



**MIDDLESEX
SWIMMING**

AGE GROUP ATHLETE OF THE MONTH



SADIE FRANCIS

Sadie has been selected as our Age Group Athlete of the Month for November out of all of our athletes from London, St. Mary's, and Stratford due to her determination, her work ethic, and her commitment to trying her best in the water both in practices as well as during competing.

This is Sadie's 1st year with Middlesex Swimming. For those that have come to know Sadie, she is soft spoken and would prefer to quietly go about her work. However, don't let her silence fool you as this young lady is full of energy, passion, grit, courage, and drive to become the best that she can... and certainly doesn't like to lose when it comes time to race. Thus, it doesn't come to much of a surprise that recently at Sadie's first competitive swim meet in London our coaching staff's felt that Sadie really stepped things up again. She had some remarkable personal breakthroughs due to doing a tremendous job of continuing to step outside of her comfort zone and also raced incredibly well considering it was her 1st competitive swim meet.

These sort of breakthroughs, results, and work ethic have made it very easy for our coaching staff to select Sadie as our age group athlete of the month for November.

Sadie know that being in your comfort zone is overrated. When you embrace the unfamiliar and uncomfortable in all areas of your life, you will continue to soar to ever new exciting heights. Therefore, we hope that you continue to not be afraid to expand yourself and your beliefs of what is possible by stepping out of your comfort zone because that is where you will find further joy and the adventures that will bring you more fulfillment in your life.

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