



## January Swimmer of the Month - Kicking

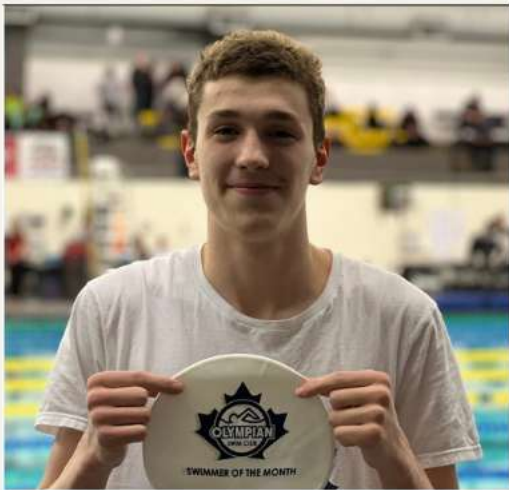
The January Swimmer of the Month was awarded to the swimmer in each group who best exemplified the value of Kicking. More specifically, putting in the top effort in all kick sets.

Kicking is swimming using only your legs and a kickboard. Fast kicking is a fundamental part of fast swimming, and one that we are working hard on to improve as a club. From our Mini O's to our Olympic Trials qualifiers, all of our swimmers are tested on their kicking abilities through short challenges called Test Sets. These Test Sets can be performed again and again just like events at a swim meet so that swimmers can see their improvement!

- Kicking allows swimmers to improve their top end sprint speed in short races.
- It provides consistency by evening out the dead parts in the swimmer's stroke.
- It allows swimmers to finish their races strong by turning on the jets in the final lap

Kicking is more than just a skill, it's the foundation of each of the four competitive strokes. Working to improve your kick on a daily basis allows you to improve in different areas that might not get used to their full potential in your regular swimming. Kicking is so important.

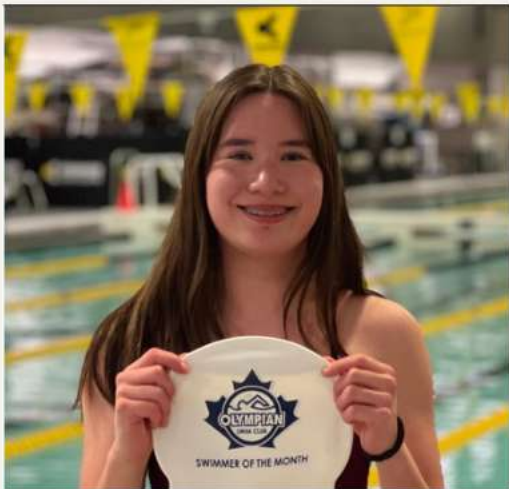
Congratulations to all of the swimmers winning Swimmer of the Month for January!



Nationals  
Tucker Buhler



Provincials  
Matteo Lanni



Senior Competitive  
Kai Cheung



Regionals  
Valentina Lanni



*UofA Junior Age Group  
Ivy Maguire*



*FPP Junior Age Group  
Caleb Gunderson*



*TCRC Junior Age Group  
Michael Kaminsky*



UofA Olympic Way  
Joshua Yeung



FPP Olympic Way  
Tamiyo Mak



UofA Junior Olympic Way  
Olive Blazeka



TCRC Olympic Way  
Derek Pahanonot



TCRC Junior Olympic Way 1  
Aseel Hassan



FPP Junior Olympic Way 1  
Nola Ulrich



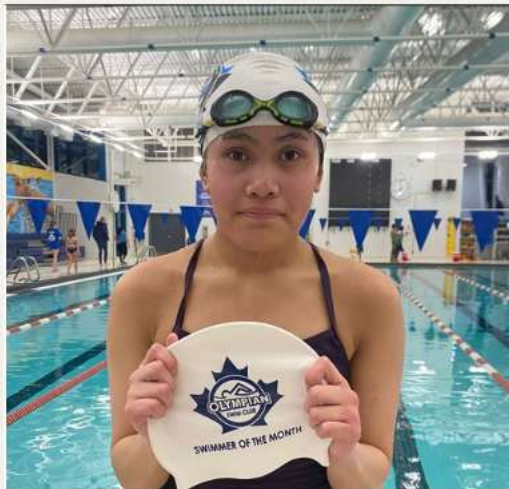
TCRC Junior Olympic Way 2  
Mila Zylstra



FPP Junior Olympic Way 2  
Mia Smith



Clareview Junior Olympic Way  
Kalisi Higinio



FPP Junior Development  
Faith Melody Carrillo



Clareview Junior Development  
Deliah Dunlop



UofA Junior Development  
Grace Hnatiuk