



**MIDDLESEX
SWIMMING**

AGE GROUP ATHLETE OF THE MONTH



OLIVIA MICHAUD

Olivia has been selected as our Age Group Athlete of the Month for December out of all of our athletes from London, St. Mary's, and Stratford due to her amazing energy, positive influence on those around her, her determination to become the best that she can be, and the results that the coaching staff has been witnessing at practice and within competition so far this season.

Olivia has joined our club this season and trains within our Green Group in London. She has been an outstanding addition to our club and is in the eyes of our coaching staff a rapidly rising athlete in the water with the manner in which Olivia always shows up to practice (or swim meets) ready to work, have fun, and give it her all. Olivia continuously goes the extra mile to improve. An example of this is at her most recent swim meet in Brantford Olivia would return to the warm-up and cool-down pool to practice and refine her skills and technique... Which was phenomenal to see from someone of her age! On top of Olivia's work ethic and determination, she is a wonderful teammate to all of those who are around her. She is incredibly supportive, giving, and always happy to help others out in any fashion that she can.

Know that success is no accident, Olivia. It is always achieved through hard work, perseverance, learning, studying, sacrifice and most of all doing that which you love to do. A river cuts through solid rock not because of its power, but because of its persistence. Therefore, we hope that you always keep your ambition and dreams big Olivia because it is your path to success, while your persistence will be the vehicle that you use to arrive there.

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