

Over the past year, the Cougar Aquatic Team coaching staff continued to build a program centered on Character, Commitment, Community, and Confidence. Through a collaborative approach, the staff helped athletes achieve significant individual and team success while creating a positive, competitive environment where swimmers were challenged to grow and take pride in representing CAT.

The team grew from approximately 80 swimmers to 115 swimmers while continuing to develop a strong competitive core. The program had five National-level athletes, a Junior National qualifier who achieved two Junior National cuts, and 18 athletes recognized on Connecticut Swimming's Top 16 lists.

At the 2026 Connecticut Long Course Age Group Championships, 14 CAT athletes competed, helping the team finish 17th out of 47 teams overall and 13th among girls' teams. CAT athletes earned six A-final appearances and nine B-final appearances, with every athlete recording at least one best time. The staff also guided athletes to success at Senior Championships, Futures Championships, Open Water Championships, and other championship-level competitions throughout the year.

Beyond the results, the staff remained committed to developing athletes who demonstrated accountability, resilience, sportsmanship, and confidence. Coaches worked together to create an environment where athletes were expected to challenge themselves, support their teammates, and represent the program with pride.

The staff also strengthened CAT's connection to the community by expanding opportunities for travel and championship competition and hosting three meets during the year. CAT's social-media presence reached as many as 190,000 monthly views, helping celebrate the accomplishments of its athletes and showcase the program throughout the community.

The accomplishments of the past year reflect a coaching staff united by a shared vision and commitment to its athletes. From championship performances and personal bests to continued growth within the team and community, the staff helped make the 2025–26 season one of meaningful achievement and pride for Cougar Aquatic Team.