt immediately. While not all changes happen that quickly, Silas's experience demonstrates the process of becoming an exceptional swimmer. Keep it up, Silas!

AG - None this month

Central Age Group has made steady progress so far this season. I would like to see one or more swimmers go above and beyond expectations to earn the SMACtacular award. In particular, I want to see swimmers attack their weaknesses, embrace all strokes and distances, and embody our group motto: "The will must be stronger than the skill." *Muhammad Ali*

FIT - Mimi Linden

Mimi not only attends practices consistently, but also works her best to improve and do her best. She will constantly push herself to go the extra mile and never backs down from a challenge. Besides her swimming, Mimi is a joy to have at practice as she is always smiling and talking with her teammates. Her presence is felt every day and that is why Mimi is this month's SMACtacular swimmer for Central Fitness.

AGP - Katie Baber & Ben Scott

These two have demonstrated leadership and hard work. Katie has made the decision to work hard during all sets at every practice. Ben has shown that it is possible to swim at near best times during practice, even at the end of a hard set. As one of the older swimmers in the group, Katie has stepped into a leadership role and displays the work ethic that an AGP swimmer should bring to the pool every day. Ben has shown that size and age don't matter when it comes to being a leader. He sets the example for how an AGP swimmer should carry themselves at practice and how they should interact with their teammates.

SR - (Senior 1) Frances Lenz

Frances not only comes to practice regularly, but she brings a great attitude. Frances isn't afraid to work hard and lead her lane during practice, and she does it while smiling and encouraging her teammates. It is great to see the work Frances has been putting in pay off in the first meet of the season where she was able to drop significant time in her 200 IM, and was right at her best times in all of her other events. Keep up the great work!

SR 2 - None this month.

Some good all around performance by the group, still looking for great.

SRP - Anders Pearson

Anders is off to an excellent start. He's consistent, constantly trying to improve, and works hard to push himself and others around him. Looking forward to big things in December.

MIBC/Newport

CF/SD (combined) - Min Park

Min is new to SMAC, but he has demonstrated a great, coachable attitude and is ready to go every day! He's always excited to improve and swim faster; he asks to get timed every time we do sprints at practice, and keeps track of his progress. Min also hasn't missed a day of practice since he started! He did awesome at the Intra-Squad meet, and I can't wait to see him continue improving. Keep up the great work!

AGP - Maya Gheewala

Maya is a natural leader in the water is a true student of the sport. She knows she's not where she needs to be when it comes to being physically prepared to own tough butterfly event,s but she still attacks every set and race without fear. Her ability to stay mentally strong and focused is something that is difficult to find with someone her age. That same focus and mental toughness makes her a great training partner and asset to this group.

SR - Vincent Kwan

Vince has gone above and beyond expectations during this first month of training. His compassion for others, giving nature, competitive spirit, and incredible mindset has helped create a wonderful environment for our group.

One example of his generous and selfless character is: At the start of the season, a couple of the athletes voiced that they wished we had a whiteboard to write the workouts on. A few days later, Vince showed up to practice with a whiteboard and some pens that he had taken down from the wall in his bedroom.

I believe Vincent provides an excellent example of what a SMAC mentality looks like and I'm excited to see what he does this season!

SRP - Albert Cao

Albert shows up every day, works his tail off and leads by example (especially in longer aerobic sets). He knows when to have fun and keep things light, but also knows when it's time to work. His reliability

as a lane leaderHe's a great spikeball player, but an even better teammate and training partner.

NAT - Jaime Chen

Jaime has been very passionate about getting better. You can see it with how well she practices and how well she focuses. She's one that constantly cares about the team and her teammates. Jaime wants everyone to improve and she wants to contribute to making this a great team. She's done a great job this month and I know she's going to continue to get better.

MSC

CF - Mitra Nadershahi

Mitra has shown that she truly enjoys swimming and is always looking to improve. She is able to focus on the task at hand and is learning how to apply her new skills to swim meets. Mitra always bring a smile to practice and helps keep at an up beat environment for practice.

SD - Grace Li-

Grace has shown a lot of improvement and it is evident that she works to be a student of the sport. She is always looking to learn now thing and how to apply them to her swimming. Grace is has a positive influence on the group and is constantly leading the lane. Grace brings her great attitude and helps her teammates stay focused at the task at hand.

AG - Ivy Chen

Ivy has done a great job leading practices this season. She is able to stay focused during practice and be a great example for others. Ivy seems have a strong sense of what it takes to improve and consistently works toward her goals. I am excited to see what Ivy will accomplish this year.

Evergreen

CF/SD (combined) - Avery Stender

In practice Avery shows that she wants to learn everything with her utmost attention, she hustles to lead the lane and she is ready to race her heart out whenever she gets the opportunity. At her first swim meet, the SMAC KickOff, she had a blast and swam super fast! Good job, Champion.

AG - Jacob Baginski

Jacob is chasing his Championship goals with 100% attendance, he competes to lead a lane and he listens to coaches with his eyes. Thank you for embracing the process! If you continue to enjoy the sport and improve every day, then who knows what you can accomplish.

SR - Jake Hanley

Jake has shown nothing but driven dedication from the start of the season. Leading by example he has demonstrated a hunger to get better everyday. Love having him the group as he not only works hard but he brings fun and humor to every situation he is in. He is a model SMAC swimmer in his inclusive nature and drive for excellence. He is going to do great things this season.

SRP - Parker Wichelmann

Parker has shown how to lead by example with 100% attendance in the month of September. Leading the lane everyday with a hard working attitude toward every set. Parker takes school very seriously and has still managed to balance a dedicated swim life, with a successful school life. Great work Parker! Keep excelling in everything you do!

NAT - Taylor Kabacy

Taylor set the example for the national group in the first month of september by making 100% of the workouts. Not only is she there everyday but has made some pretty significant stroke changes and improved her underwater kicking. She even managed to achieve 2 best times at the first meet of the season. Pretty great stuff Taylor, keep setting the tone!

Tukwila

CF/SD (combined) - Colton Scarlett

Colton is one of the newest members to the group, but you would think he's a seasoned vet! Colton does a great job of listening to feedback and making that change almost immediately. In addition to making changes, Colton has attended both Saturday practices offered for his group and the additional workout day is paying off. Colton finished in first place at the SMAC KickOff in the 25 breaststroke. Awesome job, Colton! Keep up the great work!

AG - Sophia Karthaus

Sophia shows up consistently, she has committed to having the best streamline around and she listens to coaches with her eyes. It's clear that she has worked hard like this for a while because at the SMAC KickOff she crushed her 50 Breaststroke best time and achieved the first PNS Championship cut in her group for the season! Thank you for having fun, leading and competing.

AGP - Alex Kabacy

When I asked the group what their workout attendance expectation should be per week, Alex responded with "six, we're a performance group!" Leading by example, Alex has 100% attendance since the season started and he is beginning to see the reward. Always one to step up to a challenge, Alex swam a 500 for time in practice and came within two seconds of his best time. He then turned around on Sunday and swam 4 best times at the SMAC KickOff. Keep up the great work, Alex!

Kent

CF/SD (combined) - Maritza Mendoza-Sandoval

Maritza is new to swimming, but has shared her excitement and joy of the sport every day at practice. Regardless of how difficult the task, Maritza comes out with a smile. Loving every minute of it. Thanks for your positive attitude, miss!

AG - Lucas Kwan

Lucas has put forth the effort and determination this past month to prove he is ready for AGP. Having an extremely efficient kick since his developmental days, he's recently focused more on his stroke rate and an efficient pull. At the Intersquad Meet, Lucas demonstrated his ability to race and came away with a list of personal bests. Good luck on the move up, sir!

AGP - Ryan Pak

Ryan is a prime example of great practice habits translating to great performances in meets. Ryan started the season with 4 best times at the SMAC Kick Off and earned his first 13 year old Age Group Regional Cut in the 100 Breast. I greatly appreciate Ryan's ability to lead by example and excited to see what is to come!