



The Bathroom Sensation That's Sweeping the Nation

We're Back! Today we'll be diving (no pun intended) into Girl's Swim & Dive, introducing Head Coach Rachel Leach, and hearing from Seniors Mia Anderson, and Emery Meares. We're really hoping you'll enjoy these as much as we do. If you want more good reads, visit CougarDaily.Org!

Girls Swim & Dive Awareness

The Coronado Cougars Girls Swim and Dive team has been up and running for four weeks, led by **Head Coach Rachel Leach**. Swimming recently just had a meet against Palmer High School on Tuesday. Currently, their record is 3-2 overall: Palmer (W) (107-79), Liberty (L) (118-64), Doherty (W) (107-78), Woodland Park (W) (114-73), and Air Academy (L) (121-114).

The Cougars look like they've found their coach for the future in **Rachel Leach**. Coach Leach is a Colorado Springs native and attended Cheyenne Mountain High School. Coach Leach swam at CSU-Pueblo for multiple years (2015-2017). In addition, she teaches 7th and 8th grade math at Holmes Middle School. **Leach** feels like this group stands out because of "their drive and enthusiasm—they're competitive and always full of surprises." Coach Leach's resume is more than impressive, and I expect the program to succeed for years to come.

As the season continues, the Girls Swim Team is driven by sacrifice, dedication, and strong team culture. For **Senior Mia Andersen**, swimming has been a major part of her life for years. When asked,

"What has driven you to continue this sport all 4 years?" Mia said, "I've been doing it for a really long time. It's been a huge part of my life for 10 years at this point, and I used to have a huge passion for this sport and the people in it." Her commitment to the program shows what the team mission and goal is.

Team motivation is just as important as individual motivation. **Senior Emery Meares** highlighted the importance of her teammates when looking for support when asked, "Who is your biggest motivator on the Coronado Girls Swim Team?" Emery said, "My biggest motivator on the team has to be my fellow teammates. I think we all support each other no matter what, and that's why we have such a good team culture." Together, will this unity continue to push the girls towards success and a league championship?



Upcoming Events

| Thursday 1/22 | Friday 1/23 | Saturday 1/24 | Monday 1/26 | Tuesday 1/27 | Wednesday 1/28 |
|--|----------------|--|---|---|--|
| <p>Boys Basketball: Varsity vs. Mesa Ridge @ Mesa Ridge High School 7:00 pm</p> <p>Girls Basketball: Varsity vs. Mesa Ridge @ Coronado High School 5:30 pm</p> <p>Girls Swim & Dive: Varsity Dual vs. Widefield @ Coronado High School 4:00 pm</p> | | <p>Girls Wrestling: Varsity Tournament vs. Standley Lake @ Standley Lake High School</p> <p>Boys Wrestling: Varsity Tournament vs. Thomas Jefferson @ Thomas Jefferson High School</p> <p>Girls Swim & Dive: Varsity Dual vs. Discovery Canyon @ Pine Creek High School 10:00 am</p> | <p>Senior Photo in the main gym @ 9:00 am</p> | <p>8th Grade Open House 6:00 pm - 8:00 pm</p> | <p>Girls Basketball: Varsity vs. Harrison @ Coronado High School 5:30 pm</p> <p>Girls Wrestling: Varsity Dual vs. Widefield @ Widefield High School 6:00 pm</p> <p>Boys Basketball: Varsity vs. Harrison @ Harrison High School 7:00 pm</p> <p>Boys Wrestling: Varsity vs. Widefield @ Widefield High School 7:00 pm</p> |

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Cougar Daily's "The Potty Mouth" 1/22-1/28

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