

## November 2011

### Electric Ray:

**Elizabeth Cerutti** - Elizabeth has been working so hard since the very first day of practice and has come a long way. She listens very well and is always ready to go. She improves with each day of practice and is enjoying swimming very much. I am very proud of her.

### Torpedo Ray I:

**Justin Alfred** – Justin has been a hard dedicated worker , and is always ready to race , also has hit many of his best times during this month.

**Jenna Volpe** - Jenna also has been working very hard and perfecting her breaststroke , also had her best swim times during this month.

### Torpedo Ray II:

**Jack Belletiere** – Jack stands out at every practice. Jack is registered as an 8 year old on our swim team, but you wouldn't be able to tell that when you watch him swim. He physically and mentally surpasses that age in every way. He swims with all his strength and then some never letting his body believe that it might be tired. My favorite thing about Jack is his mental capabilities, never believing that there is something that he isn't capable of completing. Jack has stood out at practice and at swim meets this month and I look forward to seeing what he will do in the future.

**Adelle Leger** - Adelle is a very strong swimmer, stronger sometimes than she even knows. In the past Adelle may have hesitated to be behind the block before a race or nervous about how she would perform. This month however, Adelle has not only grown to become confident in anything she is asked to do, but she has also become a nurturing leader and friend amongst her teammates. She has changed a lot since just last season and she continues to amaze me. I am so proud to have the chance to watch her grow and be the fun, loving and smiling leader that she is.

### Devil Ray:

**Logan Crance** - Logan is an up and coming MVA athlete. His determination to excel in swimming has come to the fore front this season. He is consistently at practice and it shows when he races, achieving best times in all his events at every meet. Logan always has a smile and always tries to do his best!

### Senior Group:

**Brian Duetsch** - Brian is a new MVA swimmer in the Senior Group. He has shown commitment and dedication to the club that Coaches wish all swimmers would demonstrate. As an athlete he regularly attends practice and as a leader he is always encouraging his fellow Team mates to do their best. MVA is proud to have Brian as an athlete in our program.