

## **SHARKS SWIMMERS OF THE MONTH - OCTOBER**

- DISC PRE
  - Sophia Hassan - Sophia will come to dryland and rock table, and then try to be the first one in the water for warmups. She crushed her 50 free kick at the Developmental Meet and is working hard on leading her lane to move to Discovery Advance.
  - Emily Mounce - Emily Mounce is the friendliest swimmer you will ever meet. She wants to be friends with every swimmer. She is kind and always willing to help others before helping herself. She goes out of her way to make sure everyone is excited and happy to be at swim.
- DISC ADV
  - Abigail Liles - Abigail has come so far so fast. She worked her way out of Discovery Pre-Team to earn her spot in Discovery Advance. She is always trying her best to be one of the lane leaders. She will swim her heart out to make sure she hits the interval and is taking her time to do slow, right, and legal breaststroke.
  - Evie Yarbrough - Evie is small but mighty and has made sure everyone knows who she is. She crushes her kicks while wearing pink and purple zoomies and started breathing 4s to master her head position. She does not know a stranger and makes sure you are welcomed on Sharks. She loves to race and goes to every meet she can.
- EXPL
  - Natalie Kahms - Nat has done great in our kick sets this month and leading her lane on our breaststroke work.
  - Parker Zeid - Parker has made a lot of improvements since joining the group. He's swimmer of the month for his improvements in his daily free, kick, and breaststroke skills.
- EXP ADV1
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- EXP ADV2
  - Hannah Robbins - Every time Hannah shows up for practice, you just can't help but smile! She always has an awesome attitude. Of course she is a hard worker and her attendance was amazing. One of the best conversations I had with her this month was about her reasoning for not always coming when we are combined with other groups...according to her, "It's just too easy!". WOW we must keep an eye on this one!! Aside from consistently having the absolute best turns on the entire team, Hannah topped off her incredible Month with the best Halloween costumes I have ever seen - even better than the athlete that dressed as...ME!!! Let's all give Hannah a high five when you see her for a well deserved Swimmer of the Month for Exploratory Advanced 2.
- CHALL
  - Leighton Haver
  - Cameron Lowman
- SR 1
  - Pallas Pinkoski - Pallas has had a great October! which includes the second-highest attendance (80%) of the group. More importantly, when she is at practice she gives it her all and always has a great attitude. The meet in October was on her birthday weekend, but she still went showing her commitment to wanting to improve her swimming. She swam very well at the meet. Happy Birthday Pallas and excellent Work!!
  - HONORABLE MENTION - Ben Cyr for his 87% attendance for the month!

- SR 2
  - Logan Atchison - he went 7/7 for Lifetime bests at the FCST Tri Meet. He dropped 24.2 seconds in the 400 IM; 23.8 seconds in his 500 Free; and 9.3 seconds in his 200 Back! He is improving IM sets at practice and LOVES swimming with paddles!
  - Vivian Johnston - she went 6 out of 7 Lifetime bests at the FCST Tri Meet. She dropped 18.9 seconds in her 500 Free; 17.2 seconds in her 400 IM...and in her FAVORITE event, the 200 FLY, she dropped 12.1 seconds. Her attitude at practice has been improving every week as she gains more and more confidence!
  - HONORABLE MENTION - Keegan Reeves for his 95% attendance for the month of October which was up from his 83% in September!
- SR 3
  - Abigail Lowman - Abigail has been super consistent with her training both in the pool & in drylands in October.
- SR PERF
  - Hayden Nielsen - Highest attendance of the group (100%)!!!!
  - Best improvements in kicking during the Month of KICK-TOBER
    - Edi Jakob - moved up to the second fastest kicking sendoffs
    - Ben Nendza - moved up the fastest kicking sendoffs
  - Outstanding performers at FCST Tri Meet
    - KK Leblanc 7/7 for swimming faster than entry times (including 1 Lifetime best in the 200 Bk)
    - Dylan Haver 7/7 for swimming faster than entry times