



Swimmer of the Month

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 an 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 applying 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, Coachability!



Swimmer of the Month

High Performance:

Owen Halford



Performance:

Samuel Laurie



Swimmer of the Month

Performance X:

Cadence Garrison



Senior:

Marae Waldron



Swimmer of the Month

Age Group Performance:

Griffin Edgar



JAG Fountain Park:

Victor Hong



Swimmer of the Month

JAG U of A:

Taylor Green



OW Fountain Park:

Seville Rockwell



Swimmer of the Month

OW U of A:

Matea Jenkins



JD / JOW Fountain Park:

Mia Yabar



Swimmer of the Month

JD / JOW U of A:

Thea Lazaruk

