



**MIDDLESEX
SWIMMING**

AGE GROUP ATHLETE OF THE MONTH



VIOLET PIKE

Violet has been selected as our Age Group Athlete of the Month for February out of all of our athletes from London, St. Mary's, and Stratford due to her outstanding breakthrough performances in the month of February and her rapid rate of improvement over such a short duration of time within our program.

This is Violet's 1st season within our club although she has swum previously with the Ingersoll Speed Sharks and on her local summer swim team the Thamesford Tiger Sharks. Since joining our program this season, her rapid progression has been truly inspiring across the board. Her skills, technique, and strokes have been continually improving with her biggest improvement being in breaststroke. It's clear that Violet's work ethic and positive attitude are paying off and are directly related to Violet's recent improvements in her swimming races in February. At our 1st Aqua 7 swim meet of the season and Violet's 2nd swim meet of the season she took off a mind boggling 35.09secs across her 3 individual 50m races. Additionally, she just missed making her 1st Western Regional Championship time standard in 2 of the races and placed top 2 in all 3 of her races. Again, these sorts of results are a testament to her commitment to self improvement and persistence with her training over the last 6+months.

Violet don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching your goal, as what you get by eventually achieving your end goals is not as important as what you are becoming by what you accomplish in the pursuit of them.

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