

AQUAPARK

Swimmer of the Month September/October, 2019



Claire Thorne AG3 & AG4

Claire has been selected and awarded the honour of being named AG3 & AG4 Swimmer of The Month for September and October due to what she has been doing on a daily basis right from the beginning of the year in and out of the pool to further her swimming as well as herself. Claire has continued to maintain a perfect 100% attendance since the beginning of the season with just over half a dozen other swimmers/teammates within AG3 and AG4 who also have been able to make it out to every practice available to them at this point through the swim year. Claire attacks what she is doing, attempts to do it to the best of her ability, and even a little more some practices when possible. Claire asks for more. Whether it be by email for extra tips and guidance on figuring technical things out, or in person by becoming curious about how to put more work/making things more difficult in-order to reach her goals sooner. From the interactions that I have had with Claire to this point in the season and everything else that I have observed, she is definitely one of those individuals that is commitment to self excellence, and thus the pursuit of it. When you talk about an individual who is actively looking to pursue excellence, there are certain things that you must understand and grasp that are necessary elements to such a journey. It will be harder to take this path than the easy way because each and every day they must strive to be better.... They must do what others decide to not to the best of their ability and than they must look to do more by continually pushing themselves into the uncomfortable areas/zones that so many try very desperately avoid... And finally, they must embrace as well as overcome the obstacles and tests that life will most definitely throw their way in an attempt to change for the positive each day as an athlete and person, even when changing requires them to go into uncharted territory.... Excellence, perfection, and mastery is not a single act but the habits that one does each day, as we are what we repeatedly do. Therefore, continue to keep up the wonderful work that you have been putting into your swimming through the ups and the downs as you reach for excellence because many more honours, rewards, and other greater accomplishments are still yet to come for you Claire within your journey both in and out of the water.

Congratulations again Claire on receiving this Swimmer of the Month award and acknowledgment.... You have most certainly earned it!

Mackenzie Salmon

