



Swimmer of the Month

Club group

Amber Kennedy

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.

Amber has started to work hard in her training sessions and her attendance is regular, with correct equipment being brought to each session. Amber has worked on recently on her butterfly stroke and her hard work has paid off. She has become very confident in this stroke.

Amber has also been working on implementing correct turning techniques and again due to practicing hard and repeating drills she has now mastered the techniques, which has made her a faster and more efficient swimmer. We are now concentrating on her diving skills.

Well done Amber.