



PATRIOTS NEWS

A newsletter brought to you by Calgary Patriots

Issue 2

January 2024

A New Years Message from the President

As we step into 2024, I want to express my gratitude for your unwavering support and for stepping up to volunteer. January is particularly busy with the Club-hosted Pugsley's Plunge held at Seton from the 19th – 21st, followed by our Casino at Cowboys Casino on the 25th and 26th.



Embracing Change

Club Website - On top of our usually busy training schedule, last year we saw the Club transition from the US-based TeamUnify team management information system to the Canadian owned Pool Queue. This will provide the Club with additional features like the Pro Shop, allow us to keep our data in Canada, as well as provide cost savings.

Governance Review - Last year we engaged MNP, the accountancy and professional service firm, to conduct a Governance Review of Club operations. The review was completed in November and provides valuable feedback that will be used going forward. This was a comprehensive assessment that included observations on policies and procedures, the Board of Directors, technology and data management, and other important topics. It also included a credit card analysis and a review of financial management but fell just short of meeting the requirements of our annual financial audit; therefore, an internal audit is now being completed. The audited financials will be ready for presentation at our AGM in February.

HSBC to Scotiabank - Another change that is taking place is with our bank as we are just completing the move from HSBC to Scotiabank. The main reason for this is to enable the Club to make electronic payments which are faster and more convenient than using cheques. The Board had discussed making this change several years ago, however, it was delayed due to the pandemic and is now long overdue.

Board Member Changes - Finally, when it comes to change, we welcomed Ryan Thompson to the Board in January as the new Communications Manager, while Martina Lee, assumed the role of VP Swimming.

Looking Forward in 2024

I would like to highlight several upcoming non-swimming events. The first event is our AGM which will take place on Saturday, February 24 at 8:30 AM at MNP Community and Sport Centre. Later that same day, in the evening, we will have our Parent Social which will take place at The Banquet in the University District. The Parent Social is a great opportunity to meet and get to know some of the coaches and fellow parents in a fun setting.

In June we will hold our Semi-AGM (date TBC) and our Annual Awards Banquet. For families new to the Patriots, this last event is something that you don't want to miss. Not only do we acknowledge and award our swimmers for their outstanding efforts, but it is also a chance to dress up and celebrate. Stay tuned for more details.

With your continued support and enthusiasm, I am confident that 2024 will be another great year for the Calgary Patriots. – Dave Sweeney

KICKING OFF 2024 WITH A SPLASH

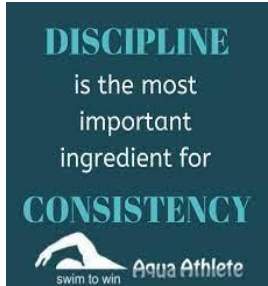
Happy new year Patriots swimmers!

We have had a great start to the year. As coaches we always love to see the swimmers develop and get better not just their times but their training habits. The coaching staff wants to express our gratitude to all the parents & swimmers who commit everyday to make this club a premier club in Canadian swimming.



With the new year in front of us, all swimmers should be looking at how they can make some small changes to get better. If everyone makes a few small changes after every break from swimming, we will keep moving forward as a club. These changes do not need to be hard and could include...

1. Bring a water bottle to practice
2. Pack a snack for before and after practice
3. Talk to the coach more
4. Lead activation
5. Be more consistent with anything you do
6. Kicker harder in workouts
7. Encourage a teammate
8. Swim a race that scares you
9. Train a stroke that scares you



Every little change helps build our club culture;

"Excellence is an attitude."

I really want to see all swimmers when they show up for workout to "be ready!" What that means is that all swimmers...

- 1) Are there "on time."
- 2) Have all their required equipment before workout starts.
- 3) Have a goal of what to work on.
- 4) Lead their teammates to do the same.

Every year, I always have a few parents ask how they can help or support their swimmer, and this is a very complex question. Recently, I found a "coaches coach" named Wayne Goldsmith that has provided me some good insight into my own coaching but also provides some great information around this question for parents. Here is a [link to his website](#) which includes a few short YouTube videos and a longer podcast.

Let me know if anyone has any questions. I always love to talk about swimming.

"When we know WHY we do what we do, everything falls into place. When we don't, we must push things into place."

By: Kevin Coulman, CP Head Coach.

PUGSLEY SUCCESS

Days	3
Swimmers	448
Patriots coaches on deck	8
Teams	5
Events swum	36
Volunteers	160
Medals awarded	~600
Penguins awarded	72

MARK YOUR CALENDAR

UPCOMING TEAM EVENTS

JANUARY

Winter Festival South	27 th – 28 th
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FEBRUARY

Maverick Madness	2 nd – 4 th
Edmonton Open	2 nd – 4 th
John Timmerman Invitational	9 th – 11 th
Winter Blitz Invitational	10 th – 11 th
Western TransMountain Festival	23 rd – 24 th

MARCH

Provincial Trials	1 st – 3 rd
Provincial Champs (LC)	7 th – 10 th
Pronghorn Classic	15 th – 17 th
Wild Hair	16 th – 17 th
NCSA Spring Invitational	16 th – 17 th
Speedo Western Canadian Champs	21 st – 24 th
San Diego Training Camp	27 th – 3 rd

PARENTS EVENTS

Casino	Jan 25 th – 26 th
AGM	Feb 24 th
Parents Social	Feb 24 th
Upcoming Survey	April

ABOUT PUGSLEY'S PLUNGE

The first Pugsley's Plunge took place on January 28-29, 2006.

Coach Jamie remembers having a **"Name That Meet"** contest for this new event and Pugsley's Plunge was born (I think Chris Bhatla won that contest). *"Pugsley himself was with the team when I took over in 2003 and Pam (Coach Jamie's wife) tells us that he was there when she started coaching with the Patriots in 1996."* Pam also tells us that Pugsley had both arms in 1996 😊.

Pugsley's Plung has successfully run every year since it's inauguration in 2006, except for 2021, due to COVID.

Pugsley, and his now 19-year-old meet, are incredible Patriot traditions and I thank everyone for their involvement in keeping these positive traditions alive.



GOLD SQUAD TRAINING CAMP

This year the Calgary Patriots swim club will be sending 15 swimmers from our Gold squad to Coronado for a weeklong training camp at the end of March.

This is something we used to do prior to 2020 and I am glad we can resume this club tradition. In the past, we ran this training camp every two years as an opportunity for senior swimmers to really kick their training into high gear going into their last cycle. It is also a great opportunity for swimmers to get away and have some fun with their teammates before they go off to university. I hope we will be able to run this every year going forward.

Swimmers that attend this training camp are committed to their swimming and have a drive to get better. Plans are well underway which include some team building/fundraising opportunities prior to the trip. While in Coronado we add excursions around our training to various places in and around the island.

With many of our swimmers' memories of swimming wrapped up in travelling with their teammates, this trip provides a unique experience that they will remember for years. I hope to see all Patriot swimmers at this camp in the future.



HAPPY BIRTHDAY KEVIN

This week Kevin got to celebrate his birthday with an intense competition of Shrek vs. Donkey with the Gold and Silver squad. From all accounts, I believe it was an extremely fun training session, and the (disputed) winning team for the evening was DONKEY!!!

The rules and point system of Shrek vs. Donkey can only be understood by the birthday boy and from all accounts I feel the participants themselves don't understand how it all works.

All in all, the evening was a huge success of shared laughter and half eaten doughnuts and we only hope that the birthday boy had as much fun as his swimmers. From your Patriots family; **HAPPY BIRTHDAY KEVIN**



WHAT WE ACHIEVED IN 5 MONTHS

MEETS	CLUB PARTICIPANTS	PERSONAL BESTS (PBS)	PODIUM PLACES
Pugsley's Plunge	188	651	196
Long Course Qualys	15	21	7
Riptides Winter Photos Fundamentals	20	78	9
OSC JP Fiset Invitational	62	473	13
Cochrane Comets Holiday Invitational	41	159	96
Sandy Ferris Age Group Challenge	58	197	31
NCSA Dual Meet	40	41	0
KSC SC Invitational	24	27	12
2nd Annual Comet Cup Invitational	63	241	62
Thursday Night At The Races	60	49	0
Cascade Speed Meet Provincial Series	43	106	16
Jack Frost	80	326	70
Mountain Madness	37	141	7
UCSC Fall Start Up	47	103	21
Cascade Fundamentals	26	61	9
Halloween Howler			
Lasc Fall Challenge	45	237	44
CP Team Champs	196	324	142

CLUB STATS	
New club records	19
Top 10 times - Girls	47 new times
Top 10 times - Boys	61 new times
Youth Recognition	3 swimmers
Alberta Festival Qualifiers	19 swimmers
Provincial Trials	55 swimmers
Provincial Championships	21 swimmers



Alberta Festival Qualifiers

Jayne Atamba	Nolan Curtis
Evangeline Campbell	Ivan Dehtiarov
Natalie Huynh	Silas Kwok
Josie Johnson	Ethan Lee
Veronica Mangubat	Leo Monaghan
Amelia Scholfield	Casper Nimmon
Audrey Thompson	Tian Ren Shi
Aria Warwick	Jameson Young
Everett White-Oneill	Evan Ying
Alexander St. Arnault	

NEW Provincial Trial Swimmers

Kira Barber	Lily Avery
Jesse Les	Katelyn Ford
Sophia Kwok	Jaden Lee
Claire Scholfield	Ava Virag
Olivier Jean	Mia Sikorska
Samantha Bustamante	Quan Sun
Vera Swanson	Elsa Kadatz
Michel Jean	Emily Sweeney
Ulan Abbadi-MacIntosh	Evan Sauder
Christopher Vaage	

Provincial Trials Swimmers (with 1 Champs time)

Leah Thompson	Justin Astridge
Harriet Nimmon	Szilard Szep
Cate Wachtler	Morgan Zhang
Akiyah Allred-Broadus	Maya Storck
Leah Sweeney	

NEW Provincial Champs Swimmers

Emiko Wong	Scarlett Herget
Samuel Bygrave	Jocelin Zhu
Skyla Wever	Daniel Dennison
Jade Boake	William Zhang
Hailey Cameron	Ethan Pound
Pablo Morales Rodriguez	

PATRIOTS FIRST TRAVEL MEET FOR THE SEASON

As if 17 meets weren't enough, last December, the Calgary Patriots, decided to throw in a 4-day travel meet to Edmonton, to take part in the annual JP Fiset Short Course meet. This adventure brought together 62 swimmers from 5 squads – Black, Red, Bronze, Silver, Gold, each fueled by a shared passion for the sport. The team was accompanied by 4 coaches and supported by 3 chaperones. The event not only fostered a sense of friendship among the swimmers, but also marked a milestone in the club's commitment to excellence and teamwork.

JP Fiset also introduced us to, Puggles, our new mini mascot. Puggles, was awarded to the swimmer who outperformed on the day. Every evening, swimmers and parents alike looked forward to reading about who Puggles would get to spend the night with.





SWIM PRACTICE TERMS

For the new swimmer, looking at the white board of a swim practice makes no sense. Just a whole bunch of numbers and shorthand. Here is a breakdown of the more common swim practice terminology.

Pace clock: Sometimes digital, sometimes analog, it's a pool-side clock that guides swimmers during their practices.

Intervals: The time that a designated rep is supposed to be completed within. For example, if a swimmer is doing 10x50m on a 1:00 interval, for the ten repetitions they would push off the wall for the next rep after :60 has expired.

On the red top! Most pace clocks are the old-school analog type that has four hands. Many swim coaches designate the red hand as the one to use. "On the top" means at the top of the minute—in this case, at :60/0:00. Variations include "On the bottom!" and from the coach who enjoys confusing the chlorine out of his swimmers, "On the blue fifteen!"



Descending effort: Coaches will often use a descending interval to "force" a descending effort. For example, if doing 5x100s, the interval would get :05 faster per rep, focusing the swimmer to progressively pick it up (or descend their effort) to make the interval. Here's what this might look like:

- 5x100 free swim desc 1-5 @1:30 (Descend the reps so that the first is the slowest, the fifth the fastest)
- 10x50 free swim desc 1-5, hold 6-10 @1:00 (descend the reps 1-5, and then hold the speed from number five for the final five reps)

Negative split: Swimming the second half of a rep faster than the first half. For example, if you were swimming 100m negative split, and you swam the first half (or 50m) in :30, negative splitting would mean swimming the back-half in :29 or faster. Negative splitting is a tool for teaching you how to pace your races and always close strong.

Tapering: A period of up to three weeks before a swim-meet where a swimmer's training is steadily decreasing. This is a fine-tuning period for swimmers as they prepare for competition. How much a swimmer tapers depends on age, muscle mass, events, and whether they are doing a full taper or just resting a little bit (common for mid-season and non-championship meets).



DPS: Distance per stroke. How far you can go with each stroke or stroke cycle. Mini-Maxi - where you try to take the minimum number of strokes at the fastest possible speed (add both to get the lowest you can).

Stroke count: The number of strokes you take per lap or length. This is a common measurement of efficiency in the water.

Drill: Variations of regular swimming that are designed to over-emphasize a particular element of the stroke. For example, butterfly arms with flutter kick drill is designed to help swimmers improve the aggressiveness of the arm recovery.

Kick: Using only your legs for propulsion. This can include using a kickboard, kicking in a streamline with a snorkel, doing vertical kicking, and many other variations.

Pull: Using only your arms for propulsion by putting a pull buoy between your legs to keep your legs from kicking. Swimmers will often use paddles while doing pull for power work.

Best stroke: When the coach gives swimmers the option to do a set or rep with their best stroke or specialty.

Laps/Lengths: While there is a lot of debate about whether laps or lengths are different, they are essentially the same thing in the swimming world. A lap and a length both mean one traversing of the pool from one end to the other.

Dryland: This is a catch-all term for training that is done outside of the water. Stretching, yoga, weight training, dodgeball—if it's "dry" training, it's referred to as dryland.

Get-out swim: When a swimmer is given the opportunity to get up and swim an event at practice, and if done under a mutually agreed time, the whole squad gets out of completing the rest of the practice.

SPORTS GRANTS AVAILABLE IN CALGARY

Organised sports is not cheap and sometimes families need that bit of financial assistance to get their kids into a sport or physical activity. Did you know that there are programmes within the community available to families that need this assistance. Two such programmes that are open for applications are:

JUMPSTART



The Individual Child Grant system is scheduled to **open on January 29th, 2024.**

Please use [this link](#) if you're interested in taking advantage of this opportunity.

Amateur Athlete Bursary Program



The John Currie Amateur Sport Legacy Fund opened for applications in December and closes February 23, 2024.

For more information about the grant, please visit [their website](#) for more details.

SWIMMERS PROFILE



Name: Ria Veronica Mangubat

Age: 9

Squad: White

Favourite past time:

Reading books

How long have you been swimming:

1 year, 6 months

Favourite stroke and event?

- **Stroke/s:** Freestyle and Breaststroke
- **Event/s:** CP Champs and Jack Frost

Least favourite stroke and event?

- **Stroke:** Butterfly
- **Event:** Halloween Howler

Favourite training set?

200 meters IM

Worst training set?

I like all my training sets

What do you love most about swimming?

I love my swim meets, especially when I improve my times.

What is your typical pre-race meal and race snack?

- **Prerace meal** - Scrambled eggs with rice and a berry smoothie
- **Race snack** - Oranges

What motivates you?

Winning races.

What piece of advice do you try to live by the most?

My dad's advice - "Give out your best, even when training"

What other sports or extracurricular activities are you involved in?

Soccer and Aikido

How do you manage your time between school, training and personal life?

My mom helps me organise my schedule and I put my schedule in my organiser.

What is your most memorable swimming moment

Receiving my first medal during the Jack Frost swim meet.



SWIMMERS PROFILE

Name: Haley

Age: 11

Squad: Grey

Favourite past time.

Reading is my favourite past time

How long have you been swimming:

9 months with the Patriots

Favourite stroke and event?

- **Stroke:** Backstroke
- **Event/s:** 50m backstroke

Least favourite stroke and event?

- **Stroke:** Butterfly
- **Event:** 50m butterfly

Favourite training set?

100 choice, 16x25 dolphin kick with fins - 8 front / 8back, 4x75 K/D/S backstroke, 8x25 backstroke, 50 backstroke, dives.

Worst training set?

100 choice, 8x25 dolphin kick with fins, 10x50 freestyle, 4x75 KDS Round 1 breaststroke / Round 2 butterfly with fins

What do you love most about swimming?

I like swimming most because it's fun to do and diving is also why i like to swim.

What is your typical pre-race meal and race snack?

- **Prerace meal** - A bagel or a type of carb.
- **Race snack** - Energy gummies, or a shake with Protein.

What motivates you?

I like to get motivated by beating my old times.

What piece of advice do you try to live by the most?

I try to live by the piece of advice "Don't give up and keep trying" because it reminds me to try and not give up.

What other sports or extracurricular activities are you involved in?

I do badminton lessons, and also participate in playing in the band.

How do you manage your time between school, training and personal life?

My mom helps me manage the busy schedule - For Real!

What is your most memorable swimming moment?

My most memorable moment was when i swam at the summer festival in Medicine Hat



