



Swimmer of the Month

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 will 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!

High Performance

Andrew Welsh





Swimmer of the Month

Performance

Alex Kaulbach



Age Group Performance

Aiden Gyorfi



Fountain Park JAG

Charlotte Woods



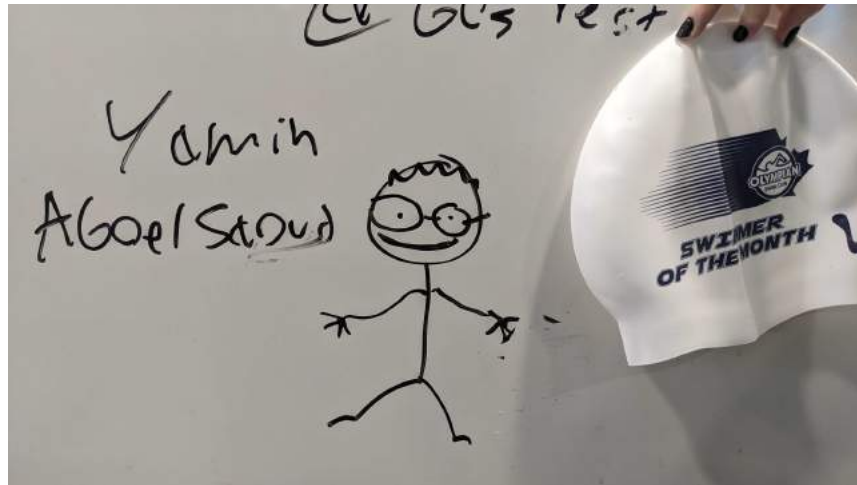
Terwillegar JAG

Kate Buchanan



Scona JAG

Yamin Aboelsaoud



Fountain Park OW

Habiba Elsabbagh

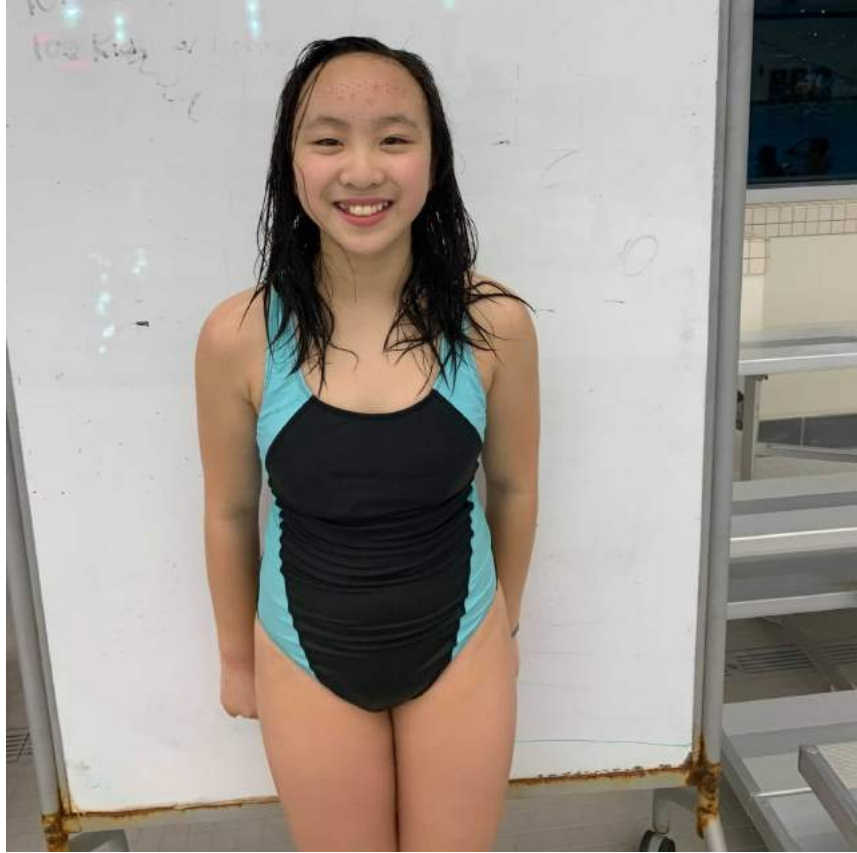




Swimmer of the Month

Terwillegar OW

Naomi Ho



Scona OW

Thea Lazaruk





Swimmer of the Month

Fountain Park JOW

Peyton Gretzan



Terwillegar JOW

Lukas Almgren





Swimmer of the Month

Scona JOW

Kelsey Deng



Fountain Park JD

Kendra Spicer





Swimmer of the Month

Scona JD

Fiona Jones

