

## Swimmer of the Month November

# Training

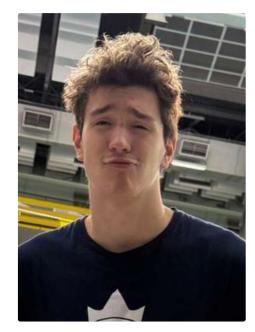
The November Swimmer of the Month is awarded to the swimmer in each group who best exemplified the ability of **Training**.

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!



#### **Nationals**















Regionals







#### **BJRC Junior Age Group**





Fountain Park Junior Age Group



U of A Junior Age Group



Tabela Buchanan



#### **BJRC Olympic Way**





**Fountain Park Olympic Way** 





U of A Olympic Way





### **BJRC Junior Olympic Way 1**





**BJRC Junior Olympic Way 2** 



**Fountain Park Junior Olympic Way 1** 





### Fountain Park Junior Olympic Way 2





**MacEwan Junior Olympic Way** 



U of A Junior Olympic Way







### Fountain Park Age Group Development







M / isha / omonosov



U of A Age Group Development

