



MASTERS ATHLETE OF THE MONTH



IDEL SHAFIKOV

The club is thrilled to announce Idel as our Athlete of the Month for December within our Masters programming! Again, this honor is awarded to only one athlete out of all the masters within our programs across London, St. Mary's, and Stratford in recognition of their notable efforts in and around the water.

Idel has been selected as our Masters athlete of the month due to his consistent attendance at practices, as Idel rarely misses a workout... His attention to detail, which has successfully led him to improve upon his overall strength and conditioning, his technique across all 4 strokes, and his skills (most notably his starts)... And the work ethic he has demonstrated to our coaching staff both at practice as well as away from it. Even though Idel has only been within our programming since the fall the transformation that our coaching staff has witness in his swimming has been really outstanding to watch and we are excited to see what Idel is able to continue to accomplish in the near future!

Idel remember that the only person you are destined to become is the person you decide to be or show up as each and everyday. Therefore, continue to make sure that you do something positive everyday that your future self will thank you for as you have been doing these past months and there is no telling what you will be able to achieve or how exceptional of a person you will continue ending up developing into being :)

Please join us in congratulating Idel on this well-deserved recognition! We wish you continued success both in and out of the water, and we hope you enjoy a treat of your choice with your \$15.00 cash award on us to celebrate this achievement... And hopefully many more to come!