

**FISH of the Month: Ashley Gregory**

Congratulations to Ashley Gregory on being named the FISH of the Month. Her continued dedication and motivation, ability to take criticism as well as praise, her attitude at practice, and constant support of her teammates made her a standout for this honor. And while there are many reasons Ashley was chosen, we would like to highlight her improvement of her butterfly during the season.

The first step towards Ashley fixing the problem was acknowledging that her butterfly was a weakness. Ashley was determined to not allow her butterfly to be a weakness for long. She accepted that the changes would be difficult and take a lot of focus, but she was not going to back down from this task.

The hardest part of making stroke changes is being able to do them consistently at practice, even in the middle of a challenging work out. Ashley found that the more she worked on improving her stroke, the easier it became for her to train butterfly which only then accelerated her improvements.

The coaches feel that Ashley is a fantastic example of knowing what needs to be done and going out and doing it. Challenging herself to improve a weakness has had a great impact on her training and attitude in the water. What makes us even more proud of Ashley is how this lesson and had an impact on her outside of the water as well.

Congratulations again to Ashley Gregory on being FISH of the Month.