

SWIMMERS OF THE MONTH

JULY 2006

National Group: Shannon is the swimmer of the month for July. Shannon had an extremely successful month of July – she attended the 4th of July, Clovis Senior Champs, and Sectionals Champs meets all the same month. During this time she reported several best times and team records. Shannon will also be leaving for college in the fall to attend Cal State Northridge. Congratulations Shannon! —*Coach Ron*



Shannon



Catie

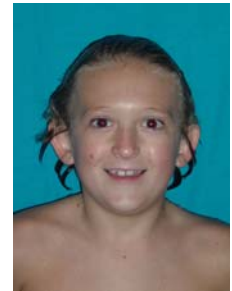
High School Group: No swimmer of the month chosen. —*Coach Brent*

Junior Olympic Group 2: No swimmer of the month chosen. —*Coach Chris*

Junior Olympic Group 1: Swimmer of the month for JO1 is Catie. Catie has continued to work hard all season in practice. She has improved tremendously in her butterfly and her breaststroke. Catie is always having fun in practice and giving her maximum effort everyday. She constantly works hard on improving all her strokes and her sprint speed. Keep up the good work Catie! —*Coach Brent*



Coco



Alec

Blue Group: No swimmer of the month chosen. —*Coach Alyssa*

Gold Group: The swimmer of the month for July is Coco. Coco has nearly perfect attendance and gives 100% effort at every practice. He has risen to the challenges set in practice and exceeded them. He exhibits leadership qualities by being supportive of his teammates and by setting an example in the pool. Congratulations and keep up the good work! —*Coach John*



Franklin



Michael

Silver Group: The swimmer of the month for July is Alec. Alec has an exceptional attitude in practice. He manages to keep a smile on his face no matter what task he is doing. In practice he listens to instructions and applies them to his swimming. He has made big improvements to his breaststroke in the last few weeks. Congratulations and keep up the good work! —*Coach John*

Novice Group A: Swimmer of the month for July is Franklin. Franklin has shown great improvement since joining Sandpipers. He has become a great leader in this group. His butterfly and freestyle are two of his greatest improvements. Good job Franklin and keep up the hard work! —*Coach Violet*

Novice Group B: My swimmer of the month for July is Michael. He has consistently come to practice and shows a lot of improvement in all his strokes. He has a good attitude and is a good leader in practice. Good job Michael! —*Coach Matt*