



Swimmer of the Month

October Swimmer of the Month - Coachability

The October Swimmer of the Month was awarded to the swimmer in each group who best exemplified the quality of **Coachability**.

This is a crucial skill to have, and one that will help lead to success in swimming. Being coachable means many different things to a coach:

- The swimmer needs to be committed to showing up to every practice ready to work hard.
- They need a positive attitude and excitement to be there.
- During workouts, they are respectful and listen whenever the coach is speaking, trying to make sure they grasp every detail.
- When it comes time to apply the skill the coach was teaching, they can make the necessary adjustments to their strokes.
- Not only do they make these corrections on the day of, but these swimmers are also able to remember these stroke corrections for days and weeks to come.

This is an extremely valuable skill to a coach, as this allows the swimmer to keep building up and progressing their strokes. On behalf of the OSC coaching staff, congratulations to all these swimmers for winning the Swimmer of the Month for October for their Coachability!

<u>High Performance</u>	Levi Dickson
<u>Performance</u>	<p style="text-align: center;">Garrett Skakun</p> 
<u>AGP</u>	Aila Mirza



Swimmer of the Month

FP/GMac JAG

Tanner Pratt



Terwillegar JAG

Naomi Ho



UofA JAG

Matteo Lanni



Swimmer of the Month

FP/GMac OW

Dexter McIntosh



Terwillegar OW

Katherine Li





Swimmer of the Month

UofA OW

Andrew O'Connor



FP/GMac JOW

Tao So





Swimmer of the Month

Terwillegar JOW

Deah Vegter



UofA JOW

Harper Boddy

FP/GMac JD

Olivia Daniele



UofA JD

Lila Chua