



MASTERS ATHLETE OF THE MONTH



CAMERON CHARLTON

Cameron has been selected as our Masters Athlete of the Month for December out of all of our masters within our programming across London, St. Mary's, and Stratford due to his record breaking performances this far into the competition season, his incredible work ethic, his overall attendance, and his persistent pursuit of achieving his goals.

Since joining our Masters Swim Mornings programming in London this season Cameron has quickly been on a tear in the pool breaking 7 club records within our men's 40–44-year-old category as well as rapidly closing the gap on breaking some Provincial... and perhaps even some National records in the very near future!!! These sorts of results are not accomplished without a tremendous amount of work both in and out of the pool to improve upon his physical conditioning, technique, and skill. The time, energy, spirit, and commitment that Cameron has been putting into his training on top of his family and work commitments have been truly inspirational to see. Additionally, Cameron also brings an added amount of lighthearted competitiveness to the workout environment and helps to push his teammates towards further positive results by challenging others on repeats or just having some fun banter back and forth with one and other.

The will to win, the desire to succeed, the urge to reach your fullest potential are just a few attributes that Cameron exhibits on a regular basis in which everyone could learn from... Because these are the keys that will unlock the doors to personal excellence in all areas of one's life. However, remember that if anyone wants something that they have never had or achieved, they must be willing to do things that they have never done before.

Congratulations, Cameron, on earning the Athlete of the Month award in our Masters programs for December. Continue the excellent work and we hope you enjoy a treat of your choice with this accolade!