



Swimmer of the Month

October

Coachability

The October Swimmer of the Month is 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!



Nationals

Sam Leyland



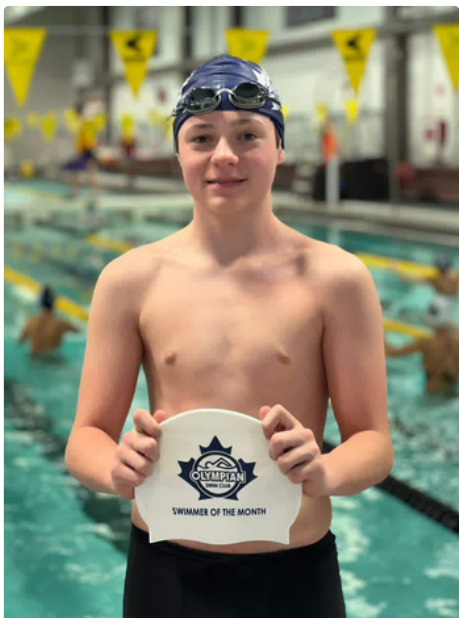
Provincials

Maya Horn



Senior Competitive

Mikayla Gunderson



Regionals

Jackson Bitea



BJRC Junior Age Group

Luke Li



Fountain Park Junior Age Group

Miller Schnepf



U of A Junior Age Group

Sienna Lanni



BJRC Olympic Way

Anisha Minhas



Fountain Park Olympic Way

Kalisi Higinio



U of A Olympic Way

Ariana Chen



BJRC Junior Olympic Way 1

Joanne Wang



BJRC Junior Olympic Way 2

Emerson Poffenroth



Fountain Park Junior Olympic Way 1

Stella Desmerais



Fountain Park Junior Olympic Way 2

Sarah Feiner



MacEwan Junior Olympic Way

Vista Zarei



U of A Junior Olympic Way

Asa Chilton



Fountain Park Age Group Development

Laura Quant



MacEwan Age Group Development

*Alessandro
Dimas-Lukye*



U of A Age Group Development

Jude Niina