

Swimmer of the Month

Anne-Véronique - AQUA



February 2012 - Training Award

Anne-Véronique is an example of what every coach hopes to have in their swimmers. She has an attendance rate of over 95%. Although she is a member of a small club and often does not have many training partners, she stays motivated. Anne-Véronique is always aware of the goal pace and will keep track of her heart rate without being reminded

Anne-Véronique never backs away from a challenging practice and never complains of the difficulty of the training. She stays aware of the training goals of the practice and watches her pace carefully with the pace clock.

Congratulations Anne-Véronique!