



December Swimmer of the Month - Improvement

The December Swimmer of the Month was awarded to the swimmer in each group who best exemplified the value of Improvement.

Improvement is what the sport of swimming is all about. Improvements in skills lead to big improvements in times, which lead to big improvements in confidence. And one of the most amazing parts about the sport of swimming is that there are so many different ways to get better on an everyday basis! Chasing improvement every day is so important to a coach:

- Swimmers need to have the attitude that they are coming to practice to improve.
- They need to take every opportunity to improve their starts, turns, and finishes.
- Their knowledge of the sport evolves with them, and they always want to learn!
- They understand that no skill will ever be perfect, but they always aim for better.

Improvement is more than just a skill, it's the value on which everything else is built. Even if you get last in your heat, if you get a best time then you will be the happiest swimmer in the pool. Congratulations to all of the swimmers winning Swimmer of the Month for December!



*High Performance
Emily Morgantini*



*Performance
Mya Lobel*



*Age Group Performance
Claire Purves*



**Swimmer of the Month
December: Improvement**



*UofA Junior Age Group
Louis Sylvester*



*FPP Junior Age Group
Gwen Ryan*



*TCRC Junior Age Group
Giselle Finlay*



**Swimmer of the Month
December: Improvement**



*UofA Olympic Way
Josiah Niina*



*FPP Olympic Way
Kaiya Heinen*



*TCRC Olympic Way
Avni Tate*



**Swimmer of the Month
December: Improvement**



*UofA Junior Olympic Way
Jude Niina*



*FPP Junior Olympic Way
Heidi Desmarais*



*TCRC Junior Olympic Way
Alice Cote*



**Swimmer of the Month
December: Improvement**



*UofA Junior Development
Sidney Bond*



*FPP Junior Development
Mikka Loroff*



**Swimmer of the Month
December: Improvement**