



November Swimmer of the Month - Training

The November Swimmer of the Month was 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!



*High Performance
Sophia Musselman*



*Performance
Jennah Khazaal*



*Age Group Performance
Zeenah Khazaal*



**Swimmer of the Month
November: Training**



*UofA Junior Age Group
Katherine Li*



*FPP Junior Age Group
Joshua Bodet*



*TCRC Junior Age Group
Olivia Cabigon*



**Swimmer of the Month
November: Training**



*UofA Olympic Way
Parker Gretzan*



*FPP Olympic Way
Ira Macpherson*



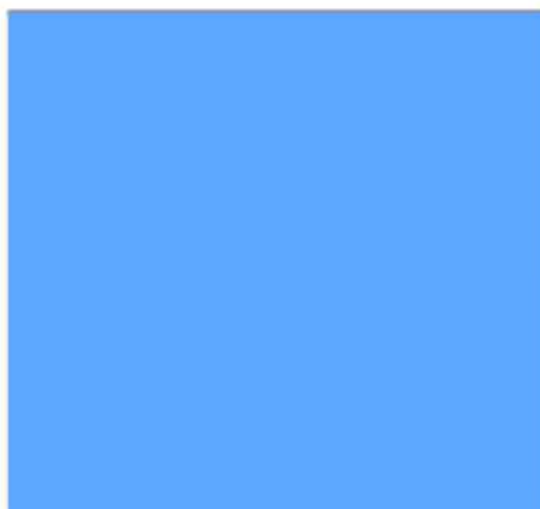
*TCRC Olympic Way
Kai Rymer*



**Swimmer of the Month
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*UofA Junior Olympic Way
Luke Li*



*FPP Junior Olympic Way
Leo Koumarelas*



*TCRC Junior Olympic Way
Jeremy Tchir*



**Swimmer of the Month
November: Training**



*UofA Junior Development
Rylee Barr*



*FPP Junior Development
Chris Lambert*



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