



Swimmer of the Month

Junior 1

Pratham Kurshal

Pratham always works hard at his sessions and he recently has been concentrating on achieving a strong front crawl kick. After weeks of practicing and repeating drills over and over, his hard work has finally paid off, with Pratham now being able to kick correctly. We are now working on his speed and explosive power.

Pratham has also been working on implementing correct turning techniques and again due to practicing hard and repeating drills he has now mastered the techniques, which has made him a faster and more efficient swimmer.

Well done Pratham.

To swim **faster than anyone else** you need to **train better** and **race better** than anyone else. **You need to set yourself apart.**

Every month, the coaches will be on the look out for swimmers who do just that. **One swimmer from each of the squads will be awarded one of the 'Swimmer of the Month' trophies at the end of each month.** You'll get to take it home – and show it off - until the end of the next month, when it will be passed on to whoever is chosen as the next 'Swimmer of the Month'.

So what've you got to do to win? Basically, **do something special.** Special for *you*. It might be swimming a PB or winning a race, but it might also be coming to more sessions or improving your stroke or race technique.

'Swimmer of the Month'. **It's a big deal.** So do something special today – and set yourself apart.