



## 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

*Tucker Buhler*



## Provincials

*Kendall Zaboroski*



## Senior Competitive

*Zeenah Khazaal*



## Regionals

*Adrien Peng*



## BJRC Junior Age Group

*Derek Pahanonot*



## Fountain Park Junior Age Group

*Elise Wonsiak*



## U of A Junior Age Group

*Isabela Buchanan*





## BJRC Olympic Way

*Joshua Carmichael*



## Fountain Park Olympic Way

*Anna Bodet*



## U of A Olympic Way

*Chloe Yu*



**BJRC Junior Olympic Way 1**

*Robert Miao*



**BJRC Junior Olympic Way 2**

*Alice Giuffre*



**Fountain Park Junior Olympic Way 1**

*Ametia Hachey*



## Fountain Park Junior Olympic Way 2

*Liam Roman*



## MacEwan Junior Olympic Way

*Ellis Urbanoski*



## U of A Junior Olympic Way

*Eleanor Dobson*





## Fountain Park Age Group Development

*Isla Rojas*



## MacEwan Age Group Development

*Misha Lomonosov*



## U of A Age Group Development

*Daniela Yu*