



MASTERS ATHLETE OF THE MONTH



YEN NGUYEN

Yen has been selected as our Masters Athlete of the Month for January out of all of our masters within our programming across London, St. Mary's, and Stratford due to her remarkable improvement in her swimming abilities, her commitment to being purposeful with her technique as well as skills, and her persistence.

Yen recently started in our club's Intro To Swim For Adults program in London back in the fall. Although Yen was comfortable in the water she wanted to learn how to swim better and become stronger in the water. Fast forward roughly 5 months later Yen is now swimming up and down the pool well over a 1km in a 1hr practice and has been able to move up into our Masters Swim Evening program in London because of how rapidly she has improved. She also now is able to swim all 4 of the competitive swimming strokes (butterfly, backstroke, breaststroke, & freestyle) and is continually refining both her skills and technique in the water at each and every practice. These results have been achieved by Yen through her dedication, determination, and hard work and are a wonderful example of what can be accomplished with the right motivation and work ethic no matter an individual's prior experience whether in it be in the water or out of it.

Thus, hopefully Yen's story helps everyone to continue on pursuing what they are truly capable of both in and out of the water no matter where you are at within your journey of learning. Therefore, do not be afraid of improving slowly. Be afraid of standing still. Additionally, recognize that every day is a chance to be different, a chance to change, a chance to overcome your fears or tests that life has thrown your way, and a chance to be better than you were yesterday. Even if you just improve 1 thing or by 1 % by day in a year you'll have improved by 365 times or 365%.

Congratulations, Yen, on earning the Athlete of the Month award in our Masters programs for January. Continue the excellent work and we hope you enjoy a treat of your choice with this accolade!