



→  
New Family  
Welcome Info!

JANUARY 2026 NEWSLETTER

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



## Notes from the President

Happy New Year Cascade families! As we start the new year together, I want to thank all our volunteers who have stepped up in so many ways so far this season. It has been a busy beginning to the 2025-26 swim season, and I am so thankful for all the support we have received from our membership to host several swim meets and events! We finished 2025 with a HUGE I4 and under championship meet down at KCAC. This meet was an enormous undertaking. Almost 1000 swimmers competed in this meet!! Because of our volunteers, we were able to make this meet an incredible success. Our hospitality team has always been strong and known across the LSC for going above and beyond. Our champs hospitality team took this even farther, and impressed coaches, officials, and your meet directors! We are so thankful for all their hard work!! So many of our members made the trek down to Federal Way, in traffic and nasty weather, to volunteer on deck with us, and we appreciate it so very much. Finally, I want to thank our meet ref, Diane Wies, and all our officials- we are so grateful to have such amazing leadership from Cascade!

The second half of the season will have several more opportunities to volunteer. Please take a look at the calendar on our website and put our hosted meets on your calendar. We will also be having our annual Swim-a-thon on Saturday, May 9th. This event takes place at Yost pool and will include many opportunities for volunteering! Remember, it is your responsibility to keep track of your workshare hours and plan accordingly. If you have concerns or questions, please don't hesitate to reach out to me. I appreciate so many of you already reaching out and working hard to help out our team! Cascade Swim club is strong and successful because of all our families and the community we have created!

Good luck to all our swimmers in the new year, as they work hard at practice, strive towards their goals, and bond with their teammates. Our team is truly special!

Go Cascade!

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

## Team Updates

### NOTES FROM THE OFFICE

#### USA SWIM REGISTRATION

There are 101 members on the team whose USA registrations expired on 12/31/25 and there are 29 new members who have not registered with USA swimming yet – members will not be able to participate in meets or swim in practices unless registered with USA swimming for the 2026 year. Here is the [link](#) to register as “premium member” with USA swimming.

Please contact [Nancy Davidson](#) if you have any questions about registering with USA swimming.

## Important Upcoming Dates

[Click HERE for detailed calendar.](#)

#### Washington Open

**JANUARY 15-18** • Weyerhaeuser King County Aquatic Center, Federal Way

This is a qualifier-only meet. Qualified information is posted.

#### Snowflake Classic Invitational

**JANUARY 18** • Hazen High School Pool, Renton

This meet is for 9 and Under swimmers only.

#### Mini Meet

**FEBRUARY 1** • Snohomish Aquatic Center, Snohomish

This is a Cascade-hosted meet for all swimmers.

#### February Fly-In

**FEBRUARY 13-15** • Curtis High School, Tacoma

For all swimmers.

#### Age Group Invitational

**FEBRUARY 27-MARCH 1** • Pool location TBD

This is a qualifier-only meet.

## CLICK HERE FOR CASCADE GEAR

- **Suits & Equipment**
- **Shirts & Pants**
- **Sweatshirts**
- **And more!**



# Volunteer Spotlight

## Meet one of our incredible volunteers, Nicky VerPlanck!

Our family has been with Cascade Swim Club since September 2019. My 14-year-old son, Alan, is in Junior Performance. He started taking swim lessons at the now nonexistent Shoreline pool. We first saw Cascade practicing there and decided to get in on the fun! I was also a competitive swimmer as a young kid, and I still enjoy swimming laps for exercise. Swimming is a great sport because it is an essential life skill and provides excellent exercise. I spend many hours at swim meets, and love cheering our Cascade swimmers in all of the different events. I also enjoy volunteering during the meets, especially the volunteer positions where I have a chance to be with my friends, the other swim families. The most rewarding volunteer position has been Meet Director, which gives me a chance to meet all the new families and a sense of accomplishment at the end of the meet. What I love most about being a part of Cascade Swim Club is the sense of community with the long-lasting friendships we have made along the way.



Nicky, Merrill, and Alan

# Yost Pool Update

## Yost Pool Update

Happy New Year and welcome to 2026! We hope you have all enjoyed a safe and merry holiday. As we start the new year, we want to update you on our ongoing effort to keep Yost pool open.

The use of Yost pool has allowed us to grow as a team, both in numbers and connectivity. It is our biggest site and hosts the majority of our team events, outside of meets. For these reasons we are doing everything in our power to keep it open as the city of Edmonds goes through some major budget cuts resulting from the vote against Prop 1 back in November.

Our effort as a club to make our voices heard and offer what support we can to the city, has been received and recognized by everyone at the city and the city council. They speak very highly of Cascade whenever the topic of Yost pool is discussed. We can't thank you all enough for representing our club so well in this trying situation.

On December 14th, we sent in a very detailed proposal offering to create a Friends of Yost Fund that would allow anyone to donate to the annual operating costs of Yost Pool. Our proposal was a \$200,000 commitment over the five-year term of our lease with \$50,000 in the first year. On December 16th, the motion to pay the remaining \$33,500 was put to a vote at a city council meeting and failed 3 votes for and 4 votes against. So, what does that mean for our proposal? To be honest, we're not entirely sure. We were told that the administration for the city would negotiate with us and it would ultimately be put to a vote but that was before the vote on December 16th. We expect to hear follow up on the proposal in early January.

The good news is that we haven't received any notice of closure so the hope is still strong that we can find a way with City of Edmonds to keep Yost open. We are optimistic for a lasting solution.

We will continue to keep you updated as we move forward with, what we hope to be, mutually beneficial negotiations with the City of Edmonds.

Thank you for all you've done to support this effort. Our Cascade community has shown up and been heard. More than swimming, our swimmers have truly demonstrated skills, confidence and teamwork – all life lessons that we hope to inspire. We could not be more proud of our club.

Cascade Board, Head Coach Garrett,  
& Team Manager Nancy Davidson

# Holiday Ice Skating Party

Thank you to all who were able to attend the ice skating party! It was such a fun evening!



