

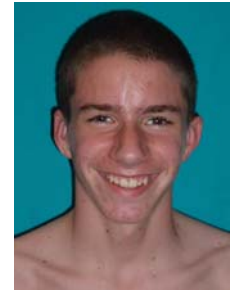
SWIMMERS OF THE MONTH

AUGUST 2006

National Group: National Team swimmer of the month is Cody. Cody swam the 100 and 200 meter breaststrokes at JO's and won both of his events with National Reportable times which are currently in the top 8. Nice job Cody...keep up the great swimming! —*Coach Ron*



Cody



Robbie

High School Group: No Swimmer of the Month chosen for August. —*Coach Brent*

Junior Olympic Group 2: The Swimmers of the Month for August 2006 are Robbie and Billy. Each swimmer showed great dedication to practice during the summer. Billy had amazing races in the 200 Free and 200 IM. Robbie showed great sprint speed in the 100 Free and terrific endurance in the 200 and 400 IM's. Great job! —*Coach Chris*



Billy



Adrianna

Junior Olympic Group 1: No Swimmer of the Month chosen for August. —*Coach Brent*

Blue Group: No Swimmer of the Month chosen for August. —*Coach Liza*

Gold Group: Swimmer of the month for the Gold group is Adrianna. She was chosen for her exceptional attitude in practice. She starts and ends each practice with a smile. During practice she listens to direction and executes each set with precision. Adrianna has a bright future in this sport. Congratulations! —*Coach John*

Silver Group: Swimmer of the month for the Silver group is Lauren. Lauren has shown tremendous improvement in the past month. She has increased her stamina so that she no longer needs to take breaks in the middle of sets and instead she leads her lane. Keep up the good work Lauren! —*Coach John*



Lauren



Andrew

Novice Group A: The swimmer of the month for August is Andrew. Andrew has made giant strides this month in his swimming. He comes to practice wanting to be a leader. Instead of the "I can't do it" response that I used to get, he tries new things. If he doesn't get it right away, he stays at it until he does. Great job Andrew! —*Coach Violet*