

# Toronto Swim Club Swimmer of the Month

November Edition 2014

## National Katja Pavicevic

Coach Bill O'Toole

The TSC National Group swimmer of the month is **Katja Pavicevic**. Katja's dedication to her swimming is at 100% attendance and her willingness to work hard, try her best and race with passion is outstanding.

At recent competitions such as the Swim International in Brantford, Katja excelled in numerous events winning the 100 breaststroke and placing in many others.

This young lady is on her way to a great season for 2014-2015! Keep up the great work Katja! TSC is very proud of you and your accomplishments!



WHEN IT  
FEELS TOUGH.  
YOU'RE DOING  
IT RIGHT.

# Junior National Katie Na

Coach Dave Ling

The #JNatPack November Swimmer of the Month is **Katie Na** (a.k.a. Katie Yeah a.k.a. K-Na)

For those who have not met K-Na, she is a born and raised Toronto Swim Club swimmer who has made her way up the TSC ladder to the Jr. National group this season.

Katie is known as the Crowned Princess of the Overly Aggressive High Five. If you have not witnessed this... it's quite the scene to behold. Beyond that, Katie had one heck of a month of November. In 4 racing opportunities in November Katie posted 18 best times in 23 swims, a 78% success rate. She continued her march aggressively towards to qualifying for Easterns (something she achieved in early December). Additionally, Katie posted a 100% attendance month in November.

The primary thing you will notice when watching Katie Na race is that her commitment to utilizing an awesome underwater fly kick off her walls. No one in the club does it better, especially in backstroke events.



It's an advanced skill that is difficult to commit to but K-Na does it well and it's going to take her to her first Provincial and Eastern Championships this season and the future is very bright for this emerging star.

Congratulations K-Na... keep hitting those overly aggressive High 5s... whether they be singles, doubles, triples or the occasional quad.

**#JNatPack  
#GoTSC**

IF YOU AREN'T GOING  
ALL THE WAY,  
WHY GO AT ALL?

Joe Namath





**I DON'T  
MAKE EXCUSES  
I MAKE  
RESULTS**

# Senior 1 Josh Ngan

Coach Luke Hall

The month of November was a busy one with many swim meets and commitments. Many swimmers from the Senior 1 group worked hard, however Josh Ngan stood out with his attendance and hard work.

Known to have a poor attendance, Josh achieved 100% for the month of November, achieving a high work rate at every practice.

He also competed well at all swimming meets during the month. He continues his fine form that started at the beginning of the season and I have no doubt he will have a great year.

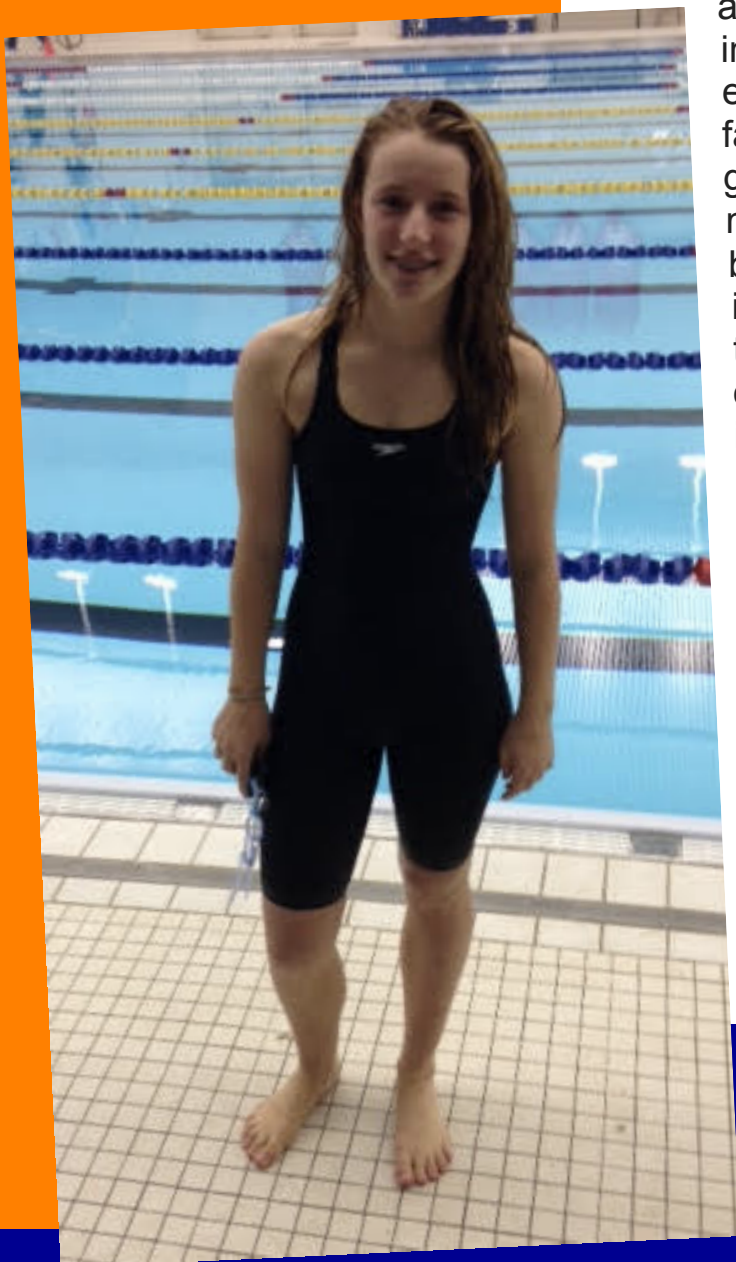
Congratulations Josh!



# Senior 2 Coach Katie Ferguson

## Olivia Kerr

Olivia Kerr has demonstrated an outstanding amount of dedication to her swimming and improvement. Olivia is always putting forth her best effort in practice and working hard on each set (even on days when she falls off her bike ;)). Olivia had a goal of qualifying for the CAMO meet in Montreal in the 200 backstroke. At the Newmarket invite Olivia just missed the time, this drove her to work even harder over the next two weeks leading into the York invitational. Every piece of feedback I gave Olivia was immediately translated into her training and she managed to improve her backstroke technique and underwater kick enough to drop 5 seconds off her 200 backstroke time- making her CAMO qualifying time! Olivia's drive and dedication to improvement is an outstanding quality that she demonstrates as a leader of the Senior 2 group. Congrats on all of your hard work Olivia! I am excited to continue to watch you progress!!! :)



WHEN YOU  
FEEL LIKE  
**QUITTING**  
THINK ABOUT  
WHY YOU  
**STARTED**

# Senior 3

## Isobel Grant

Coach Katie Ferguson

Isobel Grant has earned herself the title of the November Swimmer of the Month for the Senior 3 group. Isobel has perfect attendance for the month of November and always puts forth an outstanding effort in workouts. This is Isobel's first year swimming with TSC and she has already improved a tremendous amount. Isobel is eager to learn and always tries to incorporate everything Parker or myself suggest into her training. Isobel swam in the Newmarket Invitational meet and had a fantastic meet. Isobel is learning the ins and outs of racing and was able to showcase her progress in every race. I am so proud of how far Isobel has come in just three months. Keep up the excellent work Isobel, I am excited to watch your progress!!! :)



**TODAY I WILL DO  
WHAT OTHERS WON'T,  
SO TOMORROW I CAN DO  
WHAT OTHERS CAN'T**



# Junior 1 Art Saarloos



It is my pleasure to award the Swimmer of the Month for November to **Art Saarloos!**

Art joined TSC this year after moving to Toronto with his family from Greece. Art is always at practice ready to train his hardest. No matter what day it is Art is willing to help out around the pool and always shows the utmost of respect towards his coach, peers, and other coaches.

Art has so much passion towards swimming and it can be seen when he both trains and competes. He has now qualified for several Festival qualifying times as well as his first Provincial qualifying time!

There is no limit as to what Art is capable of accomplishing for the duration of the season, and I am so excited to see where his hard

work and will to succeed will lead him. Keep up the amazing work Art! I am so proud of you!

**THE ONES WHO SAY  
"YOU CAN'T"  
AND  
"YOU WON'T"  
ARE PROBABLY THE  
ONES SCARED THAT  
"YOU WILL"**

# Junior 2 Eve Boyer

Coach Kate Andal

it's **not** about how bad you **want** it ...  
it's about how **HARD** you're willing to **WORK** for it



Eve Boyer has done a spectacular job so far this season. She has taken on a role as a leader amongst her teammates and is unafraid of new challenges. Eve is consistently working to achieve her goals she has set for herself this season and her performances at the meets are a testament to her perseverance.

Congratulations Eve.

**DON'T GIVE UP  
JUST BECAUSE OF  
WHAT SOMEONE  
SAID. USE THAT AS  
MOTIVATION TO  
PUSH HARDER.**

## **Junior 3 Maya Kamath-Patel**

**Coach Katie Ferguson**

Congrats to Maya on being the Junior 3 swimmer of the month for November. Maya always comes to workout with a smile on her face and ready to work hard. Maya consistently leads out her lane in practice and swims each meter with diligence and purpose. Although she knows how to have fun and make us all laugh, Maya knows what hard work is and how to demonstrate it in workouts. Maya is always looking for ways to improve her swimming and takes instruction very well. At the Newmarket Invitational meet Maya swam five best times, executing each race as instructed, focusing on her walls and underwater kick. Maya has improved so much in such a short period of time and with her dedication and attention to detail she will continue to do so while being a leader amongst the Junior 3 group. Great work Maya!!! :)





# Junior 4

## Gabby Lowen-Favreau

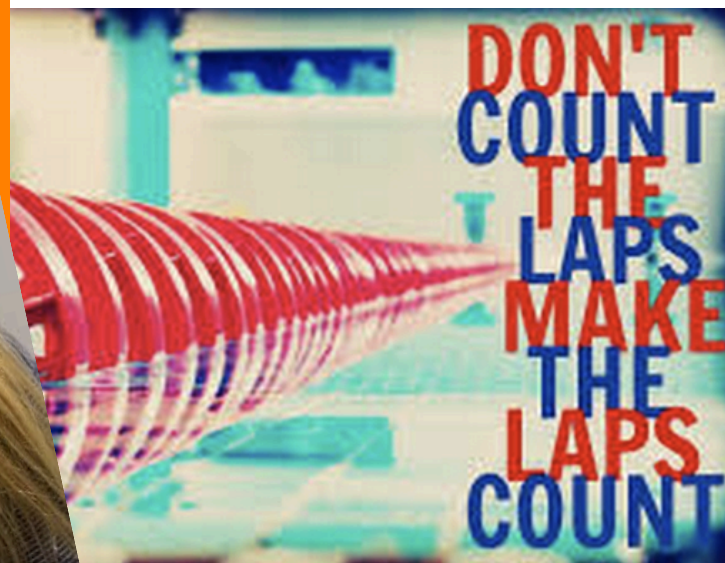
Coach Amanda Andral

Gabby Lowen-Favreau is in her first year at TSC, and has become a great influence on her teammates with her team spirit and positive energy.

She has maintained nearly perfect attendance, with perfect attendance for all meets. Although she is new to the sport, she is quickly becoming a leader in the group. She is always looking for ways to improve, and is quick to apply all feedback.

Gabby has really stepped up in practice these past few weeks, and is challenging herself to make the harder pace times. This really paid off, with best times in every event at the Autumn invitational meet. She also managed to drop almost 30 seconds in her 200 FR, an amazing feat this early in the season.

Congratulations on earning the title of Junior 4 Swimmer of the Month, keep up the hard work!



This month I would like to recognize **Rhys Bernard** for being Swimmer of the Month for Youth 1!

Rhys always comes to practice with a smile on her face, in fact she even smiles while she swims 😊  
She is always striving to improve her strokes and never fails in encouraging all of her teammates. This positive energy is exactly what TSC embodies and is transferable to all swimmers in the group, and people around her.

Rhys is a leader within the Youth 1 group and often leads her lane and helps keep everyone on pace.

# Youth 1

## Rhys Bernard

Coach Ashley Zaharia

Rhys has been working hard to beat the 50 Breast club record and is very close to reaching her goal. In fact at the MSSAC Open meet Rhys broke 40 seconds for her first time in her 50 Breast, which is absolutely amazing!

Keep up the hard work Rhys, I am so proud of you!



**IF IT DOESN'T CHALLENGE YOU,  
IT DOESN'T CHANGE YOU.  
SWIM HARDER.**





# Youth 2

## Mikayla Leys

Coach Kate Andral

Mikayla Leys has been with Toronto Swim Club since she was 6 years old and now at 10 she has become a strong leader within the Youth 2 group.

Mikayla is quick to lead our activation and dryland and is always very attentive when receiving feedback.

Her attention to detail in her swimming is apparent in her meet performances as she has made huge strides in her times and racing.

Congratulations Mikayla!







**Congrats and  
keep up the hard  
work TSC!**

If you're swimming in the lane next to me, the answer is yes, we are racing.

