



MASTERS ATHLETE OF THE MONTH

NATHAN VANDER PLOEG

Nathan has been selected as our Masters Athlete of the Month for February out of all of our masters within our programming across London, St. Mary's, and Stratford due to his strong work ethic, dedication, and persistence.

Nathan's hard work and dedication in the pool are truly admirable, as he rarely misses a practice and always gives the best effort that he can at each and every workout. With these sorts of habits Nathan knowingly (or not) helps to push both himself to improve and serves as a quiet leader amongst his fellow lane mates. His kind and caring demeanor have made him another very valued member of the team. Furthermore, Nathan's commitment to his overall fitness is evident in his consistent efforts during training and positive attitude.

Nathan you are an excellent role model for everyone to follow, and again we are so proud to have you as part of our program.

Please accept our warmest of congratulations on being selected as the Masters Athlete of the Month for February Nathan. This recognition is truly well-deserved and reflects your outstanding commitment and work ethic throughout the season thus far. Congratulations again on this well-deserved honor Nathan. We look forward to your continued success in the pool and beyond and we hope you enjoy a treat of your choice on us with this accolade!