



Swimmer of the Month

Club Group

Aliya Mukadom

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.

Aliya works hard at training sessions and attends regularly.

Aliya has recently been concentrating on relay techniques and ensuring correct take overs. He can now do this competently.

Aliya has been trying really hard to master breakstroke kick, and although there is still a lot of work to do, there is improvement which is being reflected in her distance work.

Well done