



Swimmer of the Month

March 2021



Isabella Sprogis, AG1/2

And the "Swimmer of the Month" goes to Isabella Sprogis. A really hard worker, extremely dedicated, and always happy to be at practice.

Isabella has fantastic attendance records month after month, missing workouts on very very rare occasions.

Isabella was the only swimmer in the group who attended every Zoom meetings during lockdown #2. She has been working incredibly hard since September.

It doesn't matter what set she was given, from running, dryland, sprint sets, kick sets, and distance sets; she has always pushed herself to the max.

I admire that there isn't an ounce of quit in Isabella. She has taken ownership of her training, and will never give anything less than 100%.

She's not only one of the hardest workers in the AG1/2 group, but is also a positive force, encouraging others, and never putting anyone down. She listens, focuses, and puts her best foot forward, no matter the odds.

Isabella is one of the younger athletes in our group but continues to lead the way in attitude and effort.

I'm excited to continue to see her growth as a swimmer. Congratulations Isabella!