



# CCA CLASS 2025

*CCA Staff  
Edition 1, Volume I*

# JUST KEEP SWIMMIN'

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Lauryn Hoffman  
***CLASS OF '25***



Merrick Eberle  
***CLASS OF '25***

"Swimming is not just a sport,  
it's a way of life."





LAURYN  
HOFFMAN



## **Best Random Act of Kindness - to you**

The best random act of kindness  
done to me is people  
remembering the small things.  
Something little like someone  
remembering the small things  
makes my whole day.



### **Favorite Coach Saying**

" Don't change you're perfect the way you are"

- Coach Daryn



## **Best Lesson(s) Learned - Swim**

Swimming has provided me with the skills that I can use for the rest of my life such as being the best team player. Even though swim is an individual sport its still very much a team sport. It's important to support your teammates and be there for them during good and bad times. When your teammates support you it instills you with the confidence you need to be succsesfull. Even though Ive learned these skills through swim I'am still able to apply these to my everyday life.

## Best Random Act of Kindness - from you

My best random Act of kindness is being positive at practices and always putting a smile on my face. Even if I'm not having the best day, putting a smile on and being kind can turn around someone's day. By the end of practice I leave in a better mood and feel good that I made someone's day better. Even a small thing such as complimenting someone can change their whole day.





## **Best Lesson (s) Learned - Life**

One of the best lessons I have learned from life is to live in the moment. Time flies by extremely fast. It's important to be present and appreciate the little things in life everyday. Don't just go through the motions every day be thankful for what you can control and for what you have.



### **Best Memory - Swimming**

My favorite memory from swimming is swimming 200 fly for the first time and swimming it again at finals. At the time I definitely wasn't happy to be swimming the 200 fly again because it's my least favorite stroke but it's a funny memory to look back on.



## **Anything else you would like to say to the team**

I just want to say thank you for being the best teammates I could ask for. CCA is truly my second family. My favorite part of practice is being with my friends every single day. CCA has created a great positive environment where everyone is close and friends with each other. Swimming has gave me life long friends that I will always cherish and never forget.

## **Best Memory - Team**

My favorite memory from the team is any Saturday morning practice. Saturday morning practices are my favorite because we usually do fast swims off the blocks. Everybody is often cheering each other on and being really positive. These practices start my day off right and make me happy and positive for the rest of the day.





## Favorite Quote

“Everything happens for a reason”



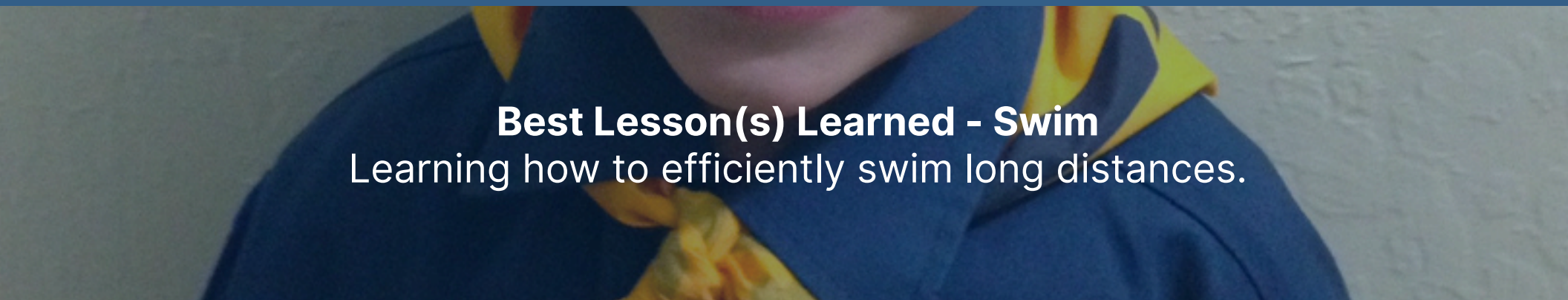
MERRICK  
EBERLE



## **Best Lesson (s) Learned - Life**

If you want to be good at something you have to work hard and practice all the time.





**Best Lesson(s) Learned - Swim**  
Learning how to efficiently swim long distances.



## Favorite Coach Saying

Up kick not down kick.





## **Best Random Act of Kindness - to you**

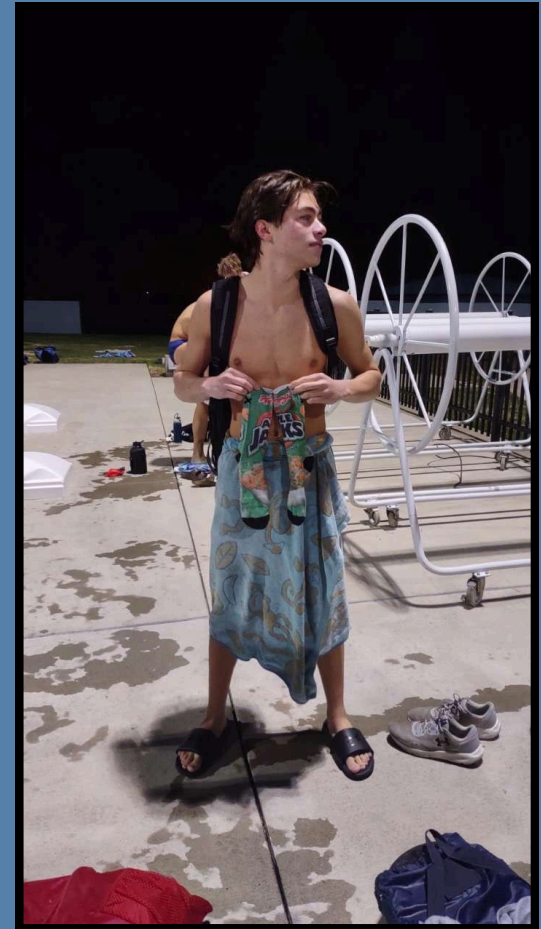
When Adam took me and a few other people's towels so they could get dried at his grandparents house during a very rainy meet.





## **Best Random Act of Kindness - from you**

I got Basho, Aytur and Kellen boba after a swim meet one time.



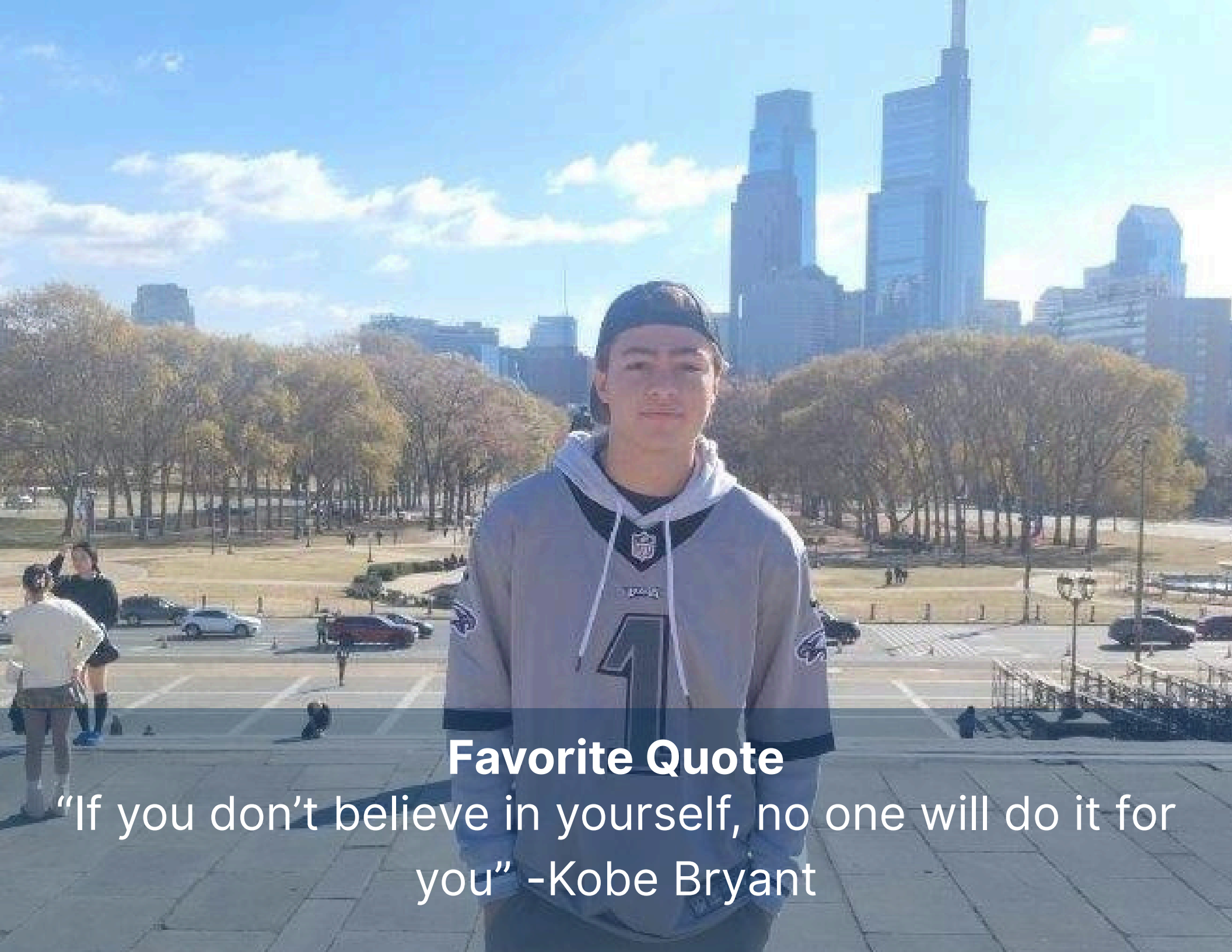
**Best Memory - Team**

Completing the  
100x100s set.



## **Anything else you would like to say to the team?**

Thank you so much to all my coaches and teammates. You all have made my time with CCA special and I've met a lot of great people and made some great friends over the years with the team. Through all the highs and lows it has been a fantastic journey.



## **Favorite Quote**

**"If you don't believe in yourself, no one will do it for you" -Kobe Bryant**

**As you transition into the  
world, remember the lessons  
you have learned and know  
we are always your crew**

**CCA**