

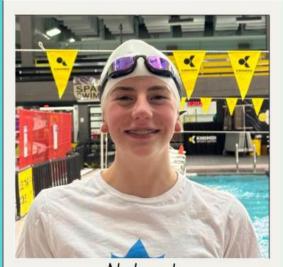
November Swimmer of the Month - Training

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 wil 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 Chomyshen



FPP Junior Development Gabriel Murray



UofA Junior Development Grace Hnatiuk