



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!**

<u>High Performance</u>	Andrew Welsh
<u>Performance</u>	Alex Kaulbach
<u>AGP</u>	Alex Lim 





Swimmer of the Month

<p><u>FP/GMac JAG</u></p>	<p>Peyton Gretzan</p> 
<p><u>Terwillegar JAG</u></p>	<p>Sage Andre</p>
<p><u>UofA JAG</u></p>	<p>Nuala Wong</p>
<p><u>FP/GMac OW</u></p>	<p>Olivia Firbank</p>
<p><u>Terwillegar OW</u></p>	<p>Josiah Niina</p>
<p><u>UofA OW</u></p>	<p>Mika Liu</p> 



Swimmer of the Month

<u>FP/GMac JOW</u>	Gael Morin
<u>Terwillegar JOW</u>	Mackenna Riou
<u>UofA JOW</u>	Ivy Maguire  A photograph of a young girl, Ivy Maguire, wearing a black swimsuit and a dark blue swim cap with "Speedo" written on it. She is smiling and standing in front of an indoor swimming pool.
<u>FP/GMac JD</u>	Jack Stainer
<u>UofA JD</u>	Louis Sylvester  A photograph of a young boy, Louis Sylvester, standing shirtless in front of an indoor swimming pool.