

FISH of the Month

Nora Sherman



Nora could easily have been FISH of any Month.

When the staff selects the FISH of the Month, we use the following criteria:

1) Attendance – Nora’s attendance has been spot on since mid-August. Not a single practice missed. For any reason.

2) Attention to Stroke – Another strength of hers, Nora gives it her fullest attention, whether it’s stroke drills or stroke mechanics. Nora understands that the corrections and refinements will turn her weaknesses to strengths, and make her strengths even stronger. It’s more than simply doing the drills right, it’s the understanding of the purpose of the drill, and developing the feeling that goes along with it.

A shining example: Just watch Nora’s backstroke underwaters, whenever you can.

3) Attention to Detail: whether it’s pace, descend, DPS, build – whatever – Nora gets it done.

4) Performance: We list this last, not because it’s the least important. Rather, it is the most important. But you have to get the first three right, then the performance follows. Building the foundation with the first three yields the results.