



Swimmer of the Month

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!**

High Performance

Ian Cameron





Swimmer of the Month

Performance

Grace Jodoin



Age Group Performance

Sophia Musselmann





Swimmer of the Month

Fountain Park JAG

Bruno Lukavicius





Terwillegar JAG

Kai Cheung






Swimmer of the Month

<p><u>Scona JAG</u></p>	<p>Jessica Jia</p>
<p><u>Fountain Park OW</u></p>	<p>Sebastien Valera</p>  A photograph of a young boy, Sebastien Valera, standing in a tiled room. He is wearing a dark blue long-sleeved shirt with the Olympian Swim Club logo on the chest and dark pants. He has a slight smile and is looking towards the camera.
<p><u>Terwillegar OW</u></p>	<p>Sage Andre</p>  A photograph of a young girl, Sage Andre, standing in a swimming pool area. She is wearing a blue and white patterned one-piece swimsuit. She is smiling and making a peace sign with her right hand. The background consists of blue mosaic tiles and a yellow handrail.



Swimmer of the Month

<u>Scona OW</u>	Matteo Lanni
<u>Fountain Park JOW</u>	Peyton Gretzan 
<u>Terwillegar JOW</u>	Katherine Li 
<u>Scona JOW</u>	Valentina Lanni
<u>Fountain Park JD</u>	Evita Wojtukiewicz
<u>Scona JD</u>	Abigail Allen