



NEWSLETTER



Cougar Aquatics Families,

Thank you parents and athletes for supporting the club through another successful year of Stadium Clean Ups. We brought in almost \$18,000. This is our biggest fundraiser of the year and we could not do it without your support!

November was Coach Appreciation month. The board worked with our athletes to present the coaches with a card filled with notes, drawings and a Roost gift card. We have some amazing coaches this year. I am thankful for the positive impact they are having on our club. I am excited to see all the gains our athletes are making thanks to their leadership.

We will be hosting the Winter Classic at the end of January. This will be a great time for us as parents to support our athletes and the swim community. In the coming weeks I will be posting more information about how you can help make this swim meet a success. We have some quacktastic high point and heat winner prizes lined up. I hope all our athletes can join the fun!

Wishing you all a restful Holiday Season,

Priscilla Schmidt

Board of Directors President

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UPCOMING EVENTS

- **Cougar Aquatics Mock Meet**
Dec 13, 2025 @ 9:00 am
Gibb Pool, Pullman WA
- **LCN Hells Canyon Winter Invite**
Jan 16-18, 2026
Asotin Family AC, Clarkston, WA
- **Cougar Winter Open**
Jan 31 - Feb 01, 2026
Gibb Pool, Pullman WA
- **IES Junior Championships**
Feb 13-15, 2026
MLHS - Moses Lake, WA
- **IES Short Course Championships**
Feb 27-March 1, 2026
UI Swim Center, Moscow, WA

Exciting Updates

- ★ The Cougar Aquatics high school girls had a fantastic season representing the PHS swim team! They won Districts, placed fourth at State, and received the Academic State Champions award. Shout out to Hazel Edge for breaking the school record in the 100 breaststroke TWICE in one week. Congratulations and welcome back to the Club, Girls!
- ★ We are excited to welcome ten new swimmers: Thomas C., Elspeth G., Jessie L., Roy L., Konstantina V., Kirin B., Lekya V., Owen A., Brent S., and Audrey D. Thank you for joining our community!
- ★ This month, we're celebrating the birthdays of Anastasia Schmidt, Colin Liu, Max Gu, and Viktor Reese. Best wishes to each of you!

COACH APPRECIATION MONTH

November was Coach Appreciation Month! Thank you to our Head Coach Taylor, age-group coaches Corrina, Catie, Emma, Evan, Gabby, Quincy, and Drew, and WSU Head Coach Russ for everything you do for our swimmers! We're grateful for each of you – Go Cougs!



THANK YOU COACH!

MONTH

PRESENTED BY
speedo



Cougar Fall Fury – Meet RECAP

Sep 27-29, 2025 @ Gibb Pool

Coach Taylor: Great first meet to kick off the season! Thank you to all the parents and volunteers for all of your time and assistance with putting on a great event! Our 26 athletes had a great time and lots of fast swimming at the Fall Fury! We combined for a total of 103 best times throughout the weekend and had 3 swimmers compete in their first meet!

I was very proud of all of our swimmers that swam and/or helped out this weekend! Special shoutout to Daniel Wang, Kevin Chi, Kaitlin Chi, Kaylee Zhang, Colin Liu, Max Zhao, Kai Taylor, and Kaylee Dusek for having breakout weekends in the pool!

Super excited to see the rest of the season!

Top Performances

Daniel Wang (14): 5 golds, 4 silvers, and key relay swims.

Cleopatra Schmidt (13): The Girls 13-14 High Point winner with a perfect 6 golds in 6 events.

Colin Liu (11) won the Boys 11-12 High Point award with 4 golds, 2 silvers.

Anastasia Schmidt (10) & Eva Xue (10) shared the Girls 9-10 High Point award with a streak of alternating 1-2 finishes.

Boys 13 & Over swept both relays: 1:48.46 in the 200 Medley Relay (B. Pollestad, K. Gu, Wang, Gao) and 1:36.85 in the 200 Freestyle Relay (Wang, L. Liu, B. Pollestad, Gao)

No time for adds: Seven Cougs went 100% time-drop rate: Kaylee Dusek (11), Kai Taylor (11), Kaylee Zhang (12), Max Zhao (13), Kevin Chi (15), Riah Fosback (15), Brock Pollestad (15)

New Records: Agapi Voulgarakis (12) set a new Girls 11-12 club record in the 100 BR with 1:16.37 (-0.20s).

Top Time Drops

Max Gu (10): 100 FR (-7.17)

Anastasia Schmidt (10): 100 BR (-24.04), 50 BR (-6.40)

Eva Xue (10): 200 IM (-10.40)

Kaylee Dusek (11): 100 FR (-10.59), 100 BR (-12.25), 100 BK (-13.02)

Viktor Reese (11): 100 BK (-8.94)

Kai Taylor (11): 100 BK (-24.07), 100 BR (-29.07)

Kaitlin Chi (12): 100 FR (-4.58), 200 IM (-6.13)

Kaylee Zhang (12): 100 FR (-6.48), 100 FL (-13.82), 200 IM (-16.03), 100 BK (-10.11), 200 FR (-10.01), 100 BR (-9.07)

Cleopatra Schmidt (13): 200 IM (-5.36)

Max Zhao (13): 200 IM (-11.53), 100 FL (-12.35), 100 BR (-8.03), 100 FR (-4.65), 200 FR (-5.50)

Daniel Wang (14): 500 FR (-9.51), 100 FL (-6.08), 100 BK (-7.33)

Jason Zhang (14): 200 IM (-5.98), 200 BK (-9.19), 100 FL (-36.95), 100 BK (-6.86)

Kevin Chi (15): 200 IM (-7.79), 200 BK (-10.89), 100 FL (-7.96)

Qualifying Times

Three swimmers achieved qualifying cuts for the 2026 Northwest Age Group Regionals:

Daniel Wang (14): 100 Breast — Boys 15 & Over

Cleopatra Schmidt (13): 50 Free — Girls 13

Agapi Voulgarakis (12): 100 Breast — Girls 13



VAN Trick-or-Treat

Oct 26, 2025 @ UI Swim Center
Meet Recap

Coach Taylor: Great meet for everyone! We had over 50 best times and a lot of great events for our second meet of the year! Cougar Aquatics finished second overall and won both of the relays at the end of the session, which was very exciting!

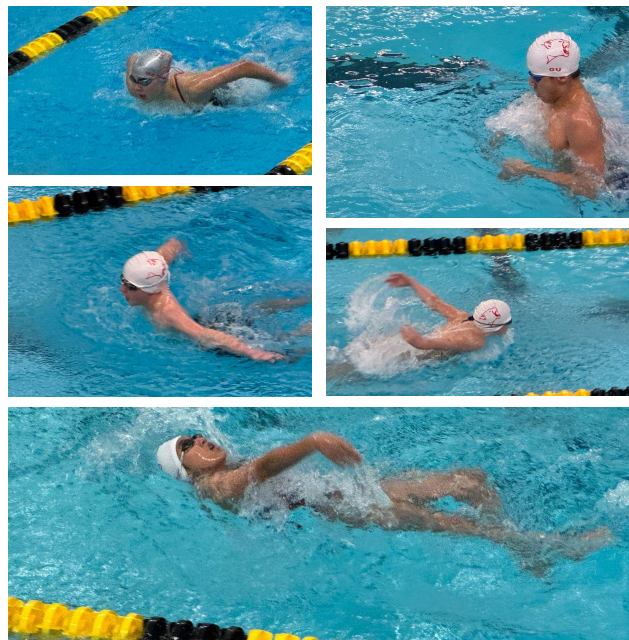
Top Performances

Eva Xue (10): 4 golds, 1 bronze, and a perfect 100% time-drop rate. Eva was the winner of the Girls 9-10 High Point award with 96 points.

High Points Highlights: Agapi Voulgarakis (1st, Girls 11-12), Cleopatra Schmidt (2nd, Girls 13-14), Anastasia Schmidt (3rd, Girls 9-10), and Max Gu (3rd, Boys 9-10).

Relays: Cougar girls and boys both won the first place in the open 200 freestyle relays. The girls finished in 1:56.50 (C. Schmidt, K. Zhang, A. Voulgarakis, Cavagnetto), while the boys recorded 1:34.59 (B. Pollestad, K. Gu, Gao, N. Pollestad).

New Records: Agapi Voulgarakis (12) set a new Girls 11-12 club record in the 50 BR with 34.12 (-1.00).



Top Time Drops

Kevin Lin (9): 50 FR (-10.28)
Max Gu (10): 100 IM (-10.96), 50 FL (-3.17)
Eva Xue (10): 50 FL (-5.38), 50 BK (-3.23), 100 IM (-5.35)
Kirin Brady (11): 50 FR (-3.63), 50 BR (-2.65)
Viktor Reese (11): 50 FR (-2.62)
Kai Taylor (11): 50 BR (-6.03), 100 IM (-3.34)
Franklin Jessup (12): 50 FR (-11.94), 50 BK (-12.00)
Stella Perreten (12): 50 FL (-2.59)
Kaylee Zhang (12): 50 BK (-3.40), 50 FL (-4.72), 100 IM (-9.84)
Cleopatra Schmidt (13): 100 BR (-9.44)
Max Zhao (13): 100 BK (-4.30)
Gabrielle Reese (14): 100 BK (-4.48)
Rio Brecher (15): 200 IM (-8.97), 100 FL (-13.55)
Maia Cavagnetto (15): 100 BR (-14.22), 100 BK (-2.99), 200 IM (-17.13)
Kevin Gu (15): 100 BK (-2.86)
Luke Gao (17): 100 BR (-3.57)

Qualifying Times

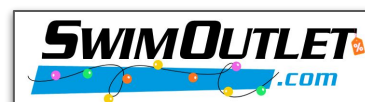
Brock Pollestad (15) achieved a new Northwest Age Group Regional qualifying time in the 100 Backstroke with a 55.96.

Visit our team's official store on

www.swimoutlet.com/collections/coug

for team suits, training gear, and Coug's apparel!

A portion of every purchase goes back to the team. Thank you for supporting our swimmers!





November 21–23, 2025



December 5–7, 2025

Cougar Aquatics continued the short course season with two more meets: one in Coeur d'Alene hosted by CAST and another in Spokane hosted by SWAT. Coach Catie coached Maia Cavagnetto and Eva Xue at the CAST meet, while Coach Taylor led Maia Cavagnetto, Zoey Hogg, Cleopatra Schmidt, Agapi Voulgarakis, Anastasia Schmidt, and Konstantina Voulgarakis in Spokane. Both meets went exceptionally well, with high-point awards, personal bests, plenty of medals, new club records, fresh time cuts, and even a first-ever duckie earned! Great racing from our Cougs!

Eva Xue (10) had another strong meet at CDA, setting two new Girls 9–10 club records with 3:19.85 in the 200 Breast and 2:52.08 in the 200 Back. She dropped time in almost all of her events and scored 83 points, earning her the Girls 9–10 High Point Award for the **third meet in a row!** Some of her top time drops include a 9.82 seconds improvement in the 200 IM, 7.46 seconds in the 100 Breast, and 6.09 seconds in the 100 Free!

Maia Cavagnetto (15) raced in both meets with strong performances and dropped time in multiple events, including the 200 Free (-1.17), 500 Free (-0.34), 50 Free (-0.59), and a huge -7.41 in the 50 Back that qualified her for the final, where she placed 5th for the Cougs. Maia finished the Spokane meet with a perfect 100% time-drop rate. This was an especially impressive effort coming off a demanding high-school swim season.

Zoey Hogg (15), also coming off an intense high-school swim season, raced at the SWAT meet and had strong performances with time drops in the 50 Breast (-3.00) and 200 Free (-4.33).

Cleopatra Schmidt (13) had another outstanding meet in Spokane with three golds, one silver, and two bronze medals, plus a perfect 100% time-drop rate. She also posted two new Northwest Age Group Regional qualifying times in the 200 IM (2:20.37) and 100 Fly (1:05.10).

Agapi Voulgarakis (12) had a strong meet in Spokane with three golds, one silver, three bronzes, and a 100% time-drop rate. She set three new Girls 11–12 club records in the 200 Breast (2:41.30), 100 Breast (1:14.89), and 50 Breast (33.33). Her time in the 200 Breast also qualifies her for Northwest Age Group Regionals.

Anastasia Schmidt (11) had her very first meet in the Girls 11–12 age group at the SWAT meet and posted a nearly perfect time-drop rate, including 2.56 seconds improvement in the 50 Back, 3.32 in the 50 Breast, 2.02 in the 100 Breast, 1.09 in the 50 Free, and 3.88 in the 200 Free.

Konstantina Voulgarakis (8) had a blast in Spokane. She won gold in the 25 Back, 25 Breast, and 25 Free, added a silver in the 50 Breast, and took fourth in the 50 freestyle, scoring 29 points for the Cougs. Most importantly, she earned her first duckies ever!





Safe Sport

BY Kelly Pollestad

The USA Swimming Safe Sport program was created in collaboration with the U.S. Center for SafeSport in response to the “Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017.” USA Swimming’s Safe Sport program includes required policies for clubs, mandatory screening for employees and board members, opportunities for education, and mandatory reporting.

Cougar Aquatics is proud to be a Safe Sport recognized club until July 2026. During the early months of 2026 we will work to resubmit for continued Safe Sport recognition. This process will include education opportunities for swimmers and families. Please be on the lookout for additional information to follow.

One way parents can help our club maintain a safe environment is to volunteer in the role of safety marshal when we host meets. As part of our commitment to the Safe Sport program, Cougar Aquatics hopes to have all safety marshals take the Athlete Protection Training module through USA Swimming Safe Sport prior to volunteering. The training module can be found in the link below

<https://www.usaswimming.org/resource-center/athlete-protection-training>

You will be prompted to login to your account. The initial training module is approximately 90 minutes in length.

Cougar Aquatics Safe Sport policies can be found on our club website:

<https://www.gomotionapp.com/team/waca/page/safe-sportdocuments>

Any questions can be directed to Kelly Pollestad, Cougar Aquatic Safe Sport Chair at cougar.aquatics.safe@gmail.com.

COUGS BEYOND THE POOL

Our swimmers are involved in so many great activities beyond swimming, and we'd love to share those moments with the team.

If you have photos from other sports, school events, arts and music, birthdays and family fun, please send them our way along with a brief caption. We can feature 4-6 photos in each issue. Let's celebrate the whole Cougs community!

You can send photos to any of the Board members:

Priscilla Schmidt (President)

cougar.aquatics.pullman@gmail.com

Jack Zhang (Vice President)

cougar.aquatics.vp@gmail.com

Bernadette Reese (Treasurer)

cougar.aquatics.treasurer@gmail.com

Kelly Pollestad (Safe Sport)

cougar.aquatics.safe@gmail.com

Nikos Voulgarakis (Secretary)

cougar.aquatics.secretary@gmail.com



Our swimmers Jason and Kaylee Zhang are both active in Scouting with the local troop (Troop 1444). Jason currently serves as the Senior Patrol Leader and has been involved in Scouting since first grade. Kaylee joined in fourth grade and has been an enthusiastic participant ever since. Over the years, they have helped with Pullman parks trash cleanups, Christmas tree recycling, and many other community service projects.

The two photos on the left show Jason and Kaylee helping with the Scouting for Food event in November at the Safeway storefront. Along with other Scouts and Troops, they helped collect more than 5,000 pounds of food for the local food bank supporting kids. The two photos on the right show them assisting at a Cub Scout meeting, where they helped younger Scouts learn outdoor skills such as setting up tents and tying knots.

Jason also accomplished a big milestone in the Scout swim challenge. He completed the one-mile open water swim at Camp Grizzly, breaking the record (for more than 30 minutes), thanks to the swim training at Cougar Aquatics!

APPRECIATION WALL

A huge thank you to **Roseanne August** for pouring her time and energy into our club over the past year and a half. She has made several improvements to our team website, volunteered her time at team events and taken impeccable board meeting notes. She is always positive and has been a great voice on the parent board. We will miss having you on the board!

Shout out to Marcos Donolo for stepping up as Cougar Aquatics' new certified Official, joining Hans Schmidt, Yi Gu, and Rick Edge on the deck!

2025 Cougar Fall Fury Home Meet

Cougar Aquatics Families,

Thank you to all the volunteers who: brought food, timed, checked bathrooms, officiated, ran hospitality, operated the console, safety marshaled, ran the clerk of course, and helped set up and tear town. This meet would not have happened without your support!

A special shout out to: Bidisha Mandal for taking on two timing slots at her son's first club meet; Marcos Donolo, Puck Brecher, Jessie Armstrong, the Sandbergs, and Roseanne August for helping out even though they did not have an athlete swimming at this meet; Lucy & Max Sandberg, Gabi Reese, Katherine Bai, Nolan Pollestad, Rio Brecher, and Kyle Ackermann for their help even though they did not swim at this meet!

A special thank you to Coach Russ for always being the first one there and the last one to leave. Coach Taylor, Coach Katie, Coach Quincy, and Coach Corrina, thank you for supporting our athletes all weekend!

Priscilla Schmidt
Board of Directors President

Sponsors & Partners

The logo for SWIMOUTLET.com, featuring the word "SWIMOUTLET" in a bold, black, sans-serif font, with ".com" in a smaller, blue, sans-serif font below it. A blue horizontal bar is positioned between the two parts of the text.

Thank You for Another Successful Cleanup Season!

Dear Cougar Aquatics Families,

Thank you to all our amazing families for helping us wrap up another football cleanup season! November 29th was our last cleanup of the year, the Cougs also had a big win over OSU in their last home game. What a perfect finish!!!

Your hard work and positive energy make these cleanups possible, and we truly appreciate everything you do. A special welcome to the new families who joined us this year, we're so excited to have you on board and can't wait to get to know you better.

In the meantime, we'd love to hear from you! If there's anything we can do to make next season's cleanups smoother and easier, please let us know. Your feedback is always welcome.

We are looking forward to more swimming, teamwork, and fun in the months to come!
Go Cougs!

Jack Zhang
Board of Directors VP



2026 IES SC CHAMPS — TIMES STANDARDS

LAST CHANCES TO MAKE A CUT:
 - LCN Hells Canyon Winter Invite, Jan 16-18, 2026
 - Cougar Winter Open, Jan, 31 - Feb 01, 2026

	GIRLS			BOYS		
	LCM	SCM	SCY	SCY	SCM	LCM
12 & UNDER	38.49	37.59	33.99	50 FREE	32.79	37.39
	1:25.59	1:22.49	1:14.69	100 FREE	1:11.49	1:22.09
	3:06.39	2:59.59	2:42.59	200 FREE	2:35.99	2:59.19
	6:32.89	6:22.29	7:16.89	500 FREE	6:59.89	6:21.09
	26:06.89	23:11.29	25:07.39	1650 FREE	24:27.69	25:51.79
	44.79	42.79	38.79	50 BACK	38.49	44.49
	1:40.59	1:35.69	1:26.59	100 BACK	1:22.19	1:37.19
	3:13.29	3:03.89	2:46.39	200 BACK	2:34.69	3:01.79
	49.79	48.59	43.99	50 BREAST	43.49	49.79
	1:50.39	1:46.59	1:36.49	100 BREAST	1:32.59	1:47.79
	3:40.29	3:31.09	3:10.99	200 BREAST	2:54.89	3:22.79
	41.79	40.79	36.89	50 FLY	37.09	41.99
	1:38.29	1:34.79	1:25.79	100 FLY	1:22.89	1:35.09
	3:15.69	3:09.19	2:51.19	200 FLY	2:36.79	2:59.69
	N/A	1:34.19	1:25.19	100 IM	1:21.89	N/A
	3:30.59	3:23.19	3:03.89	200 IM	2:59.29	3:24.39
	6:57.99	6:44.19	6:05.79	400 IM	5:37.69	6:30.69
13 - 14	37.19	35.99	32.49	50 FREE	29.89	34.29
	1:21.19	1:18.49	1:10.99	100 FREE	1:04.99	1:15.09
	2:55.29	2:49.79	2:33.59	200 FREE	2:22.49	2:43.99
	6:08.09	6:00.69	6:52.19	500 FREE	6:25.69	5:48.39
	24:28.39	23:34.29	23:42.89	1650 FREE	22:22.89	23:04.59
	1:29.69	1:24.99	1:16.89	50 BACK	1:11.29	1:23.69
	1:29.69	1:24.99	1:16.89	100 BACK	1:11.29	1:23.69
	3:13.29	3:03.89	2:46.39	200 BACK	2:34.69	3:01.79
	1:42.39	1:37.99	1:28.69	50 BREAST	1:20.49	1:33.79
	1:42.39	1:37.99	1:28.69	100 BREAST	1:20.49	1:33.79
	3:40.29	3:31.09	3:10.99	200 BREAST	2:54.89	3:22.79
	1:27.19	1:24.89	1:16.79	50 FLY	1:10.49	1:20.29
	1:27.19	1:24.89	1:16.79	100 FLY	1:10.49	1:20.29
	3:15.69	3:09.19	2:51.19	200 FLY	2:36.79	2:59.69
	3:17.19	3:09.79	2:51.79	200 IM	2:37.99	3:02.89
	6:57.99	6:44.19	6:05.79	400 IM	5:37.69	6:30.69
15 - 19	36.09	35.09	31.79	50 FREE	28.29	32.89
	1:18.39	1:15.99	1:08.79	100 FREE	1:01.99	1:11.79
	2:49.19	2:44.69	2:28.99	200 FREE	2:15.99	2:36.59
	5:55.19	5:50.89	6:40.99	500 FREE	6:08.39	5:34.09
	23:33.49	21:28.39	23:15.89	1650 FREE	21:26.59	22:08.29
	1:26.89	1:22.59	1:14.69	50 BACK	1:07.49	1:19.39
	1:26.89	1:22.59	1:14.69	100 BACK	1:07.49	1:19.39
	3:06.79	2:59.29	2:42.19	200 BACK	2:27.59	2:52.29
	1:38.59	1:34.99	1:25.89	50 BREAST	1:16.89	1:29.49
	1:38.59	1:34.99	1:25.89	100 BREAST	1:16.89	1:29.49
	3:32.49	3:25.49	3:05.99	200 BREAST	2:47.09	3:14.49
	1:24.29	1:22.19	1:14.39	50 FLY	1:07.19	1:16.79
	1:24.29	1:22.19	1:14.39	100 FLY	1:07.19	1:16.79
	3:07.79	3:03.19	2:46.19	200 FLY	2:30.19	2:51.69
	3:11.19	3:03.59	2:46.19	200 IM	2:30.89	2:56.19
	6:44.69	6:32.29	5:54.99	400 IM	5:22.19	6:14.69

COUGAR AQUATICS MOCK MEET



Gray vs. Crimson

SATURDAY, DECEMBER 13, 2025 @ 9:00 AM
Gibb Pool — Pullman, WA

The first COUGAR AQUATICS Mock Meet is here
and it's Gray vs. Crimson in a fun team showdown!

Bring your speed, your smiles, your best cheers, and ...
your appetite — our world-famous breakfast
will be served after the meet!

Pool opens at 9:00 | Warm up at 9:15 | Meet starts at 10:15