

DECEMBER Swimmers of the Month

SR PERF - **Selim Mahmoud** (91% attendance for the Month of December, and 100% attendance for Winter Warrior) and at the Southern SR Champs he had 6 LTBs!!! His training has improved drastically over November and his paces in practice are showing up faster and more consistent! **OUTSTANDING MEET PERFORMERS FOR DECEMBER:** Macey DeGroot - swam one session at the Southern SR Champs meet and got LTBs in the 500 FR/200FLY/200FR and then 4 days later at her first Winter Juniors Meet she got 3 LTBs in the 50FR/100BK/200BK! KK Leblanc - also only swam one session at the Southern SR Champs meet and got LTBs in the 500 FR/200FLY and then 4 days later at Winter Juniors Meet she got 5 LTBs in the 50FR/100FR/200FR/100BK/200BK! She made the A Final in the 100 FR and the B Final in the 50 FR and 200 FR! On the following Sunday, they held Time Trials in LCM and she got her first ever US OPEN QT in the 50 FR!

SR3 - **Andi Jeanes**. Andi has had a long road to travel to get back into shape after her health issues last year. Each month this fall she's improved her training and racing. The December 13&Over Champs meet was a standout meet with her having to do multiple swims daily and keeping a good attitude & race intensity in very tough racing conditions.

SR2 - **Keegan Reeves** (95% attendance for the Month of December, and 100% attendance during Winter Warrior) at the 13&Over Champs he had 7 LTBs!!! He is very motivated to move up to the SR3 group.

SR1 - **Zosia Gross & Allison Garza**. They both completed Winter Warrior and were tied for the best attendance for December! While at practice they worked very hard and that showed up in the meet results. Zosia dropped time in every event and Allison swam many events for the first time and did very well!

CHALL - **Kivy Moore**. Kivy had 6 LTBs at the Gulf AG Champs Meet! She has a tremendous work ethic, who's been really working to improve her 3rd (Bk) & 4th (Fly) strokes over the past month, which has seen improvement in her practice times and carrying over to her successful Gulf AG Champs meet.

EXP ADV2 - **Omar Mahmoud**. Omar had an amazing month of December in both training and racing. His attendance has improved to the top of the group. He is determined to move to the next level! Omar was a leader in both swimming and in drylands. He's proof that when a kiddo puts all of his efforts behind improving in areas previously discussed, the sky is the limit! I look forward to his continued improvement and can't wait to see him at the next couple of meets...he may even surprise himself!!

EXP ADV1 - **Brinley Livesay**. She has shown overall improvement in all 4 strokes and work habits, in practice, which has resulted in greatly improved meet performance at the Fall Champs Meet.

EXPL - **Bella Follmar & Caroline Reynolds**. Bella has done a good job this month of being more consistent in her training of everything we do in practice, not just her favorite strokes. Caroline has made improvements in practice in all her strokes & is a great lane leader. At the December meet she raced hard & worked her skills.

DISC ADV - **Adelyn Sheets & Evie Yarbrough**. I know these girls have been our swimmers of the month before, but Coach Kate and I talked about what we are looking for in our swimmer of the month - high attendance %, participation in swim meets, leadership in practice, hard working in drylands, and a cheerleader for their teammates. With all that being said, Addie and Evie are no doubt our December Swimmers of the Month. These girls have worked very hard to rise to new challenges. They are at practice close to 90% of the time. They switch on and off between lane leaders. They are very coachable. For instance, at the swim meet, each girl was told to race their 25 free. Addie limited her breathing and kept her head down low to get across the pool, while still doing streamline butterfly kick off her start. Evie was very similar. We have talked about changing her breathing to every 4, and she crushed it. She was able to do a perfect streamline with 4 dolphin kicks, up to beautiful breathing of every 4th stroke. When you see these girls, just watch them for a little bit and see why they are repeat Swimmers of the Month.

DISC PRE - **Brylee Garay**. Bryleigh is relatively new to the group, but if you have been watching her lately, you would never have known that. She comes to practice ready to work, with a smile that comes out as she races across the pool. She has worked on perfecting her position 11 freestyle stroke, and getting her belly up to kick from her hips and glutes in backstroke. Her body motion roll makes mermaids jealous. Congratulate Bryleigh when you see her!