



## AGE GROUP ATHLETE OF THE MONTH



### SOPHIE WANG

We are thrilled to announce that Sophie has been selected as our Age Group Athlete of the Month for March! This honour is again only awarded to one of our Age Group athletes from among all of our programming in London, St. Mary's, and Stratford. Sophie is receiving this award due to her positive attitude and excellent training habits that she has consistently shown throughout this swimming season.

Sophie is a very dedicated young athlete who quietly and diligently works in the pool alongside her sister and friends. She is not surprisingly very consistent with her efforts (even when she is tired) and is positively influence those around her during practice. Additionally, it is truly impressive to see how consistently Sophie completes her swimming skills and takes the time to refine her stroke technique to the highest standard, especially considering she has only been swimming in our club's programming for less than a year.

Recently our coaching staff has also noticed Sophie's increased efforts in training, whether she is leading her lane, pushing herself to outperform others in races, or continuously perfecting new skills and technique to an even higher degree than her peers. With these positive attributes, we are confident that Sophie will have a bright future both in and out of the water, and we eagerly anticipate and await her future achievements in the years to come.

Just remember Sophie the only thing that stands between you and your dreams is the will to try and the belief that they are actually possible to achieve.

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