



Inside this Issue:

1-7 February-March Meets Recap

7-8 Perform and HP Wrap up an Amazing Season

8-9 Mental Toughness

9-11 Signs of Character

11 March/April Birthdays

February Challenge Meet Recap

We took 73 Wave swimmers to Tacoma for the February Challenge meet and walked out with a slew of best times, many of them significant drops.

Of the 73 Wave swimmers signed up, 26 of them had 100% best times: **Filippa Andersson, Logan Caraway, Peter Fitch, Emiliya Jones, Ellen Ko, Katja Kramers, Claire Lautman, Kenneth Ma, Noah Medvinsky, Fisher Munro, Anamika Nanda, Anthony Nguyen, Claudia Nguyen, Mia Olson, George Oros, Zoe Osborn, Jordan Pilkington, Boris Popov, Torri Pownall, Jessica Prasetyo, Nick Reeves, Chloe Steen, Emma Strobaugh, Keane Suen, Thane Suen, Brandon Truong**

There were LOTS of other swimmers who had many best times at the meet. You can see their improvements using the link below:

[Athlete Improvements Link](#)

You can find the meet results which shows how swimmers placed in their events using this link:

[Meet Results Link](#)

Boys High School State Championship Recap

The boys all represent different high schools at this meet, but they are still Wave swimmers, and their performances deserve recognition:

Grant Neil 12th 50 free, 6th 100 fly
Gunner Burn 23rd 200 free
Nicholas Kodati 10th 100 fly
Zach Alleva 4th 100 free, 2nd 100 breast
Mateusz Merchel 6th 100 back
Seth Birrell 13th 100 back

Congratulations gentlemen on all your hard work and achievements!

Wave Distance Meet Recap

Our second hosted distance meet this year where kids swam either the 1000 or the 1650 freestyle events. These are tough races to be sure, so we love to have our swimmers entered in these types of events:

- Helps to foster that tough, gritty can-do attitude

Wave Aquatics
P.O. Box 2953
Kirkland, WA 98083-2953

Fall Season Events

Sept. 10
10:15-11:45 @Kirkland Library
Explore and Challenge Parents
Meeting

Sept. 17- Oct. 6
Team Equipment Order
Order team suits, sweats, bags, and
training equipment from Sylvia's
Swimwear

September 24
9:10-10:40am at JAC
Achieve & Excel Parents Meeting

October 1
1:00pm @ JAC
Wave Sprint Cup Challenge
Wave only meet, first chance to get
some racing in!

October 15-16
Sat @Helene Madison, Sun @JAC
October Challenge Meet
Open to all Wave Swimmers

October 22
10:30-12:30pm @Tully's
Coffee with the Coach

November 5
Helene Madison Pool
CSC Fall Back Meet
Last chance to make Gold Times for

- We get a great gauge as to how training is going
- Swimmers can earn not just one, but several best times in one race

About that last one- we can pull split times from the first portion of the race; those are legitimate times and can be used for meet entry purposes. So swimmers had anywhere from 1-4 best times in their race.

Here is a list of best times by swimmer:

Erin Alleva 1650
Julia Andersson 1000 and 1650
Tova Andersson 1000
Jackie Bennett 500 and 1000
Logan Caraway 500 and 1000
Ryan Caraway 500, 1000, 1650
Gabby Dang 1000 and 1650
Aidan Laird 1000
Nadia Medvinsky 500, 1000, 1650
Eugene Moon 500 and 1000
Fisher Munro 1000
George Oros 1000
Ryan Pilkington 1000 and 1650
Torri Pownall 1000
Sidharth Prasad 1000
Jessica Prasetyo 1000
Amalie Ratliff 500 and 1000
Gabrielle Rector 1000
Calista Skog 500, 1000 and 1650
Nina Slegaitis 1000
Chris Sota 200, 500 and 1000
Sage Speak 1000
Keane Suen 500, 1000 and 1650
Thane Suen 200, 500 and 1000
Katrina Teo 500 and 1000
Brandon Truong 1000
Felicia Truong 1650
Wynn Wee 100, 200, 500 and 1000
Rahul Zhade 500 and 1000

Wave Top 16 Update

We prefer to do this at the end of the season, but we ran some reports on where some of the kids ended up on the Wave All Time Top 16 Rankings based on their distance meet results:

Brandon Truong 2nd 1000 9-10 boys
Thane Suen 6th 1000 9-10 boys
Gabby Dang *New Team Records* 1000 and 1650 free 11-12 girls
Ryan Pilkington 2nd 1000, 3rd 1650 11-12 boys
Keane Suen 3rd 1000, 4th 1650 11-12 boys
Aidan Laird 6th 1000 11-12 boys
Julia Andersson 6th 1000, 9th 1650 13-14 girls

November AGI Meet

November 6

Juanita Aquatic Center
Wave Distance Time Trial Meet

November 12

Redmond Library
New Parents Meeting
For new families; a chance to learn about the team and the sport of swimming

November 19-20

Juanita Aquatic Center
November Age Group Invite
PNS Gold times to participate in the meet

December 3-4

Evergreen State College, Olympia
Fall Divisional Championship Meet

December 9-11

WKCAC, Federal Way
14 & Under PNS Championship Meet

December 16-18

WKCAC, Federal Way
WA State Senior Championship

December 23-26

Wave Christmas Break
No practice over the holiday

Winter Season Events

January 1

Time TBD @JAC
New Years Day Special Practice

January 14-15

Juanita Aquatic Center
January Challenge
Wave hosted meet; *ALL Wave swimmers should be in attendance*

January 29

Hazen High School, Renton
Snowflake Classic

February 4-5

Foss High School, Tacoma
February Challenge

February 11

10:30-12:30pm @Tully's
Coffee with the Coach

Torri Pownall 13th 1000 13-14 girls
Fisher Munro 7th 1000 13-14 boys
Sage Speak 13th 1000 15-16 girls
George Oros 12th 1000 15-16 boys
Ryan Caraway 16th 1000 15-16 boys

You can find the swimmer's improvements at the link below:

[Athlete Improvements Link](#)

February AGI Recap

This meet was held at the now familiar confines of Kamiak High School, and lots of good racing took place, especially for our 11-14 year old swimmer who had the chance to come back and race again at night in finals.

On the team points side of things, Wave finished on top winning the meet by 70 points. Awesome!

In order to win the meet, our swimmers needed to place well in their races, and they did just that. You can see the full meet results here:

[February AGI Meet Results Link](#)

Individuals placing in the top 12 include:

Annie Denton, Jazlynn Pak, Maili Aki, Gabby Dang, Allie Macdonald, Katja Kramers, Tova Andersson, Sophia Hwang, Jackie Bennett, Amalie Ratliff, Julia Andersson, Emily Birrell, Felicia Truong, Kittra Evenson, Nadia Medvinsky, Gabrielle Rector, Torri Pownall, Nina Slegaitis, Calista Skog, Claudia Nguyen, Nikki Bennett, Katie Davidson, Leann Yee, Sage Speak, Anna Michel, Lauren Anglin, Catherine Love, Chloe Carr, Boris Popov, Brandon Truong, Joseph Klug, Kenny Ma, Thane Suen, Cameron Birrell, Ryan Pilkington, Tym Merchel, Stevie Fitch, Keane Suen, Daniel Watts, Aidan Laird, Max Chiang, Anthony Nguyen, Chris Sota, Hamza Siddiqui, Logan Caraway, Nick Reeves, Fisher Munro, Jordan Pilkington, Jason Sukigara, Daniel Matthewson, Mateusz Merchel, Grant Neil, Zach Allewa, Josh Scheck, Seth Birrell, George Oros, Gunner Burn, Kyle Grichel, Ryan Caraway, Logan Wintermute

You can find the swimmer's improvements at the link below:

[Athlete Improvements Link](#)

USA Swimming/Speedo Champions Series Western Region Long Course Section Championship (aka Senior Sectionals)

A long course meet in the middle of short course season?! In an Olympic year, yes!

So how did that go? Pretty well. As Tyson mentions below, **Sage Speak** made her Junior National time standard and finished 13th in the 100

February 12
Juanita Aquatic Center
Wave Distance Meet
Another chance to swim the 1000 and 1650

February 24-26
Kamiak High School
February Age Group Invite
PNS Gold times to participate in the meet

March 3-4
WKCAC, Federal Way
Spring Divisional Championship

March 8-11
WKCAC, Federal Way
Senior Sectionals

March 10
Swim-A-Thon

March 17-18
Mary Wayte Pool, Mercer Island
March Madness

March 18
Hazen High School, Renton
10 & Under Pentathlon

March 30- April 1
WKCAC, Federal Way
NW Region AG Championship

April 2-8
Wave Spring Break
No practice this week

Spring/Summer Events

April 14
Juanita Aquatic Center
Pyramid Pentathlon
One day fun sprint pentathlon with trophy awards.

April 28-29
Hazen High School, Renton
3rd Annual Marin Morrison Memorial Meet
Short course meet, chance to make PNS gold times for Pac Coast

May 18-20
WKCAC, Federal Way
Pac Coast Invite
Need a PNS gold time to participate

June 2-3
South Kitsap
Port Orchard Classic

breast; **Zach Alleva** finished 15th in the 100 breast just missing his Junior National time standard by .13 seconds.

Additionally the team was able to qualify multiple relays (more on that below as well) which is awesome!

Congrats to all Wave swimmers who helped make this possible:

Leann Yee, Sage Speak, Nikki Bennett, Kristy Chiang, Erin Alleva, Torri Pownall, Chloe Carr, Katie Davidson, Zach Alleva, Grant Neil, Mateusz Merchel, Gunner Burn, Julia Andersson, Seth Birrell, Fisher Munro, Josh Scheck, George Oros, Kyle Grichel, Jason Sukigara

You can find meet results here:

[Senior Sectional Results Link](#)

Spring Divisional Recap

The first weekend of March, Wave took sixty eight swimmers to the Weyerhauser King County Aquatic Center in Federal Way for the Spring Divisional meet. 12 and under swimmers were allowed to swim four races while 13 and older swimmers could do three per day with the added possibility of coming back for finals at night. The top 24 swimmers in each gender and event of the 13 and older swimmers races came back for a second swim in finals at night. This provided some awesome opportunities for the swimmers.

Starting on the 12 & Under side of things:

Jazlynn Pak finished second among nine year old girls,

Boris Popov finished fifth among ten year old boys,

Keane Suen tied for second and **Stevie Fitch** was eighth in the 12 year old boys division.

The following 13 and older Wave swimmers earned a second swim:

Kristy Chiang, Nikki Bennett, Chloe Carr, Torri Pownall, Nadia Medvinsky, Felicia Truong, Nina Slegaitis, Emily Birrell, Gabrielle Rector, Erin Alleva, Kittra Evenson, Calista Skog, Seth Birrell, Josh Scheck, Gunner Burn, Fisher Munro, Kyle Grichel, Logan Wintermute, Daniel Matthewson, Jordan Pilkington, Ryan Caraway

Earning those finals races allowed swimmers and coaches time to evaluate and make adjustments so the swimmers could race better at night.

As a team Wave finished in second place

You can see all Wave swimmer results and improvements here:

[Athlete Improvements Link](#)

March Madness Recap

No standard long course meet

June 22-24
Titlow Pool, Tacoma
Titlow Classic
Age group long course meet

July 6-8
Eugene Oregon
TEAM Summer Open
Team travel meet, open to all Wave Swimmers

July 13-15
Colman Pool
Age Group Seattle Open
Qualifying times to be posted online when available

July 21-22
Titlow Pool, Tacoma
Summer Grand Challenge

July 26-29
WKCAC, Federal Way
PNS LC Championship Meet
Qualifying times to be posted online when available

August 4
Juanita Aquatic Center
Grand Poobah Meet and Team BBQ

August 5-31
Summer Break
No practice during this time

The main focus at this meet centered around two things:

1. Finish the season on a good note
2. Once last crack at making a Northwest Region Age Group Championship cut

We did have a few swimmers achieve the second one: **Gunner Burn** (100, 200 Back), **Julia Andersson** (100 Free, 200 Free, 100 Back, 200 Back, 200 IM), **Boris Popov** (100 Fly), and **Emily Birrell** (100 Back)

We had a whole lot of swimmers finish out on a good note:

Wing Yun Au had 100% best times
Brynn Baker had 100% best times
Jackie Bennett had 100% best times
Cameron Birrell had 100% best times
Logan Caraway had 100% best times
Ryan Caraway dropped time in 5 of 6 races including a huge improvement in his 200 back
Kristy Chiang had 100% best times
Max Chiang had 100% best times
Nadia Medvinsky had 100% best times
Noah Medvinsky had 100% best times
Eugene Moon had 100% best times
Anthony Nguyen dropped in 5 of 6 races, gutted out a nice 500 free, and showed some improvement in his non-freestyle events
Anna Novak had 100% best times
Madison Olson dropped in 5 of 6 races, and took some nice steps forward in those
Jessica Prasetyo had 100% best times
Mitchell Shaw had 100% best times
Kadijah Siddiqui had 100% best times
Calista Skog had 100% best times and posted some nice time drops in the 200 free, 200 fly, 400 IM, and 500 free
Nina Slegaitis dropped in 5 of 6 races and had some real nice swims including her 200 back, 400 IM, 500 free
Chris Sota had 100% best times
Thane Suen had 100% best times
Katrina Teo dropped in 5 of 6 races
Wynn Wee had 100% best times
Sydney Wood had 100% best times
Claire Wu had 100% best times

You can see all Wave swimmer results and improvements here:

[Athlete Improvements Link](#)

10 & Under Pentathlon Recap

We had 47 of our young swimmers invade Hazen High School for this one day pentathlon format meet and came away with some amazing time drops.

Altogether they had 48% best times, not counting the 21 first time

swims. Wow!

You can find the swimmer's improvements at the link below:

[Athlete Improvements Link](#)

Northwest Region Age Group Championship Meet Recap

Super fast age group meet that includes swimmers from Alaska, Hawaii, Idaho, Montana, Oregon, Washington and Wyoming. Standards are fast enough that the average number of entries in an event is about 26 swimmers.

Only top 8 in each event make finals or score team points. Just qualifying for the meet is an accomplishment and to finish in the top 8 is something to be really excited about.

Day One Highlights:

Sophia Hwang and **Gabby Dang** finaled in the 100 back finishing 7th and 1st respectively.

Ryan Pilkington, **Emily Birrell**, **Julia Andersson** all dropped time in their 200 fly

Julia Andersson (8th!), **Keane Suen**, **Ryan Pilkington** and **Seth Birrell** all stepped up to swim some amazing 400 IM's

Gabby Dang won her second event of the night winning the 50 free

Mateusz Merchel finaled in the 50 free as well finishing tied for 6th

Jason Sukigara posted a terrific time drop that pushed him into 7th place in the 100 breast

11-12 girls relay of **Sophia Hwang**, **Allie Macdonald**, **Gabby Dang** and **Jackie Bennett** went in seeded 13th and finished 4th

11-12 boys relay of **Keane Suen**, **Max Chiang**, **Stevie Fitch** and **Ryan Pilkington** went in seeded 12th and finished 8th

15-18 girls relay of **Lauren Anglin**, **Chloe Carr**, **Katie Davidson**, **Nikki Bennett** finished 8th

15-18 boys relay **Seth Birrell**, **Mateusz Merchel**, **Kyle Grichel**, **Gunner Burn** finished 7th

Day Two Highlights:

Wow did we have some awesome swims on day two.

11-12 boys relay of **Keane Suen**, **Max Chiang**, **Ryan Pilkington**, **Stevie Fitch** finished 7th

15-18 boys relay of **Seth Birrell**, **Mateusz Merchel**, **George Oros**, **Josh Scheck** finished 3rd

Jazlynn Pak had a nice time drop her 50 fly

Boris Popov finished 8th in the 50 fly and had a best time

Gabby Dang continued to dominate by winning the 50 fly

Max Chiang had a terrific 200 breast dropping 3 seconds

Jason Sukigara also had a terrific 200 breast dropping 3 seconds and finishing in 8th place

Jazlynn Pak dropped time in her 50 back and finished in 7th place

Gabby Dang set a new meet record and recorded the 3rd fastest time in the country winning the 50 back in a landslide

Ryan Pilkington had a best time in his 100 free

Mateusz Merchel broke 50 seconds flat start for the first time in his 100 free to go 49.51

Julia Andersson finished 7th in the 200 IM

Daniel Watts swam a terrific race dropping 13 seconds in his 500 free

Ryan Pilkington also swam a terrific race in his 500 free dropping 11 seconds

Julia Andersson put on a 500 clinic dropping 15 seconds, and moving from the 24th seed into 7th place overall... Wow!

15-18 boys 200 free relay of **George Oros, Josh Scheck, Gunner Burn, Mateusz Merchel** swam lights out and finished 3rd

We had a few swimmers in time trials-

Seth Birrell dropped 7 seconds in his 200 back to go 2:02

Emily Birrell dropped 5 seconds in her 200 IM to go 2:22

Nadia Medvinsky dropped a little bit of time getting down to 59.24

Day Three Highlights:

15-18 boys relay of **George Oros, Josh Scheck, Gunner Burn, Mateusz Merchel** had another amazing relay and finished in 2nd place

Allie Macdonald swam a best time in the 50 breast

Keane Suen had a best time in his 200 back

Julia Andersson dropped a nice chunk of time and finished 8th in the 200 back

Mateusz Merchel dropped three seconds in his 200 back and finished in 6th place

Gabby Dang broke a minute for the first time in the 100 fly and finished in 2nd place

Ryan Pilkington swam a best time in the 100 fly

Gabby Dang once more dominated the field winning the 200 free

Daniel Watts swam a best time in his 200 free

Boris Popov had a best time swim in his 100 IM

Ryan Pilkington dropped 36 seconds and finished 5th in the 1650

Keane Suen dropped 10 seconds and finished 7th in the 1650

You can find the swimmer's improvements at the link below:

[Athlete Improvements Link](#)

Perform and High Performance Wrap Up an Amazing Season *by Tyson Wellock*

Perform and High Performance Wrap Up an Amazing Season!

Even though I am writing this before the official end of the Short Course Season at Champs, I can honestly say, this was our best season since I started with Wave! Those of you that know me, know that I am often bad at showing emotions, okay that's an understatement, I am TERRIBLE at showing emotions; but even thinking about how great we

did as a group makes even me feel emotional.

Every season comes with its' bumps and bruises and this season was no different. There were times when I challenged the athletes to be better; to do more; to try harder and there were times when they challenged me to do the same. I think that this has been a great season of growth and development for everyone, including myself in Perform and HP. From the amazing swimming at the High School District and State Meets to the awesome performances at Senior Sectionals earlier this month, it has been awesome! Someone once told me that I shouldn't expect swimmers to do any better than they did at the end of their HS season, because there is no way to match that intensity and excitement. I can say resoundingly, that we have proven that naysayer wrong! The fantastic time drops I have seen from everyone in the group just in the past month have been a lot of fun to watch!

Since the end of February, we have seen amazing performances from Kyle Grichel, who went a lot faster than he did during the HS season and picked up Champs cuts in the 100 and 200 Backstroke; Fisher Monroe, who continues to improve at an astounding rate; Gunner Burn, who stuck through some disappointment and picked up his 100 Back cut after many frustrating attempts; Grant Neil, who went to his first Senior Sectionals and dropped time like a 10 and Under (a lot); Zach Alleva, who finished second at HS State and went to Sectionals and dropped even more time in the 100 Breast and Free; Sage Speak, who went to Senior Sectionals and after a frustrating 200 Breast, got on the blocks and went crazy fast in the 100 Breast and achieved her Summer Junior National cut (which is incredibly fast); to Logan Wintermute, who goes a lifetime best nearly every time he swims, whether it is practice or a meet.

The thing I am most proud of so far is that we qualified relays for Senior Sectionals in almost every event. Last year, we only had a girls relay qualify for only the 200 Medley and the 400 Free. This year, we qualified a boys and a girls relay in every event except the 800 Free; in fact we actually qualified "A" and "B" relays for a couple of events! This is a fantastic improvement that is a testament to progress of the whole group, not just a handful of athletes!

I can honestly say that this has been one of the most rewarding seasons of improvement that I have experienced as a coach. I am so proud of all of the swimmers on Wave, who just keep getting better and better. I am looking forward to seeing this enthusiasm and excitement carry forward into the Long Course season and serving as a foundation to carry Wave to new heights in the future. Thank you to all of the swimmers and parents for making this season so rewarding!

Mental Toughness

This is an excerpt taken from USA Swimming's Swim Parents' Workshop.

What is mental toughness?

- It's being in control of your emotions, being poised when challenged and under pressure.
- It's the ability to maintain focus and to be resilient though intimidation and being able to bounce back from adversity.
- Mental toughness is being self-assured and learning how to deal with the fear of failure.

What can a parent do?

- Don't demand or expect certain performance levels, condemn failure or equate love with performance.
- Stay away from undue or harsh criticism.
- DO encourage and support. Reward effort, not outcome.
- Realize that the consequences of failure are temporary and to learn and to help your athletes learn, enjoy the sport and have fun regardless of outcome.

Discourage statements (and never use them yourself) like:
"What if I don't do well?", "I can't blow it now.", or "I don't do well under pressure."

Encourage statements (and use them yourself) like:
"I'm going to do the best I can.", "I don't have to feel pressure. I'll just do my job.", and "I'm giving 100 percent and trusting my training."

Signs of Character *by Tyson Wellock*

First I wanted to say congratulations to all of our swimmers and families on the end of a great short course season! In my nearly 3 years with Wave, this has been our best season of performance yet. As we head towards our team break (April 2-8) and start thinking about the long course season, I wanted to discuss a concept that we will use in our training and coaching more and more moving forward, Character Training.

I have spent a lot of time thinking about and talking to people about what the ultimate goal of Wave Aquatics or any youth sport should be. Very few swimmers go on to earn a living as athletes. The conclusion I have come to is pretty straight forward. When kids leave Wave, whether for college swimming or retirement, I want them to be amazing, passionate young adults that have skills that will help make them successful at whatever they choose to pursue in the future. I call these traits Character Pillars because to my mind, they serve as the foundation upon which amazing athletes become amazing adults. There are many, many different Character Pillars that need to be developed as young adults, but we have chosen to focus on 6 that will enhance

swimming performance and character development.

The 6 Pillars that we as a team will focus on, teach and use as a measurement of success are: Drive, Zest, Optimism, Grit, Curiosity, and Accountability. Many of these concepts will be used as the basis for feedback and the beginning of discussions about how to improve athletes' performance.

For our purposes, the characteristic of *Drive* is someone who shows ambition to continually improve and shows motivation to improve their weaknesses. A person who displays *Zest* shows enthusiasm, draws others in and invigorates them to be enthusiastic and actively participates in everything. Someone who displays *Optimism* believes that effort will improve their future and gets over frustration and setbacks quickly. A person with *Grit* tries very hard, even after experiencing failure; finishes whatever they begin and works independently with focus. A person who shows *Curiosity* is eager to explore new things, asks and answers questions to deepen understanding and actively listens to others. Finally, someone who has *Accountability* shows a willingness to accept responsibility for their actions and is willing to hold their teammates accountable for their choices.

One of the things that led me in this direction is a concept that every coach knows and almost every athlete has heard, "Performance is 90% mental". To my mind, most coaches and programs talk about important mental and character skills and hope that kids will eventually absorb them like a sponge. They are often talked about, but rarely taught. This leads to 2 problems; first, the athlete has heard the concept, but has no idea how to actually "do" it; and second, the coach knows they have talked about it and it creates the expectation that the athlete will be able to "do" it automatically. To my mind, if performance is 90% mental; which may be overstating it a bit, it deserves a lot more attention than most programs devote to it.

I strongly believe that if the only thing we teach our athletes is how to set and achieve goals, how to work hard even when it seems overwhelming, how to seek and enjoy the process of constant improvement, how to believe that their effort will pay off in the future, and how to work with and encourage everyone around them to do well; we will have given them a gift that will continue to reward them for the rest of their adult lives.

You may have seen some posters that have been placed on the deck level at both pools. Each poster highlights one of the 6 Character Pillars and gives a quick summary of what it means. The goal in doing this is two-fold. First, the more athletes see and understand the goals of the group and the team, the more they begin to integrate those ideas into their own expectations of themselves. Second, they serve as a touchstone for the coaches to provide consistent structured feedback to

the athletes when they are not quite exhibiting those traits.

In my nearly 3 years with Wave, we have shown near constant improvement and growth. This process has been done in many subtle and not always visible ways. The Character Pillar and Dryland Training curriculums are the most obvious and direct changes that we have implemented yet. I am excited to see the results of these investments continue to pay off as they become more and more ingrained into the culture of Wave Aquatics. I envision a day in the not too distant future when one of our Explore swimmers stands on the block for their first 50 Butterfly at Juanita and one of our High Performance swimmers stands on the block for Finals at Senior Nationals and they both think to themselves, "*I can do this and it is going to be AWESOME!*"

March/April Birthdays

Claudia Nguyen 3/1
Arushi Aggarwal 3/6
Daniel Dumitru 3/8
Calista Skog 3/10
Amalie Ratliff 3/12
George Oros 3/14
Zach Alleva 3/20
Filippa Andersson 3/27
Brandon Truong 3/30
William Reeves 3/31
Benjamin Yu 3/31
JazMinh Diep 4/5
Victor Walter 4/5
Brynn Baker 4/6
Joseph Klug 4/6
Sam Jonsson 4/6
Jordan Pilkington 4/6
Karan Narula 4/6
Eugene Moon 4/8
Gianna Geiger 4/9
Kenneth Ma 4/10
Kate Tokareva 4/10
Julia Andersson 4/11
Khadijah Siddiqui 4/21
Katie Davidson 4/21
Rahul Zhade 4/26