



**MIDDLESEX  
SWIMMING**



## **AGE GROUP ATHLETE OF THE MONTH ST. MARY'S & STRATFORD**

### **PAIGE MANZER**

Paige has been selected as our last St. Mary's & Stratford programs Age Group Athlete Of The Month within our 2022-2023 season for the month of June.

Paige is someone who has continually shown to our coaching staff over the year her very technically progression across all of her strokes and skills to the point where now we generally look to Paige to assist with demonstrating skills, drills, and other stroking mechanics because we are secretly hoping other fellow peers will be able to do whatever we are asking them to perform as well as Paige does them. On top of Paige's seemingly effortless technical gifts she is great friend to hear teammates and a strong leader. However, we also know that as Paige continues to develop both as an athlete and person that she will do remarkable things both in and out of the water in the future helping many others that she comes into contact with throughout her life to achieve their greatest potential.

Paige we all hope that you understand that strength does not necessarily come from what you currently can do now, it comes from overcoming the things you once thought you could not do... No matter how unlikely you may think that to be the case right now. Therefore, never forget that in the middle of each and every difficult circumstance throughout your own life lies the opportunity for you to become better, grow, and achieve unimaginable new heights in all areas of your life. And finally, always believe in yourself and all that you are Paige, as we all know there is much greatness inside of you still to be taped into ;)

Congratulations Paige on receiving our Athlete Of The Month award within our Age Group programs located in St. Mary's & Stratford for June and hopefully you enjoy a treat of your choosing on us this summer!!!

***Middlesex Coaching Staff***