



# Swimmer of the Month

## January

### Kicking

The January Swimmer of the Month is 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 MiniO'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. Congratulations to all of the swimmers winning Swimmer of the Month for January!



National

Sophia Musselman



Provincial

Claire Purves



Senior Competitive

Kai Cheung



Regional

Jacob Young



## BJRC Junior Age Group

Alice Cote



## Fountain Park Junior Age Group

Lukas Wong



## U of A Junior Age Group

Sofia Inaba



## BJRC Olympic Way

*Gerald Friedel*



## Fountain Park Olympic Way

*Hollie Neilson*



## U of A Olympic Way

*Havya Sareen*



## BJRC Junior Olympic Way 1

Mila Zylstra



## BJRC Junior Olympic Way 2

Tony Henin



## Fountain Park Junior Olympic Way 1

Emily Coffin



## Fountain Park Junior Olympic Way 2

Naya Maoued



## MacEwan Junior Olympic Way

Evelyn Spence



## U of A Junior Olympic Way

Ashley Huang



## Fountain Park Age Group Development

*Gabriel Murray*



## MacEwan Age Group Development

*Evelyn Zamila Woudwijk*



## U of A Age Group Development

*Xinyou Pan*