



Issue 4; July 2024

PATRIOTS NEWS

Official Newsletter of the Calgary Patriots Swim Club

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SAVE THE DATES

Registration for 2024-25 season

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

[VIEW REGISTRATION INFO HERE](#)

Upcoming Meets & Events

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

COACH'S MESSAGE

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



Another Successful Swim Season

By Kevin Coulman, Head Coach and Gold Squad Coach

Greetings from your dedicated coaching staff at the Patriots. As we dive into the heart of July, it's time to reflect on our recent achievements and gear up for even greater challenges ahead.

We crushed it at Helena & Regina leaving our mark with a slew of podium finishes. Special shout-out to Federico Martino for smashing the club records in 400 & 1500m freestyle! Even with the downturn in training we still had almost every swimmer get at least one pb and a few swimmers got pb's in almost everything they swam.

I want to emphasize the importance of maintaining a balanced approach during these summer months.

1) **Cross-Training:** Explore other forms of exercise. These activities can help maintain fitness levels and enhance overall strength and flexibility.

2) **Open Water Swimming:** If available and safe, try open water swimming in lakes. It's a great way to challenge yourself in a different environment and work on endurance.

3) **Dryland Workouts:** Incorporate dryland exercises you have learned throughout the year. These workouts complement swimming by targeting muscle groups essential for performance in the water.

4) **Set Goals and Reflect:** Use this time to set personal goals for the upcoming season and reflect on your achievements so far.

5) **Stay Hydrated and Eat Well:** Proper nutrition and hydration are crucial year-round. Use this time to experiment with healthy recipes and ensure you're fueling your body for optimal performance.

6) **Rest and Recovery:** Use downtime to relax, catch up on sleep, and rejuvenate both mentally and physically.

For the swimmers still in the water, consistency is key. Missing practice means missing out and we have missed out on a lot of practices through June. Make every session count as practice will play a crucial role in your progress, this season and the next.

Huge thanks to all the parents who've helped us manage our recent workouts and trips. Your support fuels our success. Your contributions are invaluable to the success of our club, and we are incredibly grateful for your continued support.

Thank you once again to everyone for your dedication and enthusiasm. Let's continue to work together as a team, supporting one another and striving for excellence both in and out of the pool.

Wishing you all a successful and rewarding summer season!



2023-2024 PATRIOT AWARD WINNERS

Congratulations to all the 2023-2024 Patriot Award Winners!
A complete list of award winners may be viewed on the Club's website or by following this [link](#).

CONGRATULATIONS 2024 GRADUATES

Best of luck in your future pursuits in and out of the pool



Joseph Sluyters
Dalhousie University



Tatjana Alaica
University of Victoria



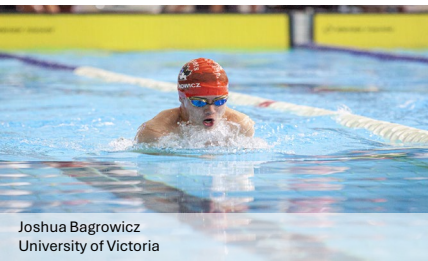
Ethan Pound
University of Lethbridge



Evan Sauders
University of British Columbia Okanagan



Ellie Marino
University of Victoria



Joshua Bagrowicz
University of Victoria



Kaleb Bagrowicz
University of Victoria



Taylor Les
University of Alberta



Annika Cameron
University of Alberta



Vera Leffers
Dalhousie University



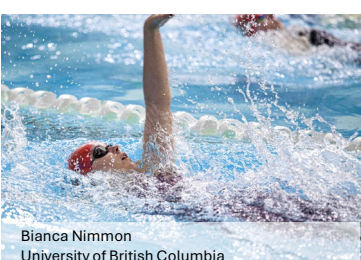
Emma Chin
Dalhousie University



Michela Casazza
Mount Royal University



Ronan Jenkins



Bianca Nimmon
University of British Columbia



Sofia Nilsen
Mount Royal University

The Foundations of a Lifelong Philosophy

By Ava Green, 2023 Patriot Graduate

The perfect way to summarize what I have taken forward with me from my 10 plus years as a competitive swimmer for the Calgary Patriot Swim Club is the philosophy implemented by one of the most influential coaches that I have ever had- "It's not a matter of if but when". To the unaided eye this manifestation is erratic but to me it means that my potential and success is limitless if I continue to work hard at it. From swimmer to swimmer the definition of success varies but as a swimmer who was not the fastest swimmer in the pool the definition went beyond just the success of speed but the success of a lifelong passion, strong work ethic, profound friendships, time management, leadership skills, sportsmanship and confidence. As I move on from my life as a competitive swimmer the motto that once carried me through my competitive swimming years has become an ideology for my life. This has empowered me to leave my comfort zone, chase an educational dream, and carve out a life for myself. It has fueled my enthusiasm and self-assurance to explore diverse forms of art, including hosting a radio show, while maintaining a commitment to physical health. Lastly, it has instilled in me a perpetual passion for swimming and leadership abilities that I have the honor to share as a coach across the country. As I continue to reflect on the landscape of my life, I attribute the foundations of my strengths to the doctrine of "it's not a matter of if but when" that I have received from the Calgary Patriots Swim Club.

Development Beyond the Pool

By Annika Cameron, 2024 Patriot Graduate

Swimming competitively has had a positive impact on me, and especially on my habits when it comes to school. Given that the practices were either before school or right after, I didn't have a ton of leeway when it came to procrastinating on schoolwork. This required me to make the most of the time and focus when I really needed to. Having to make a consistent commitment to swimming was a huge help when it came to prioritizing different events or items in my life, even if meant missing hanging out with friends. It required me to keep myself organized, and make sure my schedule was planned out accordingly.

This sport has also pushed me to become a better leader, particularly when having to lead different squads in workouts or at swim meets. I've grown more confident in my ability to lead, and be there for others, which carries over into other aspects of my life, such as school and extracurriculars. An added benefit of that is I've grown more comfortable in the people I've surrounded myself with in swimming. I've made valuable connections with coaches and swimmers, both on other teams and on my own, who I hope to stay in contact with as I continue my swimming journey.

Aside from the mental benefits of swimming, it's also kept me physically fit and healthy. It helps me feel good about myself and provides an outlet for me to workout in a way that fulfills me and my needs. Included in that, swimming also pushes me to have a healthy and consistent diet, so that I can get the most out of every workout. Eating too much or too little can negatively affect how you perform in practices, races and in the classroom, so by now I know how to manage what I eat so that I can perform at my best.

Balancing my time between swimming, school, and my social life has certainly not been easy, but it's worth it, by enabling me to prioritize my time, feel more confident in assuming leadership roles, and have a generally better idea of how to feel fulfilled in my life.

I'm really looking forward to continue swimming in university, because I believe it will help me maintain healthy studying, eating, and management habits.

MESSAGE FROM THE BOARD

Communication and insights from our Board of Directors



2024 Club Survey Results We are doing well but still aim to improve

By Ryan Thompson, Member at Large: Communications

We extend our thanks to all members who participated in the Club survey. With 87 respondents representing 109 swimmers, your input is invaluable as we strive to enhance our Club's operations and offerings.

The Club received an impressive rating of 4.425 out of 5 overall, 4.339 out of 5 for the Board of Directors, and 4.388/5 for the coaches. These ratings underscore the Club's strengths, while also highlighting there are areas which can be improved upon.

In total, we received 153 responses to the questions asking, "What can we be doing better?" This included 60 responses for the Club in general, 28 for the Board of Directors, and 65 for the coaches. The feedback provided was both constructive and affirming with the main takeaways being:

Communication Enhancements

We recognize the importance of clear and consistent communication. As such, we will institute a more structured communication plan which includes:

- Establish and enforce frequency and content requirements for communications, ensuring regular updates.
- Implement parental education for new families through orientation sessions and website resources.
- Leverage existing squad group chats to enhance communication.

Swimmer Development

The Club's commitment to swimmer development remains strong and is constantly being reviewed by analyzed by coaches. The survey results confirmed enhancements already road mapped including the introduction of additional holistic athlete development opportunities, and ensuring our swimmers receive well-rounded training and coaching that supports both their physical and mental growth. The most significant enhancement for our Club for the upcoming swim season is the addition of a new full-time coach and a dryland coach. Mid-year move-ups will also be introduced factoring in tenure, commitment, performance, and age, which will provide a fair and motivating system for our swimmers to advance.

Ongoing Review

While we have already identified key areas for improvement, the review of survey results will continue into the next season. This ongoing analysis will help us refine our strategies and ensure we are meeting the evolving needs of our member families. The survey has provided us with a clear understanding of our strengths and the areas where we can improve. We are grateful for the positive feedback and the constructive suggestions, all of which will guide our efforts moving forward.

Your participation and support are crucial as we work together to make our Club the best it can be. We look forward to implementing changes and continuing to foster a positive, supportive, and successful environment for all our swimmers.

Thank you once again for your valuable input. Let's make the 2024-2025 season our best yet!



Coach Brent with swimmers at MT HLST Last Chance Invitational

FOLLOW US ON INSTAGRAM



@CALGARY.PATRIOTS

FUNDRAISING

We've partnered with SkipTheDepot!

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3

1. Download the app and book a pickup using

<https://app.skipthedepot.com/yycpsc>

2. Place your bags outside

3. Your donation will assist the Club in offsetting expenses associated with equipment purchases, team travel, special events etc.

Of note, Senior Patriot swimmers will also be conducting bottle drives during the upcoming swim season to assist in funding their travel meets and training camp.

*Stay tuned for the upcoming fall dates.

If you are interested in helping the fundraising committee, please email sponsorship@calgarypatriots.com.



SKIP THE DEPOT

Download the app and start donating to us today!



DID YOU KNOW?

The FAQs page on the Club's website is great source of information for those new competitive swimming. The page can be accessed under the 'Resources' menu or by following this [link](#). If you think a topic should be added to this section, email your suggestion to communication@calgarypatriots.com.

PATRIOTS POOLSIDE CHRONICLES

A section dedicated to the swimmers!



Patriots at open water swim practice



Claire; Grey Squad; MT HLST Last Chance Invitational



Black Squad; Patriots Award Banquet



Samual, Levi, Ivan, William; ManSask Boys 14-15 400 Meter Free Relay Champions



Team Dinner, 2024 Summer Festival South



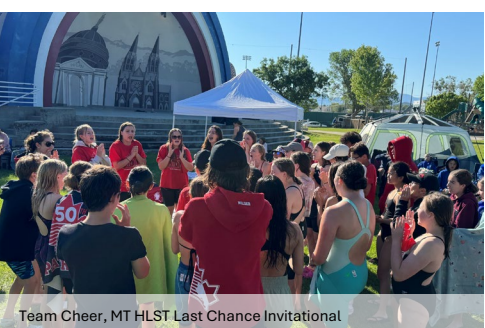
Walking to the Pool, MT HLST Last Chance Invitational



Summer ManSask LC Provincial Champ Swimmers



Red Deer Catalina Freeze or Fry



Team Cheer, MT HLST Last Chance Invitational

An Amazing Swim Season Is Coming To An End!

Reflecting on the year, we extend congratulations to all our swimmers for their outstanding accomplishments. Your unwavering commitment and tireless effort have not only resulted in personal milestones but have also propelled our team to remarkable success in numerous competitions. Each swimmer's dedication has been a cornerstone of our collective achievements, and it is truly inspiring to witness the progress everyone has made.

Your determination, coupled with exceptional teamwork, has established new benchmarks of excellence, making us all immensely proud. These accomplishments are not just personal victories but a testament to the spirit and unity of our entire team. We eagerly anticipate your future achievements and the new records you will undoubtedly set. Continue to push your limits, strive for greatness, and remember that the journey itself is as important as the destination.

A special thank-you goes out to everyone who contributed photos, capturing these memorable moments. If you have photos you'd like to share, please submit them via email at pictures@calgarypatriots.com. Your participation is greatly appreciated and adds to the history of our team.

RECENT MEETS SUMMARY

Swim Meet	Swimmers	Personal Bests	Podium Places	Club Records
MT HLST Last Chance Invitational	45	94	81	1
Summer ManSask LC Prov Champ	18	47	38	2
Steven Brown 2.0	9	17	9	0
2024 Summer Festival South	25	97	10	1
Red Deer Catalina Freeze or Fry	53	150	57	0
KSC LC Invitational	34	72	12	0
CSI: 2024 Paris-Roubaix	46	84	30	5
Cascade Spring Fundamentals	27	100	38	0
Fast and Fierce Invitational	53	213	96	0
Maverick Spring Tsunami Invitational	29	75	23	0
KAJ Persist Oil & Gas Invitational	34	91	10	0
Marlin Mercenary Madness	41	190	49	3

NEW CLUB RECORDS

Event	Member	Time
1500 Free	Federico Martino	19:10.19
100 Fly	Samantha Campbell	02:02.13
200 Free	Levi Hildebrand	02:01.97
50 Breast	Federico Martino	00:33.89
100 Breast	Federico Martino	01:13.99
400 Medley	Federico Martino	05:13.63
200 Medley	Federico Martino	02:25.54
200 Fly	William Cameron	02:30.09
400 Free	Federico Martino	04:46.03



LANE LEADERS

Our club is supported by an active, dedicated and engaged parent community

Diary of a Newbie Swim Parent

By Katherine Martin, Grey Squad Parent

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

“Thanks to the chaperones, coaches, and parents who made the Montana travel meet such an enjoyable experience for our child.”

- A Red Squad Parent

“Congratulations to all the graduating swimmers. Best of luck in all your future endeavors.”

- The Patriot Family

“Thanks coach Chad for the fun year”

- AT

(Lauren, unfortunately she is now your problem.

- Editor)

JOIN OUR BOARD!

Volunteer board members play a crucial role in leading our club to success. The following shadow positions are open for the 2024-2025 swim season. The intent is that after shadowing these positions for one year, you would then take over the role the following year. (click on the position to learn more about it):

[Meet Manager](#)

[Officials Coordinator](#)

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



In the tent at Red Deer Catalina Freeze or Fry

Like many of you, I did not grow up in the competitive swimming world, so when it became apparent that not one, but BOTH of my kids were passionate about swimming, I was more than a little intimidated. I was prepared for basketball. Maybe volleyball... but competitive swimming? I had enrolled my kids in P-Too as a learn-to-swim program; what did I know about competitive swimming?

In a lot of ways, becoming a swim parent was like being the new kid at school... I didn't know any of the other parents. I didn't know how to read the psych sheets. Meet Mobile? Time standards? Festivals? Qualifying Times?!? It was a completely foreign world to me, and I'm not going to lie... it was really overwhelming. How was I supposed to be a good swim parent and get involved when I had no idea what was going on, or how *anything* worked?

For me, the answer came when I found out that my daughter's coaches were looking for a Squad Parent; they needed someone to be in charge of organizing squad events, trying to build a sense of community with the swimmers' parents, conveying parent questions and requests back to the club, and finding ways to show appreciation for the coaches. So... planning parties, buying gifts, setting up group chats and having a place to start when it came to talking with the coaches and other parents. Zero swim knowledge or background required (I double checked). THIS was something I could do. I was in.

But a funny thing happened when I stepped into the "safe" role of Squad Parent. I stopped feeling like the new kid. Becoming the Squad Parent opened up the world of competitive swimming for me; it helped me develop relationships with both the coaches and the other parents, and allowed me to discover that most of us were in the same boat... wanting to find ways to support our kids as they developed their love for swimming. In talking with the other parents, I figured out that I wasn't the only one who didn't know the difference between a dolphin kick or a breaststroke kick, or why swimmers got disqualified. I wasn't the only one who found the thought of volunteering on deck to be more than a little terrifying, and I wasn't the only one who had no idea what, exactly, a psych sheet was.

I'll be honest. I still don't know the difference between a streamline and a breakout (although my kids assure me these are real things), and the thought of diving into a pool of water headfirst still terrifies me. But I'm now in my second year as a Squad Parent, and am beyond grateful that I dove at the chance to take on a role that allowed me to find a way to get involved in the sport that has become such an important part of my children's lives.



Team dinner at Red Deer Catalina Freeze or Fry

2024-2025 VOLUNTEER OPPORTUNITIES

Much of the success of our club can be attributed to our volunteers. If you would be interested in volunteering as a squad parent, chaperone, or at a social event (team BBQ, awards banquet, or parent social) next year please email office@calgarypatriots.com. More information on volunteer opportunities may be found [here](#) on the Club's website.



The Importance of Off-Season and Multi-Sport Training for Young Swimmers

By Eric Barber

There is no arguing that swimming is awesome, but ...

As a dad to a dedicated Patriot, I have seen firsthand the benefits of the rigorous schedule of a competitive swimmer. Brace yourself ... I have also seen the downside. More importantly, as an almost 20-year strength and conditioning coach, I can see the future, not for all, but for many.

It's rosy, but some elements are bleak.

There is no arguing that swimming is awesome.

Competitive swimming offers a multitude of benefits that extend beyond the pool:

- Physically, it enhances cardiovascular health, muscle strength, flexibility, and endurance.
- Mentally, it reduces stress, builds discipline, focus, confidence, and resilience.
- Socially, it fosters teamwork,

camaraderie, and communication skills.

- Academically, it improves cognitive function, memory, and time management.
- It also instills life skills such as responsibility, a strong work ethic, leadership, and healthy habits.
- Long-term, it encourages lifelong fitness, networking, career opportunities, scholarships, and community involvement.

Overall, competitive swimming develops well-rounded individuals with the skills and qualities to succeed in all areas of life.

The benefits are quite obviously plentiful. But there are downsides.

These include the risk of overuse injuries, such as swimmer's shoulder and knee, due to repetitive motions.

The demanding training schedule can lead to burnout and mental fatigue, particularly in young athletes.

Specializing in swimming from an early age may limit the development of a well-rounded athletic skill set and reduce opportunities for participation in other sports.

Additionally, the intense focus on competition and performance can create significant pressure and stress, potentially impacting mental health. Balancing academics, social life, and rigorous training can also be challenging, leading to time management issues and reduced leisure time.

What's the point of all of this, you ask?

Perhaps there is a balance that can be struck that yields 80% of the benefits and mitigates 80% of the risks. Sounds like a win-win, right?

HERE ARE THREE WAYS TO ACHIEVE THE WIN-WIN:



PLAY MORE SPORTS

Encourage your young swimmer to participate in multiple sports. This can help them develop a well-rounded athletic skill set while reducing the risk of overuse injuries and burnout. This balanced approach promotes overall physical and mental health, ensuring that they enjoy the benefits of swimming while also exploring and excelling in other activities.



EFFECTIVE DRYLAND

The off-season is the perfect opportunity to help your swimmer get stronger and build a bigger engine (that's what we call cardiovascular endurance). A proper training program allows young athletes to recover from the swim season while preparing them for even better race times next season.



KEEP IT FUN

Celebrate hard work independent of results. Encourage the fostering of friendships with swim friends off the pool deck. Set goals that aren't only time-based. Discuss the ancillary benefits of swimming and racing. Aim to recognize the difference between instilling discipline and forcing your swimmer to do something they don't want to do.



Downtime at the MT HLST Last Chance Invitational

WIN-WIN

Finding a balance between rigorous swim training and other sports and activities can yield the majority of swimming's benefits while mitigating many of its risks. By adopting a more holistic approach to athletic development, young swimmers can enjoy a sustainable and fulfilling athletic career, equipped with the skills and resilience to succeed both in and out of the pool. Win-win.

Eric and his wife Christi are fellow Calgary Patriot parents and own Barracks Fitness, a strength and conditioning gym located in Currie in SW Calgary. They have almost 20 years of experience coaching and training everyone from regular Joes to professional and Olympic athletes. Their passion is fitness and fostering a lifelong love of physical pursuits. Check them out at barracks.fit.



HAVE AN IDEA OR RECOMMENDATION FOR THE NEWSLETTER?

We want to hear from you! Email your ideas or recommendations to communication@calgarypatriots.com. If you wish to contribute content, we will welcome the assistance.