



New Family  
Welcome Info!

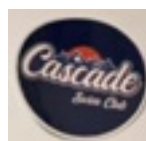
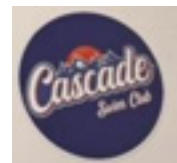
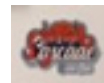
DECEMBER 2025 NEWSLETTER

[cascadeswimclub.com](http://cascadeswimclub.com)

## Team Updates

### Cascade Merch for Holiday Gifts!

This is a great time to pick up some stocking stuffers for your Cascade swimmers! We have Cascade towels, beanies, Jibbitz, stickers, magnets, pins and swim caps IN STOCK. Email [Pete](#) to arrange **pickup at Yost**.



**GET YOUR CASCADE  
TEAM MERCH  
FOR THE HOLIDAYS!**

(Custom embroidery items may not arrive in time for Christmas)

You can also order Cascade merch from D&J Sports that can be shipped to your home. This is a great way to get tshirts, sweatshirts, pants, suits, equipment and more. Be sure to order soon so it can arrive in time for the holidays! Please note that custom embroidered items take longer and will not arrive in time for Christmas.

### Cascade Ice Skating Party

**Friday, January 2nd, 6-8pm**

Lynnwood Ice Center  
19803 68th Ave W, Lynnwood, WA 98036

Come join our Cascade family for a fun evening of ice skating! We will have some cool-weather beverages and festive snacks to enjoy.

**Team photo will be at 7:15 on the ice!**

**Please RSVP and note how many will be skating.  
\$12 per skater, non-skaters are free.**

**Scan QR code to RSVP on event page:**



## Notes from the President

Champs season is here! Congratulations to all who have qualified! This year we are very fortunate to be the team hosting 14 and Under Short Course Champs, Dec 12-14th. This is a 3-day prelims/finals swim meet held at King County Aquatic Center in Federal Way, WA. Hosting a champs meet is a great undertaking and is a huge fundraising opportunity for our team. It is also an important way for us to support Pacific Northwest Swimming as a whole. Without teams willing to host these meets, PNS would not be able to provide hundreds of swimmers with the opportunity to compete at a high level. This meet will be an excellent opportunity for our members to earn their workshare hours and support our TEAM.

If you have not volunteered on a champs deck yet, you are in for a real treat. Champs meets are exciting and being on deck is the best way to see all the action. In addition to volunteer jobs during prelims, we will need lane timers for all three finals sessions. As a finals timer, you will receive a free Cascade team shirt and will be provided with dinner at the completion of the session. We started this tradition last summer at 12 and Under Long Course Champs, and it was a huge success! We received endless compliments on our volunteers and how professional they were. We encourage our older senior swimmers to volunteer! They will receive workshare hours for their family, and if senior swimmers have high school volunteer requirements, these hours count to those as well.

Tom and I take a lot of pride in hosting these big meets for PNS and our team. We appreciate all the volunteers who go above and beyond to help us make these meets a success. Also, if your swimmer is not competing at champs, we still encourage you to come and help out on deck. Many of our youngest swimmers will be qualifying in the future, and our team will be there to support them along the way.

We cannot make this meet happen without your help! Please do not hesitate to reach out with any questions!

Go Cascade!

Michele Coates, Board President  
[mcoates@cascadeswimclub.org](mailto:mcoates@cascadeswimclub.org)

# Volunteer Spotlight



## Meet one of our incredible volunteers, Megan Wolfe!

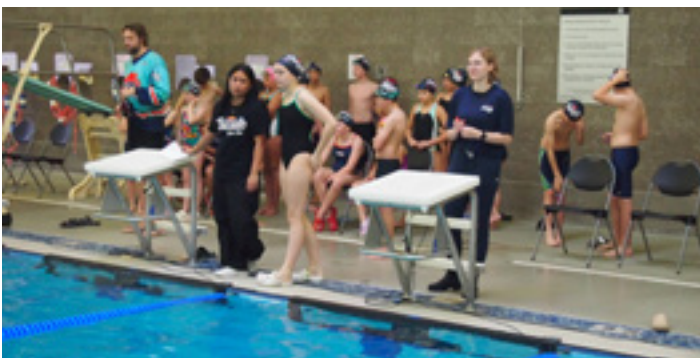
Megan joined Cascade in the fall of 2022 and she and her husband Jim have 2 swimmers. Bruce is 14y/o on Senior Performance and Dale is 11 y/o on Junior Performance.

Swimming has been a big part of Megan's life. She joined a swim team when she was 8 y/o and swam through her senior year in college. Megan and Jim feel lucky enough to have swam for University of Washington when it still had a team! Megan's favorite stroke is backstroke. She loved the 50, 100 and 200! She also enjoys sprint free, fly and IM.

Once their family caught the swim bug on summer league with Yost Penguins, they swam for a bit on a smaller team and then switched to Cascade soon after. Megan wanted a quality experience for their budding swimmers and they had heard good things about Cascade. It helped that there were practices near their house in Edmonds!

As a young swimmer Megan was terrified of missing her race, so she has been drawn to the "Staging Job" as her favorite volunteer role. She loves helping the kids get to where they are supposed to be for each race! Megan likes knowing that the stager helps the meet to run smoother and takes a bit of stress off of the kids. Most meets you can find both Megan and Jim working hard staging side by side creating organization among chaos! Plus Megan gets to know the kids when they are little and can give high 5's and encouragement before they race!

Megan has been on many different swim teams throughout her life and Cascade stands out to her because of the whole community. The kids, parents, coaches—everyone works hard to make it all happen and have fun doing it! She loves getting to hang out with the other parents at meets and to cheer for all of the kids together. The support, the fun, and the camaraderie are unmatched in Megan's opinion!



## Important Upcoming Dates

[Click HERE for detailed calendar.](#)

### 2025 THCS Holiday Classic

**DECEMBER 5-7 • Beaverton, OR**

This is a qualifier only meet at the Tualatin Hills Aquatic Center. Qualifier information is posted.

### 2025 PN Fall Divisionals

**DECEMBER 6-7 • Snohomish, WA**

This is a meet at the Snohomish Aquatic Center for those that do not qualify for PN 14 and under champs or the WA State Senior Open meets. This meet is for all swimmers who do not qualify for PNS championship meets.

### 14 and under Short Course

**DECEMBER 12-14 • Federal Way, WA**

PNS Championships is Cascade HOSTED at Weyerhaeuser King County Aquatic Center. This is a qualifier's only meet. Qualifier information is posted.

### 2025 PN WA State Senior Champs

**DECEMBER 18-21 • Federal Way, WA**

At Weyerhaeuser King County Aquatic Center. Qualifiers only.

### Cascade Ice Skating Party

**January 2 • Lynnwood, WA**

Skate Party at Lynnwood Ice Rink. All Cascade families are welcome! 6-8pm.





# November Distance Plus Intrasquad

