



AGE GROUP ATHLETE OF THE MONTH



AMARI SARGENT

We are excited to announce that Amari has been selected as our Age Group Athlete of the Month for May! This honour is again only awarded to one of our Age Group athletes from among all of our programming in London, St. Mary's, and Stratford in recognition of their notable efforts in and around the water.

Amari is an enthusiastic member of our Black Group program in London and is also actively involved in our water polo program.

Amari is known for being a very kind, caring, and hard-working young man who truly loves being in the water and helping others whenever they are in need of assistance. Recently, Amari has shown significant improvement in the pool, achieving remarkable time drops at his latest swim meet. These impressive results are a testament to his improved focus on training habits, skill development, technique refinement, and his willingness to push himself during challenging sets and races. An example is Amari consistently stands out as one of the swimmers who maximizes their underwaters and pullouts... Although he still has room to improve (just like any other athlete), the important thing is he is pushing himself to become better, and people are certainly beginning to notice the fruits of his efforts!

Remember Amari if you fail, never give up because F.A.I.L means, "Further Attempt In Learning". Additionally, note that an End is not the end, in fact E.N.D means, "Effort Never Dies". Finally, if you get No as an answer, remember N.O means, "Next Opportunity".

Please join us in celebrating Amari's dedication, achievements, and being named our Age Group Athlete of the Month for May within our age group programs. Keep up the excellent work Amari, and we hope you enjoy a treat of your choice on us with this award!