

FISH of the Month – September 2018
Selah Dean



If you don't know Selah Dean, you should get to know her. You could ask her all kinds of questions about swimming, and how she has really progressed with the FISH.

She would tell you that she started out in our Mini FISH program, swimming twice a week, and attended mini meets for 1 ½ years (her birthday is in January)

If you asked her, she would tell you she is in her school band, and swims for her high school team, Woodson.

She would tell you that she loves to compete Open Water, and competes in the Bay Swim every year. Did she tell you about the Eastern Zone Open Water she just competed in?

Be sure to find out that she swims for Somerset-Olde Creek in the summer.

Make sure you ask her what makes her so successful.

First on her list would be outstanding practice attendance.

Did you know she had perfect Early Season practice attendance, 26 out of 26. Remember, too, that September was pretty rainy, and most of it was long course, outdoors, at Westwood Country Club? She might not tell you that the water was pretty cold. That's because she doesn't complain, she just does the best she can do.

If you really asked her some tough questions, you would find out that every year, it seems as if Selah manages to turn a weakness into a strength. First it was freestyle, then butterfly, then kicking, and let's not forget about those underwaters. What strength is she going to develop

this year? She just doesn't apply herself only to what she's good at, she focuses and works on everything.

Be sure to ask her about the challenges she faces, and how she overcomes them, at practice. I'm sure she'd tell you that her ankles really bother her, and often hold her back on kicking, especially with fins. It's amazing that she's gotten so much better with her kicking, isn't it? She would also tell you that when she can't kick, she swims with a pull buoy between her ankles, to work on her upper body. There is no time off with Selah.

Did she mention how important it is to her to be early for practice, get her stretching done, and start warm-up on time?

And on those rare occasions when she has to miss practice (which hasn't happened yet, this year), Selah is the Queen of Communications. Did she tell you that, too? Selah always lets her coaches know if she is going to miss practice, or is going to be late due to band or other after-school activities (and that doesn't happen too often, either)

Well, I guess I pretty much told you what she would have told you, what has made her so successful and such a great swimmer to have in the Awesome FISH.

You still should get to know her, and talk to her. It would be really worth your while.