



Issue 3; April 2024

PATRIOTS NEWS

Official Newsletter of the Calgary Patriots Swim Club

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SAVE THE DATES


Calgary Patriots Semi-AGM

 End of June (TBD)
Virtual – link will be emailed

Annual Awards Banquet


 Sunday, June 23rd
5:00 - 10:00pm
Polish Canadian Cultural Centre

Registration for 2024-25 season

 Tuesday, July 2nd (returning members)
Monday, July 15th (new members)
Register online

[VIEW REGISTRATION INFO HERE](#)

Upcoming Meets

 Sign into your Patriots account to see upcoming meets! [VIEW NOW](#)

MESSAGE FROM THE BOARD

Communication and insights from our Board of Directors



EXCELLENCE IS AN ATTITUDE: The Evolution of Our Swim Club

By Ryan Thompson, Member at Large: Communications

Over the past year, the Board of Directors at the Calgary Patriots Swim Club has been hard at work, charting a course for innovation and progress for the Club. From technological upgrades to increased engagement, the initiatives undertaken reflect our commitment to excellence. As we review the strides made and look ahead to the future, it's clear that our journey is one of continuous improvement and collective growth.

IMPLEMENTED CHANGES

Club Newsletter: Though not new, the club newsletter has been resurrected as a method to communicate with the membership. Based on 2024 initial survey results, readership of the newsletter by survey respondents is >95%. As such, the Board will continue to develop the medium and provide content of interest to the membership.

Website Updates: We have completed the transition from TeamUnify to Pool Queue by updating the structure and adding additional content to the Club's website. Some of the significant enhancements to the website include:

- Adding a swimmer selection to the menu for quick access time standards, club records, top 10 lists, provincial meet & championship info, and national time standards without logging in. With regards to the top 10 lists, the contributions of Coach Jaime and Coach Brent are very much appreciated. These lists go beyond just recognizing the Club (or Provincial) Record holder but recognizes the body of work the Club has done throughout its history.
- Adding a resources selection to the menu for frequently asked questions (which has been expanded upon), available grants, details on Abuse-Free Sport, a summary of The Long-Term Development in Sport and Physical Activity Model, and swim links. For new swim families, the 'You Don't Know What You Don't Know' section of the FAQs provides recommendations from those who have spent their fair share of time at the pool.

Technology Integration: The Club is in the process of transitioning to Google Workspace and Gmail for business. The change will streamline collaboration, enhance communication, and facilitate efficient resource management, enabling greater productivity from the Board and Coaching staff. Club emails are also being rolled out to coaches to assist in their ability to communicate with parents. Emails have currently been updated for coaches Chad, Brent, and Lauren.

FUTURE INITIATIVES

Looking ahead, the Board is committed to building upon the foundation laid in the past year and exploring new avenues for growth and development. Of significance, the Board is committed to enhance communication. Effective communication is key to fostering a strong sense of belonging among our members. The Board intends to review and enhance our communication channels through the newsletter, website, email, and/or social media to keep our community informed and engaged.

COACH'S MESSAGE

Hear it directly from the source....your Coach!



SWIM MEET ESSENTIALS: What to Pack for a Successful Day in the Pool

By Chad Michie, Assistant Coach and Grey Squad Coach

As we gear up for our last stretch of swim meets, we thought it would be important to remind everyone of some good items to bring. Whether your swimmer is a seasoned pro or just starting out, having the right gear and essentials can make all the difference. So, grab your swim bag and let's dive into what you need to pack for a successful day in the pool.

SWIM GEAR

Swimsuits: Pack at least one extra swimsuit. It's not uncommon for suits to get stretched or torn during a meet, and having a backup can save the day.

Goggles: A good pair of goggles is essential for clear vision in the water. Confirm they fit properly and are comfortable for your swimmer to wear for extended periods. I recommend all swimmers bring an extra pair of goggles in case a strap breaks during the meet!

Swim Caps: Swimmers can wear any cap during practice, but for swim meets CP swimmers should have a red Patriot's cap. Silicon caps tend to last longer as they don't get stretched out, but latex caps are fine for younger swimmers. Pack extras!

Towels: Bring a few towels for drying off between races. Quick-drying towels are especially handy for busy meet days.

Deck Shoes: Keep your swimmer's feet protected and comfortable when walking around the pool deck. Flip-flops help keep the swimmer's feet dry and warm.

SNACKS AND HYDRATION

Water Bottle: Staying hydrated is crucial for peak performance in the pool. Make sure your swimmer has a refillable water bottle and encourage them to drink plenty of fluids throughout the day.

Healthy Snacks: Pack nutritious snacks like fruit, granola bars, or trail mix to keep your swimmer fueled and energized. Avoid heavy or greasy foods that could weigh them down. I encourage swimmers to have smaller snacks throughout the day rather than emptying out their lunch bag in one sitting.

CLOTHING

Warm-Up Gear: Depending on the weather and pool conditions, your swimmer may need warm clothing to stay comfortable between races. Pack sweatpants, hoodies, or jackets to keep them cozy.

Change of Clothes: After a long day in the pool, your swimmer will appreciate having dry clothes to change into. Don't forget underwear and socks!


Team Apparel: Show off your Patriot spirit by wearing club t-shirts, hats, or other apparel. It's a great way to bond with teammates and show support for your club. As all team apparel looks the same: please write your name on the tag so we can easily identify your swimmer's items.

EXTRAS

Sun Protection: If the meet is outdoors (upcoming Red Deer Freeze or Fry and the HLST Last Chance Meet), don't forget sunscreen, sunglasses, and hats to protect your swimmer from the sun's harmful rays.

Entertainment: Keep your swimmer entertained during downtime with books, games, or electronic devices. Just make sure they're not too distracting during races!

Being prepared is the key to a successful and enjoyable swim meet experience. By packing the right gear, clothing, snacks, and extras, you'll set your swimmer up for success in and out of the pool. So, double-check your swim bag, gather your essentials, and get ready to make a splash at the next meet! Happy swimming!

 Encourage your swimmer to pack their own bag!
[DOWNLOAD CHAD'S MEET ESSENTIALS CHECKLIST HERE](#)



JOIN OUR BOARD!

Volunteer board members play a crucial role in leading our club to success. The following positions are available for nomination (click on the position to learn more about it):

Secretary

Meet Manager *

Hospitality Coordinator *

* These are shadow positions for the 2024-25 swim season. The intent is that after shadowing these positions for one year, you would then take over the role the following year.

If you would like more information about any of these positions, please contact Dave Sweeney at president@calgarypatriots.com

CLUB SURVEY

Open until May 6th

Our club survey is live! It's a vital tool for gathering insights, preferences, and suggestions. By participating in the survey, you can voice your opinion, express your family's needs, and contribute to shaping the future of the Club.

The data collected through the survey will be carefully analyzed by the Board and coaching staff to identify areas of improvement and prioritize initiatives.

[CLICK HERE TO SUBMIT YOUR SURVEY RESPONSE](#)

Results of the survey will be reviewed at the Semi-AGM at the end of June.



PATRIOTS POOLSIDE CHRONICLES

A section dedicated to the swimmers!



Willia; White Squad; 47th Chinook Invitational



Morgan; Gold Squad; upon making his 2nd Championship time in 50m breaststroke at Provincial Trial



Patriot Team cheer at Provincial Trials



Grey and Black Squad Dinner at Lethbridge Pronghorn Classic



Daniel; Gold Squad; 47th Chinook Invitational



Lily; Red Squad; Provincial Trials



Gabby, Evelyn, Katelyn; Black Squad; 47th Chinook Invitational



Jane; Grey Squad; 47th Chinook Invitational



Alliya, Jocelin, and Megan; Red Squad; 47th Chinook Invitational



Evan; Gold Squad; Provincial Trials

Congratulations to All Patriots Swimmers!

As we look back on the past few months, congratulations needs to be extended to all our swimmers for their remarkable achievements. Your relentless dedication and hard work have not only led to personal bests but have also contributed to our team's success across various meets.

Your perseverance and team spirit have set new standards of excellence and made us all incredibly proud. We're excited to see how much further you can go and what new records you can set. Keep pushing the boundaries and striving for greatness.

A special thank-you to everyone who submitted pictures and to Stephan Sauders for the pictures he provided from the Chinook Invitational meet. Pictures may be submitted for inclusion by email at pictures@calgarypatriots.com

RECENT MEETS SUMMARY

Swim Meet	Swimmers	Personal Bests	Podium Places	Club Records	Qualifying Times
Winter Festival South	18	57	5	0	94
Edmonton Open	15	45	1	0	114
Mavericks Madness 2.0	34	128	18	1	106
Winter Blitz Invitational	20	64	23	0	29
John Timmermans Memorial	88	301	58	2	448
WTF 2024	27	55	1	5	152
Provincial Trials	53	192	42	1	384
Provincial Championship	33	117	9	4	243
RIP Fundamentals Meet	16	44	19	0	15
Spring Invitational	52	172	52	4	239
Lethbridge Physiotherapy Pronghorn Classic	17	114	21	0	55
Speedo Western Canadian Championships	8	4	0	1	18
Chinook Invitational	196	918	117	0	716

NEW CLUB RECORDS

Event	Member	Time
100 Breast	Federico Martino	01:12.0
100 Medley	Federico Martino	01:06.8
200 Breast	Federico Martino	02:41.3
200 Medley	Federico Martino	02:25.8
400 Medley	Federico Martino	05:18.2
50 Breast	Federico Martino	00:33.6
400 Medley	Isla Curtis	05:58.5
100 Breast	Ivan Ramirez Amador	01:13.2
100 Free	Levi Hildebrand	00:55.9
200 Free	Levi Hildebrand	02:03.0



LANE LEADERS

Volunteers and chaperones are the backbone of our club.

FLIP TURN THOUGHTS

A space where swimmers, parents, coaches, even other swim clubs can submit anonymous (or not) messages.

Keep it respectful and have some fun. Be warned, the editor may provide some unsolicited commentary if warranted. Submissions can be made to ftt@calgarypatriots.com

“Coach Brent! It has been a while since we raced 50 back for chicken nuggets. I’m calling you out! Long course this time.”

- LT
(The editor has video of a narrow Coach Brent victory from early in the season. Has the student now surpassed the teacher?)

“Hey there 51! You left a message in the club survey indicating you have experience in Marketing & Communications and could potentially help the Club out. Coffee sometime? Email me at communication@calgarypatriots.com.”

- Needs all the help they can get (aka the editor)

“Way to go Nia - you did 200m fly and didn’t throw up!! 😊 I’m super proud of you kiddo!”

- Mom

“Hi Willa! Thanks for helping me handout tokens at the Chinook Invitational meet. With swimmers like you the future for Calgary Patriots Swim Club is bright.”

- Day 3 Volunteer

“Coach Brent - some swimming advice ... when your arms enter the water they need to be closer to your head when doing fly.”

- N
(Good luck in your Masters Provincial races Brent!)



Select Gold Squad swimmers were fortunate enough to attend a week-long training camp in Coronado, California at the end of March 2024. I was extremely honoured to have been one of the chaperones on this trip. This group was amazing both in and out of the pool and many tales can be told of all our adventures that week. It was a pleasure to deal with such respectful and polite swimmers. Thank you to all the parents for trusting us with your lovely children.

A typical day began with Rikki Hanley and I preparing the swimmers for their daily morning training with many choices from our “breakfast buffet” in our hotel room. From there, Coach Kevin led the group on the 5-minute walk to the pool (rain or shine).

Everyone participated in pre-workout activation and sunscreen application before diving into their two-hour swim training. Following practice, well earned snacks were handed out to the hungry swimmers before we headed back to the hotel. Most days, we had brunch nearby at the adjacent restaurant. Afternoons were spent either resting for a second swim practice, exploring the island, studying?! or heading out on an adventure as a group.

This year, we visited the USS Midway Museum, Seaport Village, the Gaslamp Quarter, Belmont Park, Brandy Melville, Pacific Beach, and of course Target. The swimmers also guided themselves on a comprehensive tour of Coronado Island while trying to win the Easter Scavenger Hunt.



Evenings were either spent shopping on the way home from one of our chosen restaurants or diving into some fun interactive games in the chaperone hotel room. Coach Kevin joined in on these eye-opening game nights and my stomach still hurts from the memory of all the laughs.

In closing, I am thankful to have spent time with the senior team members that were on the trip. Chaperoning can be a truly rewarding experience and I encourage everyone to give it a try at some point in your swimmer’s career.

2023-2024 Volunteer Contributions	
Team BBQ	18 positions
Team Champs Meet	75 positions
Pugsley’s Plunge Meet	400 positions
Chinook Invitational Meet	400 positions
Casino	60 positions
Bingos	120 positions
Board of Directors	9 positions
Travel Meet Chaperones	14 positions
Squad Parents	8 positions
OVER 1,100 VOLUNTEER POSITIONS WERE FILLED TO MAKE THIS SEASON A SUCCESS	

BY THE NUMBERS

Volunteers play a crucial role in fostering a supportive and thriving environment for all our members. Your dedication and enthusiasm help keep our club running smoothly and ensure that our swimmers have the best possible experience.

Thank you for all that you do!

More information on volunteer opportunities may be found [here](#) on the Club’s website.



— EXCELLENCE IS AN ATTITUDE —



KEEPING GIRLS IN SPORT

By Natalie Swanson

By the age of 12, girls drop out of sport 3x more than boys.

It's widely known that participation in physical activity and sport has immediate and long-term benefits in youth. For girls, these benefits go beyond physical, mental, and social and extend to the boardroom. Sport participation propels a woman's career, improves leadership potential, and significantly impacts her perception on her ability to lead.

94% of women in the C-suite played sport, including 52% at the university level.

Despite the clear benefits, a mere 38% of girls report regular participation in sport by the age of 16. With the top 2 reasons young girls participate in sport being to make friends and to be a part of a team, it's important to acknowledge that girls approach sport with a unique set of priorities.

When surveyed, girls reveal they want to participate in sport and, while the factors that contribute to drop-outs are complex, there are several common barriers that girls report:

- Low self-confidence/body image
- Poor perception of belonging or feeling unwelcome
- Social pressures and other priorities
- Perceived lack of skill
- Quality of the sport (i.e. training not appropriately designed for girls and lack of female role models and coaches)

Even more worrisome, girls report they feel they don't have the same positive reinforcement about sports as their male peers.

WE ALL HAVE A ROLE TO PLAY

Female sport training is not a one-size fits all approach. Parents have the strongest positive influence on girls' sport participation, but all three pillars have a responsibility.

PARENTS

Support the socials

Research shows that the most important factor in creating positive sport experiences for girls is social connection.

Reinforce effort

Focus on **values** such as, "I work hard, I show up with intent, I don't give up." De-emphasize fixed results (times, goals, wins) and avoid performance-based incentives. This diminishes intrinsic motivation, and athletes will seek external motivators.

Encourage a variety of sports

It's proven that offering choice, autonomy, and a multi-sport background supports longevity for female athletes.

COACHES

Develop training programs for female athletes

Understand the physiological characteristics of female athletes before, during, and after puberty, and what social-emotional changes accompany each stage.

Create a setting that promotes healthy social connections

Recognize what motivates female athletes and invest time to develop positive social relationships amongst teammates.

Make ongoing skill development central to training

Develop and maintain girls' sense of competence and confidence by prioritizing fundamental movement skills.

ORGANIZATIONS

Promote female leadership and role models

Women in positions of leadership within sport organizations are under-represented but are particularly important. Establish peer mentoring opportunities for girls.

Provide training and education

Implement educational opportunities for coaches, parents, and participants on the female-centered design of sport programs. Encourage open dialogue about the physiological and hormonal changes that girls experience during puberty.



Only 10% of girls feel comfortable approaching a sport leader to discuss body related concerns, and only 1 in 3 feel their coach knows how these concerns may affect their training and performance.

REMEMBER

The overall goal for youth sport participation should be the life-long pursuit of physical activity. When parents, coaches, and organizations work together to support and implement training, policies, and procedures, they can provide positive sport experiences for *all* young athletes and keep them in the game.

Natalie is a fellow Calgary Patriots parent and is the CEO, Founder, and Head Coach of [Run.Jump.LEAD!](#), an organization with a mission to remove barriers and increase female participation in sport and leadership by delivering specialized programming designed for the specific physical and social-emotional needs of girls.

Sources: Canadian Women & Sport, Coaches BC



DID YOU KNOW?

You can link squad calendars to your devices!

Learn how on the FAQs page on the Club's website or by following this [link](#)