



NEWSLETTER

FEBRUARY 2021

Sharing Values of Friendship, Team Pride, Staying Healthy and Community Support



**HAPPY
LUNAR
NEW YEAR 2021**



Commencing January 2021 and going forward each month, coaches will select one swimmer from each group as the swimmer of the Month. Selections will be based on the following criteria:

- Attitude
- Dedication and Effort
- Attendance
- Performance and Improvements

Awarded swimmers will be announced on TU news, newsletters and Instagram.





SWIMMER OF THE MONTH

YOUTH

GOLD



TIANA LEE



KINGSLEY WONG

ALLIGATOR

GECKO/SALAMANDER



SINO FARID (YASSIN)



GRACE HO

SWIMMER

SPOTLIGHT



TOMMY CHUNG

Without a doubt, swimming is a mentally and physically challenging sport. The responsibilities and sacrifices that come with being a competitive swimmer are some of the most prominent aspects of the sport that I feel is often underappreciated and overlooked by outsiders.

Training six days a week while balancing academics and other extracurriculars may seem like a daunting task at first. That being said, there are pros and cons to everything; One of the biggest lessons I've learned throughout my years of swimming, is the value of time management. To all of the young, up-and-coming Gators swimmers, I strongly encourage you to establish a strong work ethic and mindset at a young age, because it can go a long way. A strong work ethic is a foundational skill for succeeding in school, and can really give you an edge over your peers. Not only that, but it is also applicable to all areas of your life! Learn to embrace the demanding schedules! I think it's a great way to prepare yourself for the near future, and your adulthood. A demanding schedule gives you a glimpse of the responsibilities of an adult, and although you may feel overwhelmed at times; it ultimately comes down to

perspective, and how you choose to approach and cope with the responsibilities of a swimmer. Try your best to stay positive; for me, the pool has always been a place for self-growth and improvement, but it has also provided me with an incredible community. Remember, do not hesitate to reach out to your coaches, they're a great support system! Lastly, staying disciplined is crucial as well. Review your schedule and allocate your free time towards studying, and completing your assignments. Nowadays, there are a variety of tools you can use to keep track of your deadlines; experiment and find a strategy that works for you! Personally, I write everything down on a notepad and set reminders in my phone, as necessary. I hope that you found some of my personal insight and experience useful. If you would like more tips or have any questions, feel free to ask me!

Cheers, Tommy Chung