

# July 2018 Swimmer of the Month



## DEREK JONES

“Congratulations Derek Jones for being selected as July’s Swimmer of the Month! Derek was chosen because he exhibits exceptional work ethic and attitude 100% of the time. Not only that, but Derek has the highest practice and meet attendance in all of Silver group. Derek’s focus and drive have led to some major improvements in his swimming this year. After being injured and out of the pool for many weeks at the beginning of long course season, Derek didn’t let it slow him down and he came back with more fire and fight! That fire has not died down and Derek has consistently been working towards his goal to move up to Gold group next year by attending each and every Friday Rose Gold practice he is invited to. Even when Rose Gold was combined with White Gold, Derek rose to the occasion and pushed himself to the limit by not backing down from each set. Determined to make the intervals (which were hard even for the Gold swimmers), Derek gave it his all including some blood, sweat, and tears. Derek is an example to all swimmers of how hard work and a positive attitude go a long way in reaching your goals. I am very excited to see what Derek does in Gold group next year and am so proud of the improvements he has made in 2017-2018. Way to go, Derek!” – Coach Heather

### Get to Know Derek!

Favorite Stroke: Backstroke

Favorite event: 200 FR

Favorite thing to do when not swimming: Hanging out with friends and reading

Favorite Book: The Darkest Minds by Alexandra Bracken

Favorite food to eat after swimming: Pasta, meatballs, vegetables, or fruits

Favorite thing about swimming: It’s very useful for some things. It’s helped me become stronger and it’s just a good sport

Favorite thing to do after practice: Go home, eat, hang out with my family, maybe play a board game or watch a show and then go to bed around 8ish

Swimming Role Models: My brother, he always helps me when I have questions and My dad, he gives me advice and it’s kinda cool how he got a scholarship for swimming.

