# AQUAPARK

## Swimmer of the Month
## April, 2018

## Paryse Reed
## National Senior/Senior & AG1

Paryse Reed was selected as the April Swimmer of the Month for the National Senior/Senior/Ag1 Groups. Paryse started the 2017-18 season recovering from an almost year-long running injury. She was limited in her training and still needed more recovery time. As the season progressed, she gradually elevated her training as well as her attendance. By April she was training very well, both in the sense of effort and technique improvement. She also had a 90% attendance for the month. At this point in the season, Paryse has now produced 28 times faster than she has done in the past. In April we saw 6 of these. Her biggest best time improvements came in the 50 fly – 1.13 seconds, the 100 back – 1.37 seconds, and the 100 fly – 3.83 seconds.

Congratulations Paryse and keep up the good work.

Alan Swanston

NEWMARKET STINGRAYS SWIM CLUB