



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

Nathaniel Sia





Swimmer of the Month

Performance

Layne Birbeck



AGP

Seville Rockwell





Swimmer of the Month

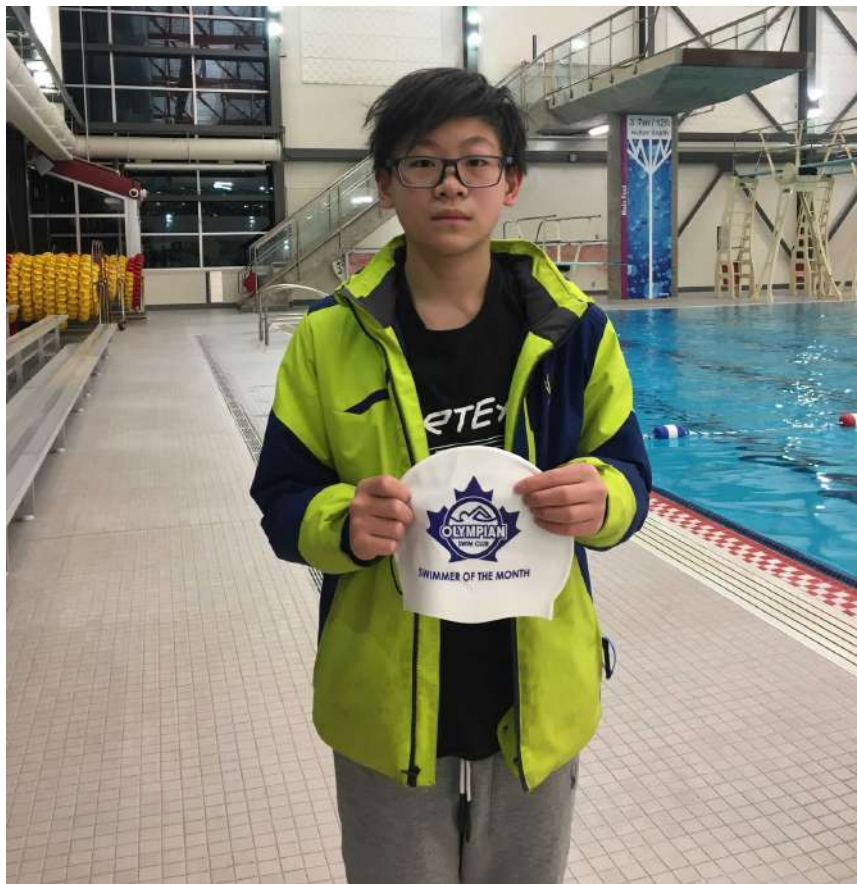
FP/GMac JAG

Sebastien Valera



Terwillegar JAG

Albert Li





Swimmer of the Month

UofA JAG

Veronika Glamuzina



FP/GMac OW

Joshua Bodet





Swimmer of the Month

Terwillegar OW

Giselle Finlay



UofA OW

Valentina Lanni





Swimmer of the Month

FP/GMac JOW

Jackson Bitea



Terwillegar JOW

Aiden Tong



UofA JOW

Sophia Feng



FP/GMac JD

Sophia Parpinel



UofA JD

Alexander Lyzhin

