



October Swimmer of the Month - Coachability

The October Swimmer of the Month was awarded to the swimmer in each group who best exemplified the quality of Coachability.

This is a crucial skill to have, and one that will help lead to success in swimming. Being coachable means many different things to a coach:

The swimmer needs to be committed to showing up to every practice ready to work hard.

They need a positive attitude and excitement to be there.

- During workouts, they are respectful and listen whenever the coach is speaking, trying to make sure they grasp every detail.
- When it comes time to apply the skill the coach was teaching, they can make the necessary adjustments to their strokes.
- Not only do they make these corrections on the day of, but these swimmers are also able to remember these stroke corrections for days and weeks to come.

This is an extremely valuable skill to a coach, as this allows the swimmer to keep building up and progressing their strokes.

On behalf of the OSC coaching staff, congratulations to all these swimmers for winning the Swimmer of the Month for October for their Coachability!



Nationals
Alex Lim



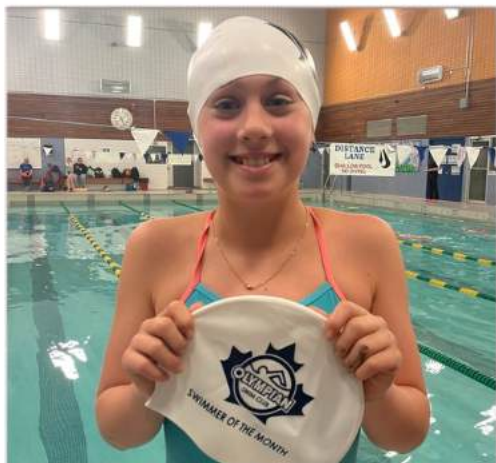
Provincials
Taylor Bitea



Senior Competitive
Sara Wilhite



Regionals
Tao So



*UofA Junior Age Group
Blair Sanderman*



*FPP Junior Age Group
Hudson Ironside*



*TCRC Junior Age Group
Chloe Chang*



*UofA Olympic Way
Izabela Buchanan*



*FPP Olympic Way
Adam Shumilov*



*TCRC Olympic Way
Logan Finlay*



*UofA Junior Olympic Way
Edie St. Onge*



*FPP Junior Olympic Way 1
Flora Smith*



*TCRC Junior Olympic Way
Shae Knapik*



*FPP Junior Olympic Way 2
Madeleine Leroux*



*UofA Junior Development
Olivia Lewington*



*FPP Junior Development
Marley Gardner*



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October: Coachability**