



PATRIOTS NEWS

A newsletter brought to you by Calgary Patriots

Issue 1

October 2023

Exciting 2023-2024 Swimming Season



Calgary Patriots is buzzing with excitement as we kick off the 2023-2024 swimming season. I would like to extend a warm welcome to all club members, both new and returning, along with their families. This season promises to be filled with new experiences and opportunities.

Embracing Change - One of the most exciting aspects of this season is the introduction of new coaches

and board members who bring fresh perspective and expertise to the club. Their dedication and knowledge will undoubtedly contribute to the growth and success of our swimmers.

New Faces, New Connections - As we grow, so does our club family. We're delighted to welcome new members and their families into our close-knit community. The support that characterize our club will only strengthen as we embark on this new season together.

Exciting Events on the Horizon - Prepare for a season packed with thrilling meets and activities. Among the highlights were Team Champs, a great first meet that delivered a fun family friendly meet to start the year. Our calendar also includes our much-anticipated annual short course meet, **Pugsley's**, and our annual long course meet, **Chinook**.

Training Camp in Coronado - For our Gold squad, an exciting opportunity awaits in Coronado. They will embark on a training camp designed to not only enhance their skills as athletes but also to foster personal growth. This experience promises to be invaluable.

Chasing the Olympic Dream - Our swimmers have a remarkable opportunity this season to swim at the Olympic time trials. Those who qualify will have the chance to swim alongside Canada's best, a moment that can truly be the realization of a dream.

Casino Fundraising - In January, we're gearing up for a casino night fundraiser, and we need everyone's support to make it a resounding success. Every hand on deck counts, and your participation is crucial to our fundraising efforts.

Building Connections - Our commitment to building a strong community remains unwavering. Parents will have the chance to connect with one another at social gatherings, fostering friendships that often extend far beyond the pool.

The 2023-2024 swimming season at, Calgary Patriots, is expected to be a season of growth, friendship, and excellence. I, as Head Coach, and the entire coaching staff are eager to guide our swimmers toward their goals. Here's to a fantastic season filled with unforgettable moments and achievements both in and out of the water. Stay tuned for updates and get ready to dive into an exciting year of swimming!

For more information and updates, please visit our [website](#).



MARK YOUR CALENDAR

UPCOMING TEAM EVENTS

OCTOBER

LASC Fall Challenge	20 th – 22 nd
UCSC Fall Start Up	21 st
Fundamentals: Halloween Howler	21 st
Mountain Madness	21 st

NOVEMBER

CASA Speed Meet	3 rd – 5 th
Jack Frost	3 rd – 5 th
KSC SC Invitational	17 th – 19 th
Comet Cup	17 th – 19 th

DECEMBER

Comets Holiday Invitational	8 th – 10 th
Sandy Ferris Age Group Challenge	8 th – 10 th
JP Fiset Invitational	14 th – 17 th
Christmas Break	22 nd

SQUAD STATS

Green	5 members
White	33 members
Grey	34 members
Black	28 members
Red	32 members
Bronze	37 members
Silver	29 members
Gold	29 members

Friendly Rivalry at Team Champs: Black vs. Red



The MNP poolside atmosphere was electric as the Calgary Patriots club teams, Team Black and Team Red, geared up for an epic showdown at the annual interclub swim meet. The day saw **196 swimmers** registered to compete, each team represented by all age groups and skill levels within our club. With **Black boasting 611 points** and **Red close behind with 578**, the competition was fierce. The stakes were high, spirits were soaring, and the water was calling.

The morning featured a series of thrilling individual and relay races, with **330 swimmers swimming Personal Best (PB) times**. Swimmers from both teams gave their all, showcasing their speed and stamina and pushing

themselves in pursuit of victory. Every stroke, every flip turn, and every dive off the blocks was executed with a determination to add points to their team scoreboard. Cheers from the sidelines echoed through MNP, spurring on the athletes as swimmers from both teams cheered for each other, even as they raced against one another.

As the day progressed, the focus shifted to the eagerly awaited IM relay showdown between the swimmers and their coaches; plus, a surprise deck entry team "**Speedo Dads**". The poolside erupted with laughter and cheers as coaches, dads and swimmers engaged in friendly competition. The veterans, who had once been champions in their own right, proved that age was just a number when it came to the love of the sport.

The highlight of the morning was undoubtedly the eagerly awaited family relays. With bragging rights on the line, the tension was intense. Parents and siblings of the swimmers took to the water, showing that the love for swimming ran deep in these families. Laughter and camaraderie filled the air as generations came together for a shared passion.

In the end, the final score was just a number. What truly mattered was the sense of friendship, sportsmanship, and the memories created during this remarkable interclub swim meet. Regardless of which team took home the trophy, we are all winners in the water.

The Meet Management and Board would like to say a heartfelt thank you to all the swimmers, coaches, parents, volunteers, and organisers who made this event a success. Your dedication and enthusiasm are what make our swim club a truly special community.

Until next time, keep swimming, keep supporting one another, and keep making waves!

Swimmers Dive into the New Season at the Welcome BBQ

Last month, over 300 members of the club gathered under the summer sun for a splashing good time at their annual Welcome BBQ event; kicking off another exciting season of swimming excellence and the opportunity to forge new friendships among the swimming community.

Swimmers of all ages congregated at Edworthy Park, eager to rekindle old bonds and extend warm greetings to new members. Club Chairperson, Dave Sweeney, expressed his excitement for the season ahead, stating,

"Our Welcome BBQ is more than just a social gathering; it's a tradition that symbolizes unity and the spirit of sportsmanship within our club. We're delighted to see familiar faces and eager to welcome newcomers into our club."

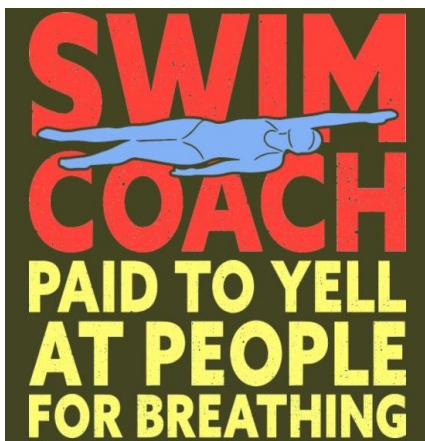
The highlight of the event was undoubtedly the mouthwatering barbecue spread, expertly prepared by a team of grill master's from within the club; thank you Tim Holz and Wilbert Ramirez. The club also owes a big **Thank You** to, Christina Abbadi-MacIntosh, our club Social Coordinator who pulled the event together in just three days.

The day was a resounding success and marked the official start of the upcoming swim season. Swimmers of all levels will now focus on honing their skills, setting personal goals, and working together as a team. Calgary Patriots has a rich history of producing talented athletes who have excelled at all levels, and this year promises to be no exception.

As the sun set on the event, families left with full stomachs, smiling faces, and a shared determination to make this season one to remember.



New Coaches to Enhance Training



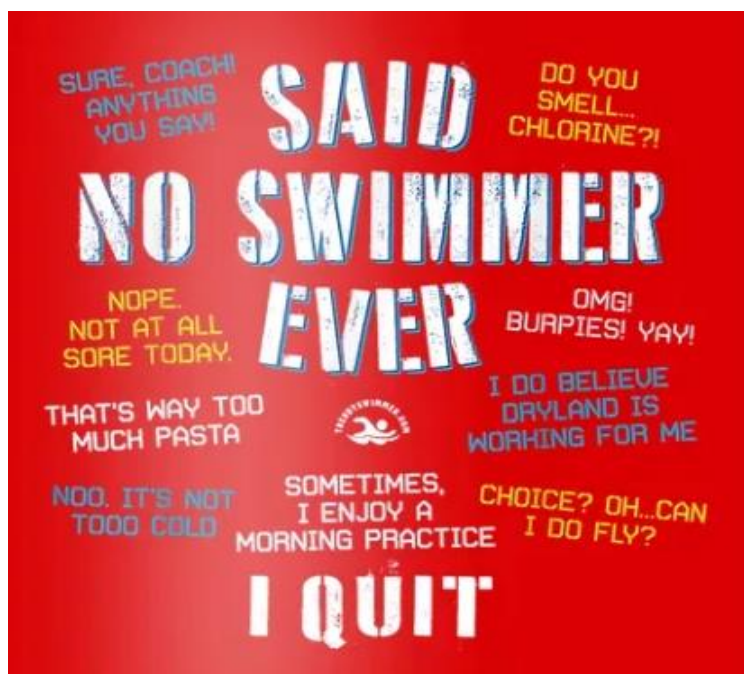
In an exciting development, our club is proud to introduce five new assistant coaches and two squad coaches to enhance our training program for the upcoming season. **Erin Cameron, Callie Stirling, Julia Pigott, Shana Fu, and Elsie Whitney** joins us this season to assist in various capacities, working with athletes across Black, Red, Bronze, Silver, and Gold squads.

Additionally, **Marit Anderson**, who will focus on coaching Silver, and **Jamie Connors**, assigned to the Bronze squad, have joined our coaching staff, bringing with them a deep understanding of the club's culture and a wealth of enthusiasm.

This year, our club is doubling down on its commitment to fostering athlete development and excellence by enlisting a team of talented coaches who will work tirelessly to guide our athletes towards success. Erin Cameron, an accomplished coach with a track record of nurturing talent, is set to inspire our athletes to reach their full potential. Callie Stirling is a seasoned coach with a passion for nurturing young talent. Julia Pigott, with her varied coaching experience, is set to bring a fresh perspective to our club. Shana Fu, a rising star in the coaching community, will be providing valuable insights to athletes at various levels. Elsie Whitney will return as a coach this year and bring her leadership to our coaching team.

In a significant move, we've also welcomed Marit Anderson as the Silver squad coach. Marit's deep understanding of the club's principles and her commitment to excellence make her an invaluable addition to the coaching team. Jamie Connors, who is no stranger to the club, is the new face of Bronze squad. Jamie brings with him a wealth of experience and a genuine passion for the sport, making him a perfect fit for our club.

These coaches, both new and experienced, will complement our existing staff and provide our athletes with the tools they need to excel in their respective disciplines. Their shared dedication to our club's culture and their commitment to nurturing talent will undoubtedly elevate our athletes to new heights. With the addition of these talented coaches, our club is poised for a remarkable season ahead. We look forward to witnessing the positive impact they will have on our athletes as they embark on their journey towards excellence. The commitment to nurturing talent and fostering a culture of growth and success remains at the forefront of our club's mission.



Swimming Equipment and suits can be bought at a **DISCOUNT** from the following outlets.

TEAM AQUATIC

If you're buying directly from the shop, simply show this card to receive a 20% discount. If buying online – use the Promo Code – CAL311. This offer is valid all season.



**TEAM AQUATIC
SUPPLIES LTD**

SHARK CLUB PROGRAM

Club: Calgary Patriots Swim Club
Online Coupon Code: CAL311
Expires: August 31, 2024

Program subject to change and/or cancellation at any time. Discount is valid on regular priced products. In-store redemption only. Card must be presented at time of purchase. Not valid at Swim Works and other Swim Stores, or in conjunction with other discounts.

#SwimExperts

phone or print it out.

All Tides

Can't find what you're looking for at Team Aquatic? You have options. Visit the ALL TIDES website where you will also get a 20% discount with the Promo Code – PATRIOTS20. There is no [All Tides](#) outlet in Calgary, however, they are very understanding with exchanges.



SKIP THE DEPOT
RECYCLING & FUNDRAISING

Calgary Patriots "Skip the Depot" Fundraising is for a great cause! Your contribution supports our athletes with equipment and goes a long way in reducing our environmental footprint. **How does it work?** Just sign up, select "Calgary Patriots" to donate, and *Skip the Depot* will collect, count and transfer the money to the club. Help us create a greener and stronger community by participating in the Calgary Patriots "Skip the Depot" fundraiser.

MNP Corporate Rate Discount

As members of Calgary Patriots, families are entitled to receive [Corporate Membership at MNP Community and Sports Center](#). Using the facility is an excellent way to pass the time while waiting for your swimmer during a training session and is even more rewarding during a meet. If you're interested in joining, take a copy of your latest CP invoice and ID, and the team at the MNP front desk will set you up. (This is not a sponsored message; we just want to ensure our members get the most out of their membership)