



# Swimmer of the Month

Club Group

Grace Doherty

To swim **faster than anyone else** you need to **train better** and **race better** than anyone else. **You need to set yourself apart.**

Every month, the coaches will be on the look out for swimmers who do just that. **One swimmer from each of the squads will be awarded one of the 'Swimmer of the Month' trophies at the end of each month.** You'll get to take it home – and show it off - until the end of the next month, when it will be passed on to whoever is chosen as the next 'Swimmer of the Month'.

So what've you got to do to win? Basically, **do something special.** Special for *you*. It might be swimming a PB or winning a race, but it might also be coming to more sessions or improving your stroke or race technique.

'Swimmer of the Month'. **It's a big deal.** So do something special today – and set yourself apart.

**Grace has recently started to work hard in her training sessions and this is now reflecting in her overall swimming techniques.**

**Grace used to find climbing out in the deep water difficult but she has now mastered this. Grace also found tumble turns difficult but with lots of practice is now able to turn against the wall – showing that hard work and practice does pay off.**