

October 2011

Electric Ray:

Caroline Cerutti - Caroline is always eager to swim everyday even though the water is cold. She joined the group late but you would never know based on how well she is swimming. She is always cheerful and had improved very much since joining the Electric Ray group. I am very proud of her.

Joshua Wolff - Josh has been working very hard everyday at practice. He always listens extremely well and has improved even more since last year. He is an absolute pleasure to coach.

Torpedo Ray I:

Emily Evans - Emily is a hard worker with tons of swimming talent. Emily strives to complete every length with perfect execution and poise. She is a supportive teammate and good friend to many. No matter what we need Emily to do she is always up for the challenge.

Salim Tawil - Salim has a magnetic personality. He is always happy, whether it be a hard set or a fun workout. Salim is a hard worker and a fierce competitor. He is encouraging towards his teammates and a positive influence to all.

Torpedo Ray II:

Samantha Evans - This is Samantha's fourth season as an MVA swimmer and it has been amazing to watch her grow. Samantha's favorite event is the 400 IM and looks forward to challenges in and out of the pool. She has also become a great leader in the water as well as always being a great friend to all her teammates. I am so proud of all that she has accomplished and look forward to seeing all the things she will accomplish. This is why Samantha is the swimmer of the month for October.

Adrian Donkor - Adrian is a young and talented swimmer. But what stands out to me is how much he has mentally changed since last season. He wants to try the harder events and his favorite event has become the 400 IM. Adrian attacks everyday, ready for any challenge that is put in front of him. He is amazing swimmer, and a great older brother and role model. This is why Adrian is the swimmer of the month for October.

Devil Ray:

Gabrielle Lesko - Gabrielle is one of our top Devil Ray swimmers. She has great stroke technique and is willing to step up to any challenge. Her fellow athletes look up to her and she is always willing to help them when needed. Gabrielle's dedication to MVA far surpasses the expectations of her Coaches.

Senior Group:

Ian Lewis - Ian is a new member to MVA and the Senior Group. His hard work has made him one of MVA's premier Breaststrokers. No matter what the practice may hold, Ian always has a positive outlook and passes that along to his teammates. Ian's constant drive to get better makes him an outstanding athlete and member of our organization.