

AQUAPARK

Swimmer of the Month

April, 2018



Salma Vahle AG2 & AG3

Salma has been flying (*literally*) up and down the pool both in practices as well as at swimming competitions. Now, as I have said before in past swimmer of the month write up's, this does not come as surprise to me because yet again in Salma's case, she has continued to put the work in when it is require. No matter how, Salma finds a way to put her best foot forward. Her attendance and engagement at workouts is superb! A large portion of why Salma is excelling is due to her being excited about swimming and she has lots of fun doing it. Salma has even been known from time to time to try an assist me out with coaching/debriefing others at meets following races. All of the above are just some of the small ingredients that have lead Salma to find her recipe for becoming successful ;) Now, I generally don't like getting caught up in how much time a swimmer is taking off, as there are many ups and downs within a swimmer's, athlete's, or even an individual's life... However, Salma has as been taking off a crazy amount of time over the last two swim meets in April equalling a whopping 4:37.54, across 19 individual event, in which every single one of those events Salma did best times in... And I think it is only right to celebrate her accomplishments that she has put so much into!! Additionally, even though the Swim-A-Thon does fall into the month of May... And I had already selected Salma as the swimmer of the month for April, I just wanted to give everyone one final piece of information to put into perspective on how much Salma has improved in a year because it is difficult to picture if you haven't seen the way she has progressed in person day by day. Salma swam 24:01.00 faster than what she did in the 5km last year. This means she experienced had an improvement rating just below 25% from last year to this season... This is absolutely remarkable!!! Salma's love for the sport and ability to take advantage of the opportunities that are provided to her is a large reason for the success she has been experiencing in the pool. Her understanding that the process is what is important and having fun trying to do her best is something that will take her very far both within the pool and outside of it! Therefore, without further or due - Congratulations Salma on all of your accomplishments that you have earned, as well as many more to come, and for being named AG2 & AG3 April Swimmer of the Month!

Here is a quote that I have recently read by famous coach (*John Wooden*) that I would like to share/leave you with Salma "Success is peace of mind, which is a direct result of self satisfaction in knowing you made the *effort* to do your best to become the best that you are capable of becoming."

Doing your best is what matters. Focus on that and the external rewards are just the extra icing on the cake Salma ☺
Mackenzie Salmon

