



Swimmer of the Month

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**!



High Performance

Minh Nguyen






Swimmer of the Month

<u>Performance</u>	Ava Parsons
<u>Age Group Performance</u>	Abigail Bellikka
<u>Fountain Park JAG</u>	Kenna Bourdages 
<u>Terwillegar JAG</u>	Zeenah Khazaal 



Swimmer of the Month

<p><u>Scona JAG</u></p>	<p>Emma Jia</p>
<p><u>Fountain Park OW</u></p>	<p>Yelyzaveta Ruda</p>
<p><u>Terwillegar OW</u></p>	<p>Aila Mirza</p> 
<p><u>Scona OW</u></p>	<p>Matteo Lanni</p>
<p><u>Fountain Park JOW</u></p>	<p>Tanner Pratt</p> 



Swimmer of the Month

Terwillegar JOW

Makena Chung



Scona JOW

Iola Smith





Swimmer of the Month

Fountain Park JD

Jorgia Bowen



Scona JD

Nuala Wong