

OCTOBER

SWIMMER OF THE MONTH



STROKE CORRECTION: RACHEL

Rachel has made incredible progress over the last few months. With determination and courage she has overcome her fears of the deep end, and is now swimming all 4 strokes beautifully. Well done Rachel for working so hard and doing so well!



JUNIOR ELITE: ALEX

Alex competed in his first swim meet in August and since then the effort he has put into training has been outstanding. He has been working very hard on improving his technique especially his kick in both butterfly and breaststroke. He practices on the fastest pace times during freestyle test sets, and often steps up to lead his lane! Keep up the great work Alex!