



# 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**.

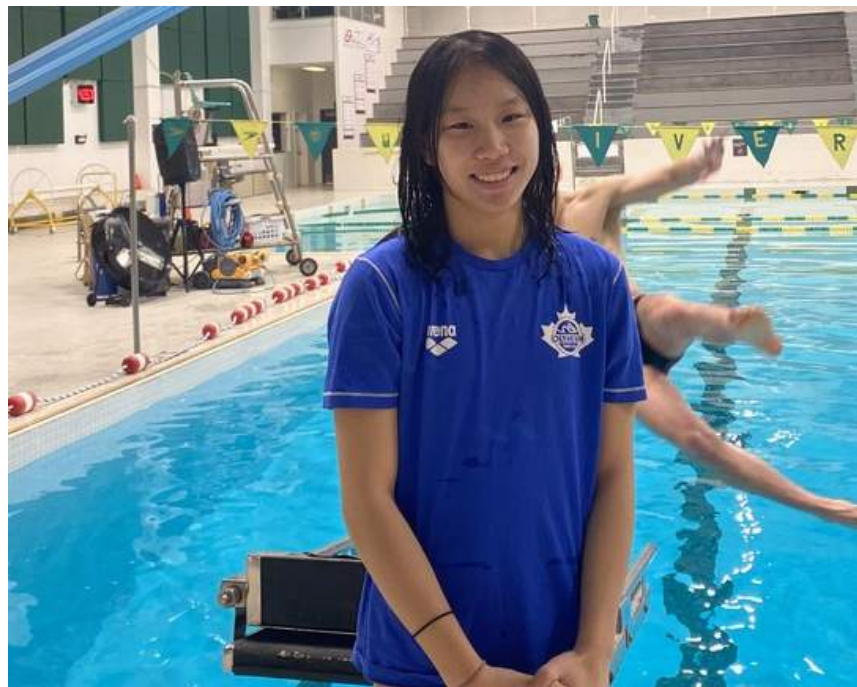
Training is very important because it is the way that we transform our coachability into action. This is a crucial skill to have, and one that will help lead to success in swimming. Broadly, Training encompasses improvement in training times, focus, and concentration during workout. Working on your training 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

**Emma Mo**





# Swimmer of the Month

Performance

**Sydney Miller**



AGP

**Bozhena Penner**





# Swimmer of the Month

**FP/GMac JAG**

**Emmitt Kingston**



**Terwillegar JAG**

**Felicia Simanjuntak**





# Swimmer of the Month

**UofA JAG**

**Jessica Jia**



**FP/GMac OW**

**Taylor Bitea**





# Swimmer of the Month

Terwillegar OW

**Lucas Badiu**



UofA OW

**Kelsey Deng**





# Swimmer of the Month

**FP/GMac JOW**

**Evita Wojtukiewicz**



**Terwillegar JOW**

**Elizabeth Morgantini**


**UofA JOW**

**Mariam Ebrahim Idicula**





# Swimmer of the Month

<p><b><u>FP/GMac JD</u></b></p>	<p><b>Isla Probert</b></p>
<p><b><u>UofA JD</u></b></p>	<p><b>Lane McCrea</b></p>  A photograph of a young boy, Lane McCrea, smiling and holding a white swim cap. The swim cap features the Olympian Swim Club logo and the text "SWIMMER OF THE MONTH". He is wearing a dark green hoodie with a graphic of a person in a red and white life preserver. The background shows an indoor swimming pool with lane lines and a red life preserver hanging on the wall.