



### ***Feature Family – The Coad’s***

Ever wonder what your sponsorship dollars support? Curious to learn more on how CCA fosters an environment that supports our mission of “Building Character Through the Pursuit of Excellence in Competitive Swimming”? Throughout the year, CCA will feature families that are demonstrating our mission both in and out of the pool. Let us introduce our first Feature Family, the Coads.

The Coad family has an interesting and inspiring story on how their three children joined CCA in 2018. Alex & Gerica have three swimmers; Macy is 12 in the Red group, Chloe is 11 in the Blue group and Leo is 5 and recently joined Pre-Comp. When Macy was 18 months old she was diagnosed with severe Juvenile Arthritis (JA). She spent much of her first 7 years of life in physical therapy, occupational therapy, infusion centers and hospitals. Early on, Alex & Gerica learned that being in the water brought Macy much needed distraction, happiness & relief. As she got older, and her body stronger, the girls joined a local recreational swim team as an added form of therapy and to strengthen her joints. This is where their love for competitive swimming began!

After 4 years of summer swimming, Macy & Chloe joined CCA’s year-round team. In their first season, Macy has qualified for long-course Junior Olympics and Chloe qualified for both short- & long-course Junior Olympics, as well as Southwest Age Group Regionals. Both girls have big swimming goals which include working towards Far Western qualifying times.

In addition to hard work in the pool, both girls have maintained straight A’s in school. The Coad family has also chosen to donate their time to support kids like Macy living with JA by supporting the Arthritis Foundation. In the last 10 years, the Coad Family has raised over \$150,000 in Macy’s name to support arthritis programs & research! Macy & Gerica also serve as Ambassadors for the foundation. Each year they participate in Advocacy Summits in Sacramento & Washington DC to help those living with chronic conditions. At these summits, they meet with elected officials and share Macy’s JA story to gain support of important healthcare legislation.

When asked how she is able to maintain such a rigorous school & swim schedule and balance serving her community Macy responded that swimming with CCA has not only taught her discipline but also balance. She said, “Being part of CCA swimming has taught me a lot about goal setting both in and out of the pool. I have learned that if I have big goals that I need to be smart about how I get there one step at a time. I have also learned that if I want to exceed in swimming, get good grades in school and still have fun with my friends that I need to have good time management. I think the best thing CCA has taught me is that sometimes you have setbacks. It’s how we learn from them and stay focused that’s important.”

Chloe also loves being part of CCA. Much like her sister, she has big swimming goals. Her inspiration comes from watching some of CCA’s more senior swimmers qualify for high level meets and attend travel meets. She is following their example and putting hard work in the pool with dreams of getting there herself one day!

As they wrap up their first year with CCA, they are thankful for their decision to join the CCA family. Alex & Gerica have watched a confidence and higher dedication emerge within their swimmers and are looking forward to continued growth & success in and out of the pool.

Thank you Coad’s for sharing your CCA experience!

