

## DEBEN SC – CANZINI SHIELD

Our President Helen Canzini who has been with the club since 1979 has kindly given us a “Canzini Shield” for each month for the swimmer who meets the following criteria –

- Has a 70% or higher attendance rate
- Excels in training
- Performs at meets within that month
- Catches the coaches eye!

We have given this shield on a monthly basis but with all the changes it has been overlooked. Therefore we are now back dating and starting the process up again.

The Winners for 2009 with the old criteria of coaches choice are:

September – Caitlin Russell – always on time and works hard in training & gives it her all in comps.

October – Daniel Perry – Works hard in training and takes on board everything you tell him.

November - Zara Taylor – never fails to impress and works hard in training

December – Robert Attwater – always makes us smile and he works hard

The Winners for 2010 are:

January Emma Studd – 100% attendance/trained through injury/Pb’s at Open Meet/always smiling.

February Kieren Whight – 85% attendance/trains hard every session & focuses/PB at Open meet/so polite!!

March Daniel Harris – 80% attendance/trains really well every session and stepped In at short notice to swim every event in his own age group and swam up An age group at the Novice Series. Always asking if he can help with anything!

April Jessica Foulger – 90% attendance/gives her best in training all the time with a Smile and encourages team mates at Galas.

May Daisy Pitt 70% attendance/swam every single race at the Summer League In her own age group and an age group up at short notice and has given her Best in training.

June Sam Allen 85% attendance/trains hard every session – in fact we have to tell him to slow down some of the time!! Very polite and has never ever complained or moaned about the set in all the time he has been in County!!

July Jasmine Seller 75% attendance/trains so hard every session. Gives up her time to coach the younger swimmers, helps out at galas home and away and takes real pride in her club.

September Andrew Perry He has shown a positive improvement in his work level and consequently his performance recently has shown significant improvement

*The winners will go up on the website and at the end of the year we will have a “Champions of Champion trophy called “The Chief’s Trophy” where the winner selected from the monthly winners will be chosen by the coaching team and presented at Presentation night*