



### **October Swimmer of the Month - Coachability**

The October Swimmer of the Month was awarded to the swimmer in each group who best exemplified the quality of Coachability.

This is a crucial skill to have, and one that will help lead to success in swimming. Being coachable means many different things to a coach:

- The swimmer needs to be committed to showing up to every practice ready to work hard.
- They need a positive attitude and excitement to be there.
- During workouts, they are respectful and listen whenever the coach is speaking, trying to make sure they grasp every detail.
- When it comes time to apply the skill the coach was teaching, they can make the necessary adjustments to their strokes.
- Not only do they make these corrections on the day of, but these swimmers are also able to remember these stroke corrections for days and weeks to come. This is an extremely valuable skill to a coach, as this allows the swimmer to keep building up and progressing their strokes. On behalf of the OSC coaching staff, congratulations to all these swimmers for winning the Swimmer of the Month for October for their Coachability!



*High Performance  
Layne Birbeck*



*Performance  
Tanner Pratt*



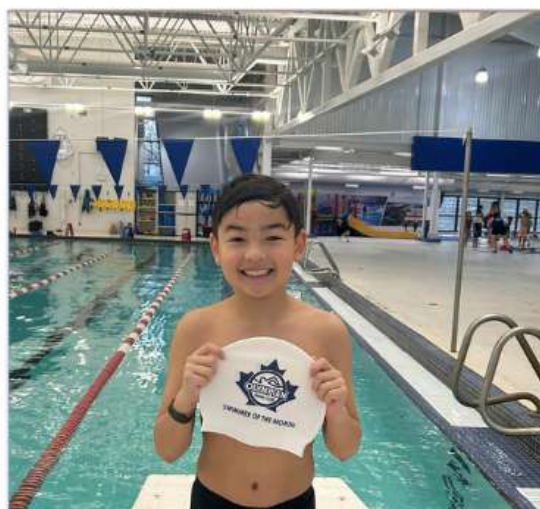
*Age Group Performance  
Felicia Simanjuntak*



**Swimmer of the Month  
October: Coachability**



*UofA Junior Age Group  
Giovanni Simanjuntak*



*FPP Junior Age Group  
Tao So*



*TCRC Junior Age Group  
Owen Tchir*



**Swimmer of the Month  
October: Coachability**



*UofA Olympic Way  
Jackson Bitea*



*FPP Olympic Way  
Kobyn Kirchner*



*TCRC Olympic Way  
Chloe Chang*



**Swimmer of the Month  
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*UofA Junior Olympic Way  
Isla Murray*



*FPP Junior Olympic Way  
Jackson Squire*



*TCRC Junior Olympic Way  
Alize von dem Bongart*



**Swimmer of the Month  
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*UofA Junior Development  
Grace Hnatiuk*



*FPP Junior Development  
Kate Wood*



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