

AQUAPARK

Swimmer of the Month March, 2020



Kesa Taivassalo AG3 & AG4

For those who don't know Kesa that well yet, she has a really good work ethic, she is an excellent racer/competitor, a caring person, and a very determined young lady. With those characteristics it is not a real surprise to me that Kesa had a wonderful year within the pool, an even better month this past March (*although shorter than originally planned or expected*). Furthermore, Kesa has helped keep or push her teammates onto greater performances and breakthroughs, and is definitely headed on the right path for greatness herself. Specifically, speaking to the success and results that Kesa has achieved this year is largely due to the fact that since the beginning of the season Kesa has been able to embrace my direction of needing to increase her intensity as well as her application of technical skills on a more consistent basis. With this approach and action taken by Kesa on a daily occurrence, she has taken off 532.15secs/8:52.15mins across the 6 swim meets that she has competed in this season, she qualified for 12 and 13 year old Festivals, and just recently qualified for OYJ's in both the 100m and 200m breaststroke at our Steve Kingston swim meet held at Magna in the beginning of March for the 1st time (*just a bit off the 14 year old cut*).

To help put Kesa's year into more perspective for everyone, at Kesa's first swim meet back in November she took off 14.64secs (*which is still good!*). But with staying persistent and focus almost $\frac{3}{4}$ of the time Kesa has taken off this year comes from January to March. Also, every single race that Kesa has swam since January has been a personal best time for her. And now Kesa is becoming very close to qualifying for both OSC's in the 13 & under category as well as other Canadian age group championships i.e. (*Easterns and CJC's*) soon due to the times she put down in March, but more importantly everything else that Kesa put into her swimming since the start of the year. In the hopes that others can learn from Kesa positive trajectory this swim season and help themselves reach new heights both in and out of the pool, imagine a rocket ship taking off. The initial energy required to get that rocket ship to take off and moving in the direction that you want it to go, is quite great to say the least. However, as the ship continues to excel towards the stars (*or wherever you want to end up*) the energy that is needed lessens and the distance travel/rewards gained grows. Therefore, whether it be in the pool or out of it, do not be afraid to put in the work on a regular basis because even though at the beginning it will be hard, eventually you will be in the stars! Kesa you have a huge voice, you are high energy, an amazing supporting of others, you aren't one to hold back on probing for understanding or asking questions, and probably the best quality that I see from you on a regular basis is your ability to keep yourself and others around you accountable for putting their best effort forward at each workout. In my opinion you are one of the strongest leaders (*if not the leader*) within AG3 and AG4 because of the big impact you have on the others around you. Personally, I can't wait to see what you do within the future Kesa as you continue to make waves in the pool and excel outside of it. But for now, congratulations go out to you Kesa again for everything that you have deservedly achieved within both the month of March and the rest of the swim year!

**Congratulations on being named swimmer of the month for March Kesa
Mackenzie Salmon**

