



## NOVEMBER LAND TRAINER OF THE MONTH

The following swimmers have been selected as NOVEMBER Land Trainers of the Month by David and Courtney

**DEVELOPMENT SQUAD**

**FREYA GILLIES**

**GOLD SQUAD**

**EMMA FREEBORN**

**SILVER SQUAD**

**NIAMH MCCREADIE**

**BRONZE SQUAD**

**LEXI ALSOP**

Well done David and Courtney