



MASTERS ATHLETE OF THE MONTH



JENNIFER KOMOROWSKI

The club is thrilled to announce that Jennifer has been selected as our Masters Athlete of the Month for March! This honor is awarded to only one athlete out of all the masters within our programs across London, St. Mary's, and Stratford and is a true testament of her remarkable accomplishments in the water, unwavering dedication, and consistent hard work throughout the season!

Jennifer recently achieved a significant milestone by winning the 40–44-year-old age category in the Swim Ontario Series for the 2024-2025 season. Additionally, she is one of the most dedicated swimmers, consistently demonstrating her strong work ethic during our Masters Swim Mornings and Weekends program in London or at swim meets while juggling all of her other commitments that she has within her busy life. Beyond her athletic achievements both in and out of the water, Jennifer is an Assistant Professor at Toronto Metropolitan University, a proud mother, and a registered band member of the Oneida Nation of the Thames. Her commitment to her training, along with her various other responsibilities, is truly inspiring to everyone around her.

Remember Jennifer success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all the love of what you are doing because whoever loves much, performs much better, and will accomplish that which is seen to be impossible in the eyes of those who do not pursue the opportunities that life presents to each individual with the required passion.

Jennifer's passion for swimming and relentless efforts have rightfully earned her the title of Middlesex Swimming Masters Athlete of the Month for March. Please again accept our heartfelt congratulations Jennifer on this well-deserved recognition, which reflects your outstanding commitment and work ethic. We wish you continued success both in and out of the pool, and we hope you enjoy a treat of your choice on us to celebrate this achievement!