

## **JACK PETCHEY ACHIEVEMENT AWARD WINNERS** OCTOBER 2022

**Regina Morbert (RP)** – Regina has progressed quickly through the squads over the past 12-months, with results in competitions also reflecting the improvements she has made.

This is largely down to her commitment and dedication to the sessions on offer to her, as not only does she attend almost every session but she also gives her all to these sessions.

Her coach, Tony Cronin, has been extremely impressed with her attitude to training as she sets a brilliant example to all the swimmers coming into the squad. She asks questions of the coaches when she wants more advice, and always tries to implement the technical feedback the coaches give to her.

The coaching team are sure that if she continues with this dedication to the sport she will go from strength to strength, and we look forward to seeing her continued progress over the next few months.

**Gracie May Werge (Performance Potential)** – Gracie struggled quite a lot when she started racing and training regularly, however this hasn't dampened her enthusiasm for the sport.

Gracie is part of our performance potential squad, and often attends way more than the minimum required sessions each week in order to try and improve her racing performance.

Gracie likes to challenge herself at competitions by entering into some of the longer and harder events. She is never afraid to try something new, and when she is at a competition you can see how much she enjoys it.

Gracie is smaller than a lot of other girls in her age group, but her mindset is very focused on self-improvement and becoming the best swimmer she can be. We try to encourage high attendance in our performance potential squad, and Gracie certainly leads by example on this front.

**Penelope Barnett (Competition Potential)** – Penelope was part of our non-competitive squads last season and was unsure if she wanted to compete, or just swim for fitness and enjoyment.

She had her first taste of competition last season when she was invited to be a part of the club's M11 team, and she did really well impressing the coaches in the process.

Over the last few months Penelope has gradually transitioned from our non-competitive squads into the competitive squads and is growing as a person and swimmer in the process.

Penelope was recently selected as part of the clubs Arena League team and travelled to Luton with a team of swimmers she hadn't previously met before. Despite being nervous about this, she fit in well with the team and swam brilliantly in her race.

We hope to see Penelope continue to grow in the sport and make the most of the competitive opportunities that come her way, as well as maintaining the love for swimming she had from the start.