



December Swimmer of the Month - Improvement

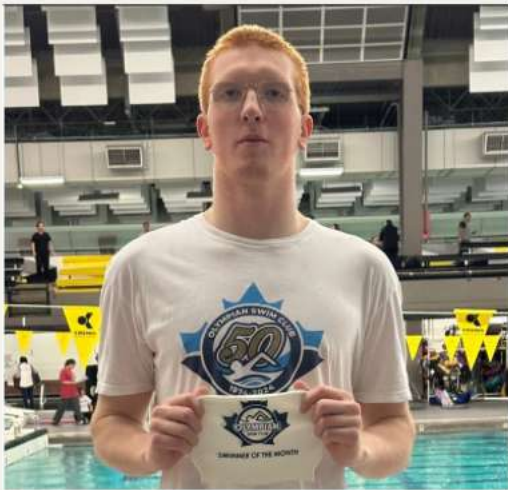
The December Swimmer of the Month was awarded to the swimmer in each group who best exemplified the value of Improvement.

Improvement is what the sport of swimming is all about. Improvements in skills lead to big improvements in times, which lead to big improvements in confidence. And one of the most amazing parts about the sport of swimming is that there are so many different ways to get better on an everyday basis!

Chasing improvement every day is so important to a coach:

- Swimmers need to have the attitude that they are coming to practice to improve.
- They need to take every opportunity to improve their starts, turns, and finishes.
- Their knowledge of the sport evolves with them, and they always want to learn!
- They understand that no skill will ever be perfect, but they always aim for better.

Improvement is more than just a skill, it's the value on which everything else is built. Even if you get last in your heat, if you get a best time then you will be the happiest swimmer in the pool. Congratulations to all of the swimmers winning Swimmer of the Month for December!



Nationals
Aiden Gyorfi



Provincials
Roya Wong



Senior Competitive
Zeenah Khazaal



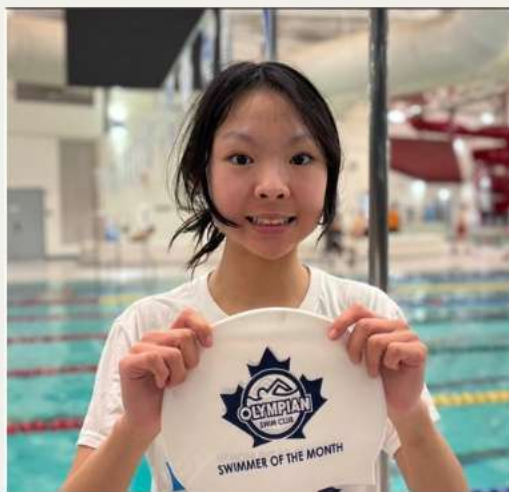
Regionals
Kobyn Kirchner



*UofA Junior Age Group
Giovanni Simanjuntak*



*FPP Junior Age Group
Elise Wonsiak*



*TCRC Junior Age Group
Leah Sun*



*UofA Olympic Way
Maicha Yee*



*FPP Olympic Way
Beckham Dodd*



*TCRC Olympic Way
Omar Hassan*



UofA Junior Olympic Way
Aavya Sareen



FPP Junior Olympic Way 1
Avery Gover



TCRC Junior Olympic Way
Chloe Yu



FPP Junior Olympic Way 2
Alyssa Argueta



*Clareview Junior Olympic Way
Sethun Paiva*



*FPP Junior Development
Kenna Ploof*



*UofA Junior Development
Shreya Bharghava*