



November Swimmer of the Month - Training

The November Swimmer of the Month was awarded to the swimmer in each group who best exemplified the ability of Training.

Training is very important because it is the way that we transform our coachability into action. This is a crucial skill to have, and one that will help lead to success in swimming. Broadly, Training encompasses improvement in training times, focus, and concentration during workout. Working on your training means many different things to a coach:

- They need to be committed to showing up to every practice ready to work hard.
- The swimmer keeps track of their practice results, and always aims to improve.
- Their focus ensures that they get the very most out of what their coach is teaching.
- They maintain concentration when the challenge increases, and they step it up.

This is an extremely valuable skill to a coach, as this allows the swimmer to keep building up and progressing their training. On behalf of the OSC coaching staff, congratulations to all these swimmers for winning the Swimmer of the Month for November for their Training!



Nationals
Elsa Anderson



Provincials
Jamie de Kock



Senior Competitive
Sage Andre



Regionals
Joshua Bodet



*UofA Junior Age Group
Oscar Ho*



*FPP Junior Age Group
Evan Brake*



*TCRC Junior Age Group
Leo Wang*



UofA Olympic Way
Isaac Colquhoun



FPP Olympic Way
Miller Shnepf



TCRC Olympic Way
Kyle Morison



*UofA Junior Olympic Way
Ashlyn Shortt*



*FPP Junior Olympic Way 1
Kaiden Price*



*TCRC Junior Olympic Way
Ali Khoumassi*



*FPP Junior Olympic Way 2
Arlo Whitson*



Clareview Junior Olympic Way
Gracyn Chomysen



FPP Junior Development
Gabriel Murray



UofA Junior Development
Grace Hnatiuk