

Toronto Swim Club Swimmer of the Month

Winter Edition Part 1

National – December Penny Oleksiak

TSC's National Group Swimmer of the Month for December is Penny Oleksiak. Penny's dedication, hard work and drive have helped her have a very successful first cycle. Penny broke 2 National Age group Records- 13-14 Girls (100 free and 200 free) and an Ontario record in the 50 free at the recent Ontario Junior International December 5-7, 2014. Outstanding accomplishments Penny! Keep up the great work!TSC is very proud of you!



January Aleksa Gold

I'd like to congratulate Aleksa Gold for being the National Group's January Swimmer of the Month. Aleksa's hard work and intensity have been outstanding at every practice. At the January Markham Winter Invitational Aleksa qualified for both the Summer Nationals and the Spring Nationals Trials cut in her 200 backstroke. Congratulations Aleksa! TSC is very proud of you and your accomplishments!



I'd like to congratulate Will Morley for being the National Group's February Swimmer of the Month. Will recently swam at the 2015 Short Course Provincials and won 2 Gold, 2 Silver and 2 Bronze medals while also winning the 16 yr old Men's High Point Award! Congratulations Will! TSC is very proud of you and your accomplishments!

February Will Morley

**IT'S JUST
YOU
AND THE
POOL.**

Junior National December Nicole Demirov

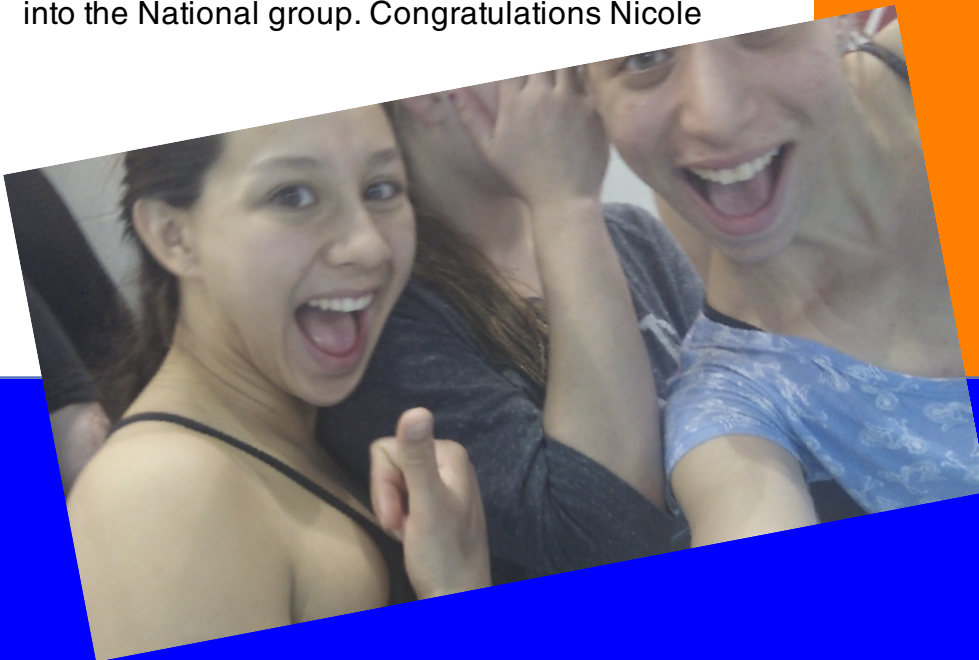
The #JNatPack December Swimmer of the Month is Nicole Demirov

Good things come to those who wait and after battling with her breaststroke through most of last season and working around an injury that kept her away from breaststroke early in this season... finally Nicole got medical clearance to race breaststroke and at the Youth Cup in December it was like she was shot out of a cannon!

December was a good month for Nicole. It started with a 6 second drop in the 200BR... followed by a 2 second drop in the 50BR... and then a 3 second drop in the 100BR. Additionally Nicole continued her rise as an emerging butterfly talent and scored her first ever Provincial qualifying 200FL result! A 7 second drop in the 200IM was pretty fun too. At CAMO a week later... Nicole broke 30 in the 50FR for the first time in her swimming career. At the end of the month Nicole's successes were recognized by a promotion into the National group. Congratulations Nicole

**SUCCESS IS
DIFFERENT FOR
EVERYONE.
KEEP A PROPER
PERSPECTIVE
AND DO YOUR
PERSONAL BEST.**

speedo 



January Tate Wunsche

Tate had a very successful January, punctuated by a strong 800FR at the TSC Winter Cup. Much of Tate's success can be attributed to his improving attendance and his coachability... he watches his friends race, he asks great questions, and he learns from those experiences. Well earn Tate!!

February Aidan Hull

Congratulations to Aidan Hull who earned February SWOTM honours by completing the goal he dedicated himself to at the beginning of the season... win the 13-year old High Point Award at Provincials. Aidan scored 5 medals at Provincials – 3 Gold (1500FR, 800FR, 400FR) and 2 Silver (200BK, 400IM).... That's a tough event set, Aidan did it well thanks to great attendance and a willingness to challenge himself and others at practice!



Senior 1 December Ryland Jones

Senior 1 had a successful December as there were many meets (Youth Cup, Mega City, and CAMO) in which our swimmers made the most of their opportunities. The standout performer was Ryland Jones. Ryland swam his provincial cut in the 200 meter butterfly as well as made all his prerequisites for the meet, successfully booking his spot on the provincial team! He is also the only Senior 1 member who has qualified for this meet so far and I have every confidence that he will continue to swim better and better. Congratulations Ryland Jones!



January Bruno Gawronski

The month of January was a month defined by hard work as the Senior 1 group was on the back end of their training camp. The group worked extremely hard over this time and we continued to work hard leading up to the TSC Winter cup meet. At the meet there were some good swims, but the most exciting being Bruno Gawronski's 100 meter freestyle. Starting in lane 8 with only university swimmers in his heat, Bruno shocked them all with an outstanding swim to win the heat, dropping over a second off his best time. Bruno has been a hard working swimmer since he moved into Senior 1 and is hungry for success. With Central Regions coming up, I look forward to seeing what he can do! Congratulations to Bruno for being awarded the Senior 1 Swimmer of the Month for



February Loy Dennis

February was an exceptional month for the Senior 1 group. With such a successful Central Regionals, it was indeed the toughest month yet to give out the Swimmer of the Month award as the majority of the group swam well. We had numerous medalists, finalists and a boat load of best times which was outstanding. The award for February goes to Loy Dennis who had a breakthrough in her breaststroke events, making finals in the 100 and 200 meter breaststroke, smashing her previous best times. She has been swimming well and looks set to continue on this path, I look forward to the long course season



Senior 2 December Jessica Love

Jessica Love has worked very hard to earn the title of Senior 2 Swimmer of the Month for December! Jessica has qualified for central regional's in 6 events so far this season. Jessica has 100 percent attendance for the month of December and always works tremendously hard in workouts. She is always looking to gain a competitive edge by paying attention to the smaller details that many swimmers often overlook. Jess is consistently working on improving her stroke technique and has improved a ton over the course of the season! Jessica demonstrates leadership and models



January

Kai Maceda-Rustecki

Kai has 100 percent attendance for the entire season, he is always at practice with an eagerness to work hard and learn new ways to improve his racing. Kai has become a true leader of the S2 group and continues to inspire his teammates to work to their full potential. At the Winter Cup meet Kai made his second Central Regionals cut in the 100 Butterfly. Congrats Kai, keep working hard!



February

Madeline Kennedy

Maddy is such a hardworking swimmer, she always does every meter to the best of her ability and always puts forth 110%! Maddy always comes to workouts with a smile on her face and continues to motivate those around her by leading by example. Great work Maddie, I can't wait to see what you accomplish by the end of this season!



Senior 3 December

Adrienne Richter-Powell

Adrienne has made huge progress over the course of four months, from starting the season with a serious injury to now leading out her lane on every set in workouts. As the youngest swimmer in the Senior 3 group Adrienne still manages to demonstrate one of the strongest work ethics and fill a strong leadership role. Adrienne has worked extremely hard to make stroke corrections and her swimming has come so far in such a short period of time. Adrienne continues to swim best times every time she races and is progressing quickly! Congrats Adrienne, keep working hard 😊



January Ben Li

Ben has improved tremendous amounts since he joined TSC in September. It's not uncommon to see Ben leading his lane and enthusiastically counting down the repeats on a set. Ben's love for swimming is incredibly inspiring to those around him, his dedication to hard work is outstanding!

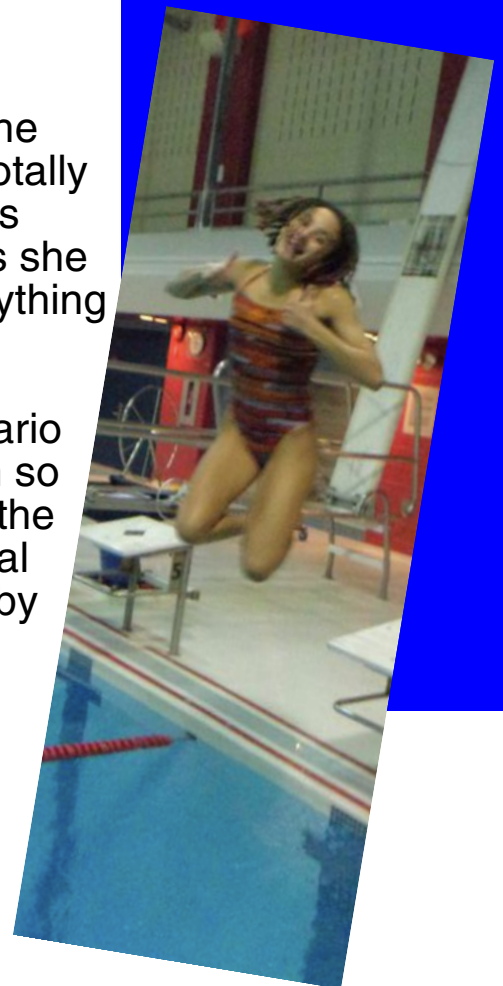


February Dasha Syiridovitch

Dasha earned her title of February swimmer of the month by showing a huge desire for self improvement and doing whatever it takes to achieve this goal. Dasha is always looking for new ways to improve her technique or other methods (including nutrition, goal setting, extra dryland etc.) to achieve her best times. Keep working hard Dasha!

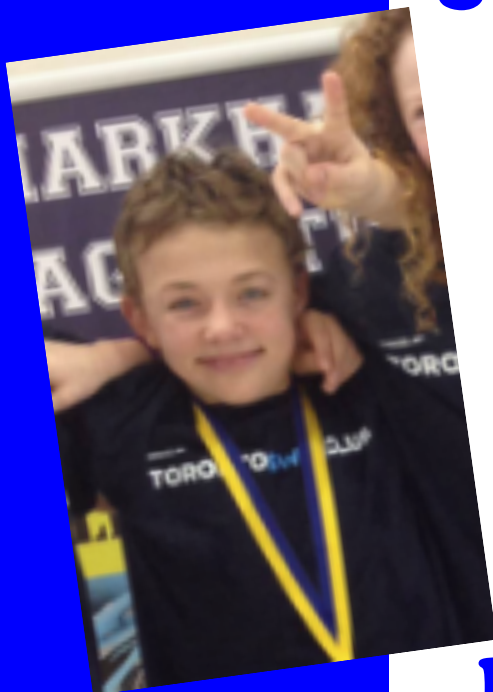


I would like to congratulate Zan Merison for being Swimmer of the Month for December. Zan is a totally dedicated individual and she has really stepped up her training as she always puts 100% effort in everything she does. This is one of the contributing factors for Zan's accomplishment of her first Ontario Age Group Provincial time! I am so proud of you Zan and wish you the best of luck in the Junior National Group, you will truly be missed by your fellow J1's!



**Junior 1
December
Zan Merison**

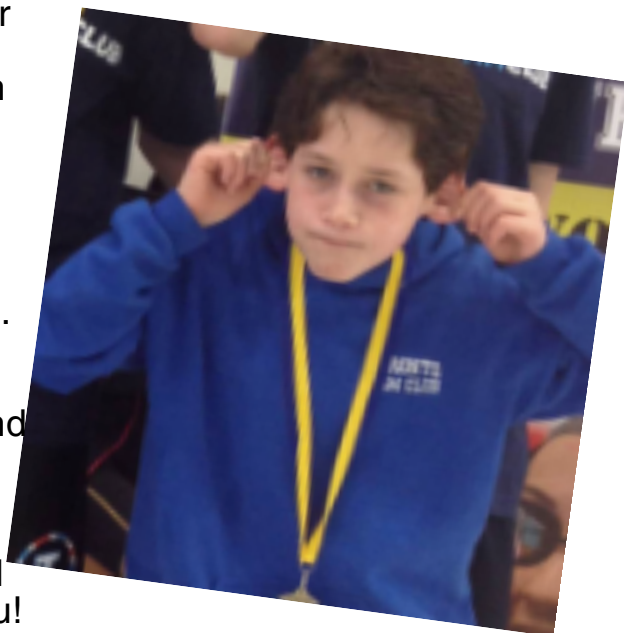
January - Will Valcic



I am more than happy to award the Swimmer of the Month for the J1 group to Will Valcic! Will is an extremely hard worker and always comes to practice prepared to train his hardest. This is one of the contributing factors to him breaking a club and National record with Thomas Wheatcroft, Graysen Bernard, and Harry Aricibasi in the Boys 11-12 4 x 50 Medley Relay! Way to go Will and keep up your hard work, it is

February Kieran McSweeney

Congratulations to Kieran McSweeney for being the J1 group swimmer of the month for the month of February. Kieran is always the first swimmer on the pool deck, always getting the pool ready to train. He always puts forth 100% effort in everything he does and shows true passion in everything he does. Keep up the amazing work Kieran we are all so proud of you!



Junior 2 December Sarah Wenger

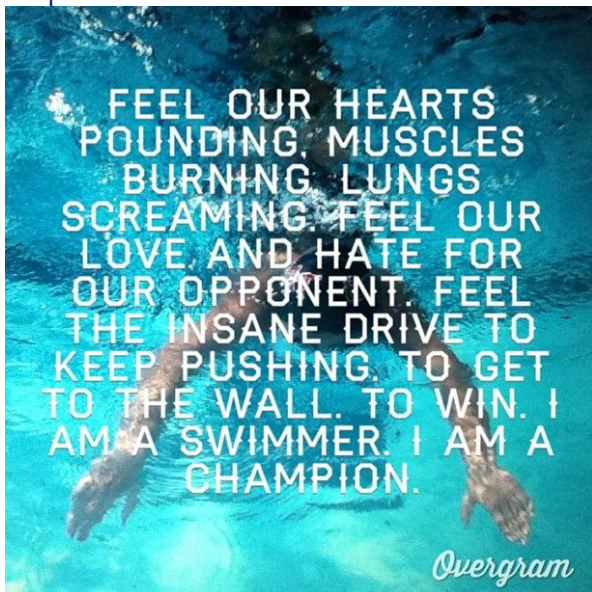
#FlyNation #Thrivedontjustsurvive

Sarah Wenger is a new inductee to “Fly Nation”, made up of the courageous who take on sets of fly with no complaint. Don’t be fooled by her smile, Sarah is a fierce competitor and dedicated hard worker. Once shy to take her place on the faster pace times, she now confidently takes her place at the front of lanes and inspires her teammates to take their training to the next level.

Ms. Wenger has made huge strides this year, working on her goal to qualify for her first Festivals standard. Watching Sarah race has been exciting. Her races are characterized by those final bursts of speed during the last 15 metres of all her races, that “fight to the finish” attitude is what will help her achieve her goals.

What I know with certainty is that Sarah Wenger is here to stay and will be making some big moves in the upcoming months.

Congrats, Sarah Wenger! Keep up the great work.



January Manning Whitby

Manning Whitby (A.K.A. Blondie)

I have coached Manning for the past three years and have seen him make the transition from an Intro swimmer to an athlete who goes into his races feeling confident in his strengths, even when the nervous feeling still lingers.

Manning's progress extends beyond his meet performances as well and these are the ones I am most proud of. He has developed a strong leadership style and has been a wonderful mentor to some of the younger swimmers in Junior 2. Working with them on skills in practice and boosting their confidence at meets. He has also taken on a role as a group activity manager making sure that Junior 2 stays an inclusive and fun group to be a part of.

February Carmina Cornacchia

The O.F. (Original Flyer) during the days of the former Silver three group, Carmina Cornacchia is our Junior 2 Swimmer of the Month. Carmina makes my job easy as pie. She is consistent, hard working, driven, friendly, and a leader. These are characteristics that define what coaches call "coachability". Outside of the pool, she is intelligent, funny and creative. Carmina has achieved so much as a swimmer and ever more outside of the pool. I am so proud of her and I am excited to see her succeed through the Long Course season. CONGRATS CARM-Y!



Junior 3 December Victoria Moylum



Congrats Victoria on being the J3 swimmer of the month! Victoria had an outstanding meet at CAMO and swam four personal best times! Victoria always arrives at workout with a smile on her face and ready to work hard. She consistently leads out her lane and helps push her teammates on every set. Victoria has excellent attendance over the course of the season and brings such a positive energy to the Junior 3 group. Keep working hard and keep smiling Victoria ☺ !



Cassiel was named swimmer of the month for January due to his tremendous improvement over the course of the season. Cassiel has demonstrated dedication to his training and works extremely hard in every workout. Cassiel continues to swim best times at nearly every meet he attends. Keep working hard Cassiel, it's certainly paying off!

January Cassiel Bauder-Uchic

February Veronica Lancaster

Veronica moved from the J3 group in January of this year. Veronica is always the first person on deck and in for warmup at nearly every workout. Her work ethic sets the tone for the group and her hard work has been paying off in her racing. She is improving everyday and continues to work diligently on correcting stroke technique. Great work Veronica! I can't wait to see what you achieve for the rest of the year!



**See SOTM
Winter Edition
Part 2 for the
rest of the
amazing
TSC swimmers!**