



Issue 1; September 2024

PATRIOTS NEWS

Official Newsletter of the Calgary Patriots Swim Club

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SAVE THE DATES


Team BBQ

 Sunday, September 15th
accept or decline attendance [HERE](#)
by Monday, September 9th.

Fall Start-Up Equipment Orders

 Orders are due Sunday,
September 15th. You may submit
your order through the Pro Shop by
clicking [HERE](#).

UPCOMING MEETS

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

COACH'S MESSAGE

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



A New Swim Season Begins

By Kevin Coulman, Head Coach and Gold Squad Coach

Patriots,

I would like to welcome you back to a new swim season with the Calgary Patriots Swim Club!

Whether you've been with us for years or are joining our aquatic family for the first time, this season is set to be a great chapter for our program.

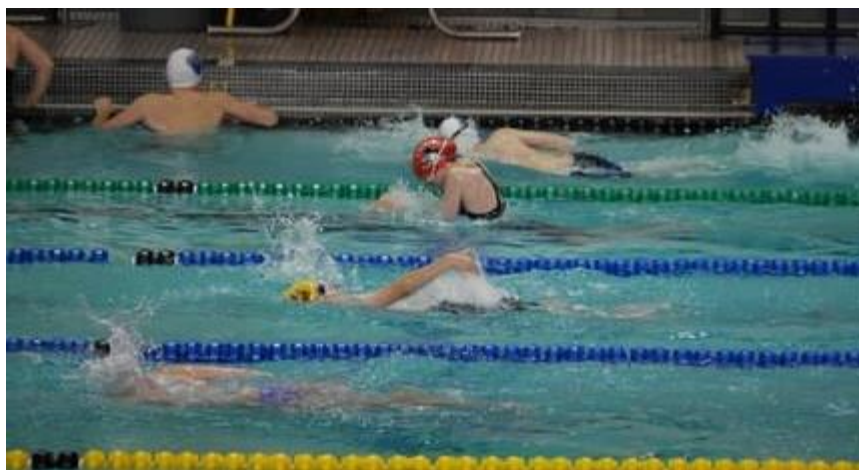
Over the past few months, our staff has been hard at work planning and preparing to ensure that this year will be our best year yet. Our coaching staff is eager to share their expertise and passion for the sport at practice. We've designed a comprehensive training program that balances rigorous skill development with the fun and camaraderie that make our club special.

We will have quite a few changes at both the provincial and national level with different meets and qualifying times from previous years. This year's schedule includes a variety of competitive meets for every level. These events are not just about competition and performance but about learning, improving, and celebrating each other's successes.

We value humility, hard work, & consistency. There is no better teacher than experience so being engaged in everything you do will facilitate better learning. Bring your energy, passion, and dedication to every session, and let's work together to make this year unforgettable.

Thank you for being a vital part of the Patriots community. Here's to a fantastic season filled with hard work, memorable moments, and, most importantly, the joy of swimming!

Looking forward to seeing you at the pool!

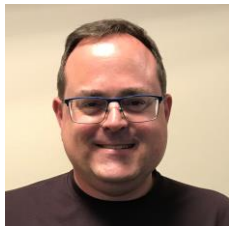


SWIMMING 101: NEW FAMILY ORIENTATION

If you are new to competitive swimming, we've put together a helpful package that covers everything you need to know to get started. Please take a few minutes to review it by following [this link](#).

MESSAGE FROM THE BOARD

Communication and insights from our Board of Directors



Welcome to a New Swim Season

By Dave Sweeney, President

I would like to extend a warm welcome to all new and returning Patriots to the start of a new swim season. The beginning of a new season always brings excitement along with new opportunities.

Construction at MNP Community and Sports Centre

Every year also brings new challenges both in and out of the pool. This year we must manage construction at the MNP Community and Sports Centre (MNP). The expansion project has begun with the first phase, called the Leisure Expansion Aquatics Project (LEAP), underway. When completed in 2026, the new addition located just west of the North Competition Pool, will include a state-of-the-art lazy river, hot tub, water slides with a wading pool, and a dedicated viewing area. At the same time, changes will be taking place to the main entrance to the south to make it larger. It will include a new customer service counter, new universal locker rooms, and more food and beverage options. The main impact on us for this year is that we must use the north entrance during construction.

Looking ahead to the summer of 2025, MNP plans to start the second phase (called Legacy). This phase of the project will focus on interior renovations to the North Competition Pool, dive tank, concourse and bleachers. It is anticipated that this second phase will take between 4 to 6 months to complete. This means that we will not be able to use the main pool in the summer and fall of 2025. Be assured that we are working with MNP to minimize the impact that this closure will have on our activities. The good news is that the South Competition Pool (Aquaplex) will remain open throughout construction. We will also look at other facilities, as required, to ensure that our training is not impacted.

For further details you can visit the MNP Community and Sports Centre website: <https://mnpcentre.com/unveiling-of-our-expansion-project/>

Upcoming Events

I would like to highlight several upcoming non-swimming events. The first is our annual Welcome Back BBQ taking place at Edworthy Park (Picnic Site 7) on Sunday, September 15, 2024, from 11:00 am to 2:00 pm. The weather last year was perfect, so let's hope for more of the same.

As a heads up, we will conduct our Annual General Meeting sometime in the November/December timeframe. We will share the details for this meeting with you well in advance to encourage everyone to attend. It is a good opportunity to meet your Board of Directors along with other parents.

Looking at early 2025, we also plan a parent social event sometime in the February/March timeframe. This is another great opportunity to meet others involved with the club.

Thank you in advance for stepping up to be swim officials, bingo and casino volunteers, and to do other important roles. The success of the club relies heavily upon your continued support and enthusiasm.

Go Patriots!

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 Patriots 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. 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!



Calgary Patriots Shine at National and Provincial Swimming Meets

The Calgary Patriots Swim Club had an outstanding showings at summer swim meets, with exceptional performances by both individual swimmers and the team.

At the 2024 Speedo Canadian Swimming Championship, Levi Hildebrand won the national championship in the 14-15 year old 200m freestyle with a time of 1:56.90. Levi achieved personal bests in all his events, reaching two finals. In addition to his gold medal in the 200m freestyle, he also placed 11th in the 50m freestyle and 23rd in both the 100m and 400m freestyle events. Congratulations to Levi for his remarkable accomplishments on the national stage!

Meanwhile, 26 Patriots competed at the 2024 Summer Provincials LC meet in Edmonton, where they collectively secured an impressive 120 personal bests, 21 podium finishes, 6 club records, and numerous new top ten times for the club. Will Cameron led the way with 7 podium finishes, followed by Federico Martino with 5 and Samuel Bygrave with 4. The female swimmers also excelled, with Annika Cameron, Kira Barber, Hailey Cameron, and Vera Swanson contributing 5 podium finishes between them.

Notably, club records were shattered by both Will Cameron and Federico Martino. Will set new records in the 100m and 200m fly events, while Federico established new benchmarks in the 50m breast, 100m breast, 200m IM, and 400m IM events.

Congratulations to all the Patriots swimmers for their outstanding performances and for proudly representing our club at both the national and provincial levels!

RECENT MEETS SUMMARY

Swim Meet	Swimmers	Personal Bests	Podium Places	Club Records
2024 Summer Provincials LC	26	120	21	6
2024 Speedo Canadian Swimming	1	4	1	2

NEW CLUB RECORDS

Event	Member	Time
50 Breast	Federico Martino	00:34.46
100 Breast	Federico Martino	01:14.57
100 Fly	Will Cameron	01:03.88
200 Fly	Will Cameron	02:25.67
200 Medley	Federico Martino	02:21.86
400 Medley	Federico Martino	05:07.37
200 Free	Levi Hildebrand	01:58.70

A LEGACY OF EXCELLENCE

The James Goodway Memorial Award is presented annually and is named in honor of former Calgary Patriots swimmer and current record holder James Goodway (June 28, 1991 - October 26, 2014). Accompanied by a \$1,000 scholarship, this award is given to the Calgary Patriots Swim Club's senior swimmer of the year, as determined by their peers.





LANE LEADERS

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

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

“Welcome to our new members and welcome back to our returning members!”

- The Board



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](#)

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

Volunteer for the Upcoming Season!

As the new swim season approaches, the Calgary Patriots Swim Club is calling on all members to step forward and contribute to our vibrant and thriving community. Volunteering is a rewarding way to get involved, support our swimmers, and make a lasting impact on the club. We have several key committees and roles that need your support, and we encourage you to consider how you can help. Any contribution and time commitment you can make will be appreciated.

Social Committee:

This committee works closely with the Member at Large Social Coordinator to plan and organize exciting social events throughout the season. From the team barbeque to the parent social and awards banquet, your creativity and enthusiasm can help bring our club closer together.

Communications Committee:

Effective communication is vital for keeping our club informed and engaged. The Communications Committee collaborates with the Member at Large Communication to maintain our website, newsletter, and social media presence. We're looking for volunteers who can help create and maintain engaging content and ensure all members stay connected. Participation from across squads and senior swimmers is encouraged.

Fundraising Committee:

Fundraising is essential for the continued success and growth of our club. This committee partners with the Sponsorship & Gaming Officer to spearhead various fundraising initiatives. Your efforts will directly support our swimmers and Club activities, making a tangible difference in our community.

Chaperones:

The Calgary Patriots are committed to providing a safe and supportive environment for our swimmers, especially during out of town meets. Chaperoning is a unique opportunity to assist the team, bond with other swimmers, and gain a deeper understanding of swim meet procedures. Responsibilities include ordering meals, managing schedules, and ensuring swimmers adhere to the Swimmers Code of Conduct. For more insights, check out a detailed chaperone experience in our [April 2024 newsletter](#).

Squad Parents:

Squad parents play a crucial role in organizing squad-specific activities, managing communication through WhatsApp, and ensuring squad photos are shared in the cloud drive. While the squad parent takes the lead, all parents are encouraged to pitch in. The experience you create will greatly enhance the enjoyment and camaraderie among the swimmers. For a closer look at what this role entails, refer to the [July 2024 newsletter](#).

Your Involvement Matters!

Whether you're a seasoned volunteer or new to the Club, your contribution can make a significant impact. By joining one of these committees or taking on a volunteer role, you'll not only support our swimmers but also become a part of a passionate community dedicated to excellence both in and out of the pool.

If you're interested in volunteering or would like more information, please reach out to office@calgarypatriots.com. Let's work together to make this season the best one yet!



It is Important to Find Your 'Feel Right' Suit

By Lorin Inglis



Just like superheroes, for swimmers, tight fitting clothing is a thing...

Swimming is the only sport where you can be weightless and basically experience some kind of aquatic flying sensation, while being encased in a comforting fluid that makes you feel like a superhero. It seems heroes are everywhere on the pool deck... they are the mentors and coaches who inspire us to swim our best, the Olympic athletes who push the bar, and the lifeguards who are always watching us in case any sprinting superheroes forget to breathe, or maybe just forget to exhale!

Just like superheroes, for swimmers, tight fitting clothing is a thing... but no cape is required unless your coach is unusually stern! For the competitive swimmer, it doesn't take long to figure out that certain characteristics of how bodies move through water prevents baggy clothing from being the best choice. It's the same with cycling, ski racing, and really any other sport where going fast through air or water is important. The whole-body position and streamline technique that swimmers spend hundreds and thousands of hours perfecting can be negated by one tiny piece of fabric or cape dragging along through the water.

The top concerns our customers have when looking for a swimsuit, whether it's for competitive swimming, recreation, or drinking Mai Tais pool side at a resort, is they want to look good, feel confident, and feel secure. For aspiring competitive swimmers, making a transition to a tighter fitting garment can be a delicate situation and not everyone immediately finds the right choice for them. The most important thing we always tell new swimmers about how a suit should fit (technical fabric considerations aside) is that they need to feel good in it and be confident in their choice - if it doesn't feel right - it's probably not right.

One google search of what swimmers were wearing in the 1950's is telling of how trends can move from closer to, and farther away from modesty and even today everyone has a different idea about the level of coverage a swimsuit ought to have. Falling back to how the individual feels in what they are wearing in most cases seems to be the most appropriate answer. Thankfully, society is now far more accepting of individual choices. That doesn't always look the same for everyone.

I did mention the technical considerations... and there are a bunch of them for competition swimming!

There are essentially (3) categories of fabric for competitive swimwear in my mind:

- 1) 100% Polyester - Polyester & PBT blends Inc. (PBT Polyester Blended Technology)
- 2) Blended Fabric - Polyester & Elastane (AKA Spandex) blends
- 3) Technical Fabric - or Tech suits for racing, which are often Polyamide & Elastane blends

The 100% polyester fabrics are the most durable with the best shape retention and chlorine resistance. The blended fabrics are a little softer feel, with more stretch and a more compressive snug feeling. The Technical material is far less stretchy and is made to compress muscles and give the swimmer a streamline advantage by reducing frontal drag - these garments are made for competition and usually last (1) season if taken care of well. Tech suits are another article entirely!

So, what is the "best fabric"? Well, there is a reason almost all the major manufacturers use Polyester and PBT in their competitive practice or training fabrics - it's the durability. A competitive swimmer spends so much time in the pool that the fabric is really put to the test and swimmers need that longevity out of them. Sometimes the Poly blends can be a little less expensive and if a swimmer likes the feel, there is no reason a poly blend suit can't do the job and last a full season. So, the answer, like the stylistic concerns, sometimes comes down to individual choice. If you see a fabric that isn't polyester or Polyester / spandex / elastane, it's probably not a competitive suit. Nylon for example can be seen more in fashion swimwear.

Style and Fit. As mentioned at the beginning of the article, tight fitting is good. But the swimmer needs to also feel like they can move in it. There certainly should be no gaping areas, or loose spots that will collect water. When fabric (including polyester) gets wet, it will always feel like it loosens a little bit, so take this into account when trying a swimsuit on. We should stress that even if you think you know your size, it's always best practice to try a swimsuit on. There is very little standardized consistency between brands and even between styles there can be differences in fit. So, a (28) in one brand may not fit like a (28) in another brand. It's also a little-known fact that factory tolerances for competitive swimwear can range as much as +/- 10mm. Furthermore, a tie back in the same brand, may not fit like a fixed back in another brand. Men's styles are a little more forgiving in terms of standardization, but guys... you should take the 5 minutes to try it on too!

If you need a little more help or insight on fit or style, we would be happy to help you find the right swimsuit so that you can feel like a superhero in the pool!

Lorin Inglis is the owner of [Tri Hub Swimwear & Multisport](#) opening in its new location in the MacEwan Student Centre on the University of Calgary Campus. It is a full-service swim and fitness-lifestyle boutique offering athletes, swimmers and beach goers the opportunity to have a customized shopping experience, try items on, and engage staff in conversation for a more genuine analog shopping experience.



STAY INFORMED

You can link squad calendars to your devices. Learn how on the FAQs page on the Club's website or by following this [link](#).

Finding Your Why: Goal Setting

By Samantha Clegg-Yundt



Have a long-term overarching goal , but make sure your daily focus is on process goals

Having a purpose and understanding why we do what we do is an incredible way to build satisfaction into our lives. It can help get you through challenging times whether in sport, school or life.

Have a long-term overarching goal, but make sure your daily focus is on process goals and small manageable steps you can take. Building a purpose driven mindset instead of (or in addition to) an outcome driven mindset will help you when you face obstacles in your journey.

Reaching small goals each day at a practice, or completing a presentation or test at school, can provide you with a sense of

accomplishment for the day. Sometimes each day all we need is a feeling of satisfaction and fulfillment.

During a time, where we don't get to measure ourselves like we might be accustomed to, it's important to find purpose in what we do each day and keep it front of mind. That way, on the days when we don't feel like getting out of bed, we can remind ourselves of why we do what we do and push through the small challenge to feel fulfilled again!

Once we begin ticking off small accomplishments, our motivation can grow from there. Sometimes just getting started is the hardest part!



ABOUT HEAD TO HEAD

Head to Head promotes mental resilience and physical wellness through Olympian led mentorship programs. They establish connections between youth, coaches, educators, and Olympians to deliver long-term, mentorship programs that support life skills development like managing nerves, resilience through adversity, and building healthy habits.

Their Olympian led mentorship programs or sessions are customized to fit the goals and objectives of each group and can include sport specific sessions, keynotes, and workshop style sessions. They also host swim clinics throughout the year with their Olympian mentors! Learn more about those at headtohead.ca/clinics!

To learn more, get in touch at hello@headtohead.ca, visit headtohead.ca or follow them @ [headtohead!](https://www.instagram.com/headtohead/)

Check out this [video](#) from Olympic Medallist Chantal Van Landeghem, where she shares tips and strategies she used to set goals and keep on track.



HAVE AN IDEA OR RECOMMENDATION FOR THE NEWSLETTER?

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