



January Swimmer of the Month - Kicking

The January Swimmer of the Month was 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 Mini O'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. Kicking is so important. Congratulations to all of the swimmers winning Swimmer of the Month for January!



*High Performance
Aiden Gyorfi*



*Performance
Dina Georgoulas*



*Age Group Performance
Matteo Lanni*



**Swimmer of the Month
January: Kicking**



*UofA Junior Age Group
Valentina Lanni*



*FPP Junior Age Group
Gwen Ryan*



*TCRC Junior Age Group
Mackenna Riou*



**Swimmer of the Month
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*UofA Olympic Way
Sienna Lanni*



*FPP Olympic Way
Mila Andriuk*



*TCRC Olympic Way
Evangeline Wilson*



**Swimmer of the Month
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*UofA Junior Olympic Way
Seva Kovalchuck*



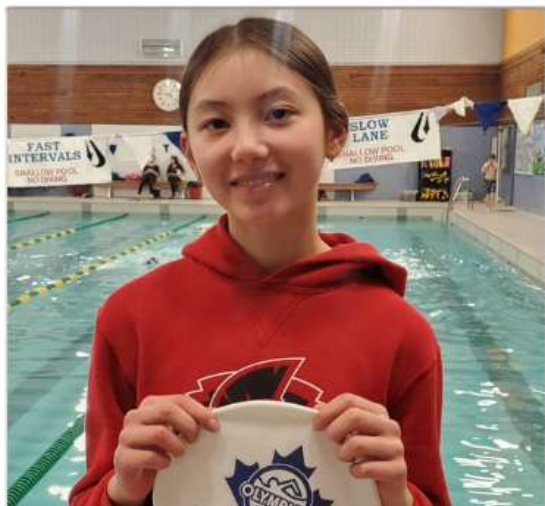
*FPP Junior Olympic Way 1
Mia Mayrand*



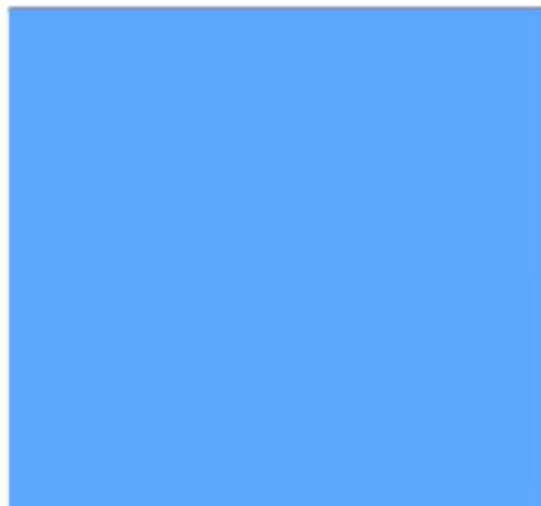
*TCRC Junior Olympic Way
Angelo Xie*



*FPP Junior Olympic Way 2
Anna Bodet*



*UofA Junior Development
Sophia Wirtz*



*FPP Junior Development
Jack Stainer*



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