



Swimmer of the Month


February Swimmer of the Month - Dedication

The February Swimmer of the Month was awarded to the swimmer in each group who best exemplified the value of **Dedication**, fully participating in workouts and racing opportunities.

Dedication is a cornerstone of the OSC club philosophy. Without effort and dedication, there can be no skill or success because it takes effort and dedication to improve your swimming. Swimmers that show up to practice consistently have more opportunities to improve, and also tend to show higher rates of improvement compared to swimmers that attend less. The workouts are the first step, and next comes stepping up to the blocks and giving it your all. We design the competitive schedule to give each swimmer the opportunity to see progress.

- Dedication means that swimmers are showing up to as many practices as possible
- Not only showing up to practice, but giving it your all is so important to do each day
- Taking advantage of every opportunity gives you confidence at your next meet

Congratulations to all of the swimmers winning **Swimmer of the Month** for **February!**

<u>High Performance</u>	Sahara Visscher
<u>Performance</u>	Aiden Gyorfi 



Swimmer of the Month

AGP

Kai Cheung



FP/GMac JAG

Mikayla Gunderson



Terwillegar JAG

Zeenah Khazaal



Swimmer of the Month

UofA JAG

Roya Wong



FP/GMac OW

Tao So





Swimmer of the Month

<p><u>Terwillegar OW</u></p>	<p>Owen Tchir</p>
<p><u>UofA OW</u></p>	<p>Yanina Kyriienko</p> 
<p><u>FP/GMac JOW</u></p>	<p>Mila Andriuk</p> 
<p><u>Terwillegar JOW</u></p>	<p>Leo Wang</p>



Swimmer of the Month

UofA JOW

Hudson Ironside



FP/GMac JD

Uri Svystun





Swimmer of the Month

UofA JD

Giovanni Simanjuntak

