



**MIDDLESEX
SWIMMING**

AGE GROUP ATHLETE OF THE MONTH

BEATRICE THOMPSON

Beatrice has been selected as our Age Group Athlete of the Month for January out of all of our athletes from London, St. Mary's, and Stratford due to her outstanding performances in the month of January, her exceptional work ethic, and rapid rate of improvement over such a short duration of time within our program.

Beatrice has just recently begun swimming with our club within our Green Group in London, but she has been swimming up a storm and turning many heads around the pool due the way that she approaches her swimming and attempts to increase her knowledge as well as understanding of the sport. Another reason for Beatrice being selected as the athlete of the month after only being in the club for such a short period of time is in her 1st ever swim meet (only a couple of weeks into swimming with the club) Beatrice blew away all of her seed times and ended up placing top 4 in all of her races, she won a Gold, Silver, and Bronze medal at the competition, and was the club's top performing swimmer at the swim meet. As Beatrice is such a wonderful student of the sport, an excellent listener, an incredibly hard worker, and determined young lady who is very quick to pick up technical and skill corrections, our coaching staff has no doubt that Beatrice will continue to have exceptional results not only just in the pool, but out of it as well.

Beatrice seems to already thoroughly recognize that a person's dreams don't become a reality through magic; they will become real through sweat, determination, and hard work. Beatrice, we hope you keep your DREAMS BIG and that you simply refuse to give up on your goals and dreams when difficult obstacles or losses come up in your life and that they don't deter you from achieving that which you intend to accomplish. Remember to take those experiences as an opportunity to become better and stronger, as you will always be able to learn and grow more from your failures than your successes.

Congratulations once more, Beatrice, on being named our Age Group Athlete of the Month for January within our age group programs. Continue the excellent work, and we hope you enjoy a treat of your choice on us with this award!