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# SWAT NEWS

TEAM PRIDE - INTEGRITY - DEDICATION -  
LEADERSHIP



## IN THIS ISSUE:

- NOVEMBER ACHIEVEMENTS
- CONTACT YOUR COACHES
- MESSAGE FROM HEAD COACH
- UPCOMING EVENTS
- GROUP UPDATES
- SKILL OF THE MONTH WINNERS
- SWAT STANDARDS
- SWAT GEAR PICK UP
- GREAT SWIM LINKS
- CHRISTMAS CAMP INFO

# November Achievements

## Club Record Breakers

Eugene Legge: Boys 11 - 12 SCM 800Fr - 9:42.13  
Eugene Legge: Boys 11 - 12 SCM 400Fr - 4:36-09  
Eugene Legge: Boys 11 - 12 SCM 200Fr - 2:09.93  
Eugene Legge: Boys 11 - 12 SCM 100Fr - 1:00.65

## New Graduation Standards

### 100m IM Level 1 Graduation Standard

Cole Rennie  
Maria Legge  
Haley Pothier  
Abby Gallway  
Jack Courage  
Dannie Carrier  
Maggie Donnelly  
Gavin Holman  
Madelyn Doucet  
Sam Strapps  
Nick Harnum  
Victoria Humphreys  
Alina Young

### 100IM Participation Graduation Standard

Frederick Lang  
Jude Lang  
Victoria Humphreys  
Marco P-R

### 200 Free & 200IM Level 2 Graduation Standards

200Free: Gavin Holman  
200IM: Jack Courage

## David Fry Memorial Scholarship Winner

Congratulations to former SWAT Swimmer and 1st year Dalhousie Tiger, Caitlin Taylor on being named the 2021 Female Recipient of the David Fry Scholarship.

Caitlin graduated from the IB Program at CPA last spring and has made an immediate impact on the DAL women's swim team, in her speciality, 200butterfly placing 2nd at the Kemp-Fry invitational last weekend.

Congratulations Caitlin. Thank you for being such a good role model and leader on our team.



## Contact Your Coaches

Head Coach:

Zoe Miles

[zcmiles1@gmail.com](mailto:zcmiles1@gmail.com)

Junior / Novice Coach:

Madi Slack

[madi@swatswim.ca](mailto:madi@swatswim.ca)

Mini-Waves Coach:

Jayne Belliveau

[jayne@swatswim.ca](mailto:jayne@swatswim.ca)



## Upcoming Events

Saturday, December 4th: Nova Tech #2 @ Dalplex

December 10 - 12th: Candy Cane Invitational @ Truro  
(Age Group Athletes)

December 18th: Last day of Training before Christmas.

December 28th: Senior Group / Junior Group Back to  
Swimming

January 3rd: Novice Group Back to Swimming

January 6th: Mini's Back to Swimming

January 21-22: LCM #1 (AAA qualifiers)

**January 22: Nova Tech Central - SWAT Hosted @  
Dal**

January 29-30: SCM #1 (AA qualifiers) in Wolfville

**February 18-19 LCM #2 (AAA qualifiers) - SWAT  
Hosted**

February 19th: Nova Tech Central @ Dal

February 25 - 27th: AA Champs - in Antigonish

## Message from Our Head Coach

### ZOE MILES

SWAT has had a great couple months in the pool so far. I think the best part of this season is the ability to have our entire swim team come through the doors each Saturday AM. We have the biggest team in recent history, and it is a great pleasure of mine to be able to watch every single athlete on our team train each Saturday AM.

Each swimmer group has settled into a great routine with their practices, and I believe that each group has formed some great friendships within the short 15 weeks we have been at the pool.

This week our Junior and Senior Swimmers have their first chance to race in a BIG Heats and Finals setting this season. The Candy Cane Meet in Truro is traditionally one of the most fun, and fastest meets in Nova Scotia - I am sure this year will be no different.

Over the last year I have been involved with an internship with Commonwealth Sport Canada. Part of this internship was a professional development opportunity selected for me by Swimming Canada. On Sunday, December 12th I will be heading with Canada top International Swimmers to Abu Dhabi for the Short Course World Championships. This is a huge opportunity for anyone, and I am excited to go and work with some of the best coaches and athletes in the world. I cannot wait to bring back what I have learned to SWAT when I return home.

As such, I will be away from SWAT as of Friday December 12th - December 23rd, and then on Holidays until December 28th. Should you need immediate assistance, please reach out to our board or your swimmers group coach (if not in Senior). I will have limited access to email from December 13th - 22nd, but will not be reachable from December 22nd - 28th.

I hope that everyone has enjoyed the first part of the season, whether you are a returning SWAT athlete, or a brand new swimmer on our team. Please know I appreciate each of you so much and am proud to be part of this team.

All the best over the Holiday season, I hope every family is able to enjoy some Holiday Cheer and time with Loved Ones.

See you in the New Year,

Zoe

# Group Updates

## Mini-Waves Report

### JAYNE BELLIVEAU

This month the mini waves have been working a lot with breaststroke. I am very pleased with how the athletes are doing with breaststroke kick. Most of them make sure they're flexing their feet, and have very good knowledge of the kick's three steps! The athletes have also been working on flip turns for backstroke and freestyle. They look so awesome! The kids very quickly understood flip turns and were super eager to try them out. I was so impressed with the amount of swimmers who got it right away. Flip turns are hard to master, the mini waves should all be very proud of themselves for how quickly they learned these! A few reminders moving forward- We wanna make sure we always keep our hands to ourselves, even if the intent is friendly. This means no piggy back rides, no hugging, and definitely no pushing, this rule is very important as it keeps all the swimmers safe! We also wanna make sure that we are ready to get in the water when it is time, and listen to the coaches when they tell the swimmers to hop in! I am really looking forward to the upcoming race week! As our first race week was super successful, I think this one is going to be even better!

## Novice Report

### MADI SLACK

November has been a big month for the Novice Swimmers. These athletes had their first Nova Tech Meet (where 9 swimmers graduated into level 2 of Nova Tech) and many swimmers got PB's in their races. For most Novice athletes, this was their first swim meet ever! I have been very impressed with the training maturity that has been shown by these athletes; doing pace times, listening during explanation, changing their lane order when needed, etc. A reminder to all athletes to please bring their skipping rope to practice, it is used every day for activation. I am excited to see the athletes perform at the Nova Tech meet this weekend where some of the athletes will be racing their first 200!

## Junior Report

### MADI SLACK

The junior group has been training hard this past month. The Acadia meet was a great learning experience for the athletes, providing them with more race skills and learning how to come up with a race plan for longer events. For the upcoming Candy Cane meet, we would like to see all athletes come and speak to their coach after their race! This is where we provide the athletes with important feedback that they can apply during practice. As the meters and intensity have been increasing, it is important to remember to always bring a water bottle and eat a healthy snack before coming to swim practice! With championship meets approaching, it is important that the athletes remember the small aspects of technique. One major area of improvement that I saw from the Acadia meet was the athletes' walls and turns! The athletes will be completing their IM and kick SWAT standards again this month after Candy Cane.

## Senior Report

### EMMA RYAN

In November the athletes were challenged with pushing outside of their "comfort zone" to see if they could surprise themselves with what they are capable of doing! We saw a lot of great efforts on this focus in training, but struggled a bit to translate this into performance at our meet this month. There were some great swims happening, but general feedback from athletes to Zoe and I was that they felt they could have pushed a little harder. One thing I was really impressed with was the change in the types of conversations athletes were having with coaches. Instead of just "that swim was bad/good," and being unable to identify why, the athletes are starting to notice their technique and race strategy a little more, leading to more productive feedback conversations! This will be so important as we approach the Candy Cane meet in December and the expectations of focused training amp up. In these coming weeks it is vital athletes are bringing all the "little" pieces together; proper sleep, nutrition, focus in training both technical and speed, and the balance with school/social will all be tested. Zoe and I know the athletes are capable with the right mindset and support! GO SWAT!



# Skill of the Month

## Senior November Skill of the Month

*Stroke Count: Cross over Turns. Legal, performs them across all IM type sets / warm-up, warm-down, etc.*

For the month of November, the focus skill was perfecting our crossover turns. Crossover turns are a more advanced turn to move from backstroke to breaststroke in Individual Medley races.

Congratulation to Alana Mercier, Ethan Kershaw, Ben Levit and Eugene Legge for being our Skill of the Month Winners. These swimmers were only introduced to crossover turns this season, and they all have done a great job integrating them into all training sets and working until they became legal every turn! Way to go!

## Novice November Skill of the Month

*Streamline: Maintain strong, steady kick in Free and Back*

The coaches have been watching the effort in kick sets for the novice athletes this past month. Learning how to push yourself in a kick set can be challenging, but is a fundamental skill that is extremely important for racing. The novice swimmers have been learning about the upsweep and down-sweep portions of flutter kick and dolphin kick, and how having a strong even kick is the key to maintaining body position in the water. Over this past month, the coaches have seen Abby's and Aiden's effort in kick sets. Keep up the great work!

## Junior November Skill of the Month

*Streamline: Maintain strong, steady kick in Free and Back*

For the month of November, the Junior's were focusing on maintaining a steady flutter kick in freestyle and backstroke. To improve their kick, the juniors have been doing a daily kick set of 6x75, or as they like to call it the "cursed set", with the goal of pushing themselves to make faster kick intervals. This set has been challenging, at the beginning of the month only 2-3 athletes could make the pace times, and now more than ¾'s of the group consistently make the pace times. The winners for the skill of the month are Taite, Jesstine, Emily and Nick, who push themselves everyday in the kick set. This dedication will show in the upcoming Candy Cane races!

## MW November Skill of the Month

*Breaststroke. Flexed feet in breaststroke kick. 3 steps of breaststroke kick. gliding between each kick. no pulling pas shoulder in arm pull. 2 hand touches.*

The mini waves skill of the month was Breaststroke. For this skill they had to focus on having flexed feet, no arms past their shoulders, glides between each stroke, 2 hand touches, and they had to know the three steps of the kick. The winners of this month's skill were Ethan Mullins, Olivia Bouillon, and Addison Connors. These 3 swimmers have shown amazing skills in their breaststroke, always making sure they're flexing their feet and making sure they don't bring their arms past their shoulders during their stroke. Breaststroke is a very tricky stroke to learn and get used to as there are so many different skills that you need to focus on, but these swimmers quickly adapted to that! Awesome job swimmers. Keep up the great work!

## Upcoming Skill of the Month - December

**Mini-Waves:** Dolphin Kick: Neutral head position, undulation, feet pointed and together, belly-bum movement

**Novice:** Proper touches on EVERY wall

**Junior:** Maintain activated glide in breaststroke

**Senior:** Racing - putting together a solid race plan, and sticking tough through races to show race skills and execution of race pace.







As swimmers have continued to train hard through November / December we have seen many new names added to our SWAT standards board. Lots of time for improvement still, and opportunity to move your name up the list for SWAT Standards.

If you haven't heard your swimmer talk about our SWAT Standards Sets, make sure to ask them!!

Who can be the first to achieve a GOLD standard??



# SWAT Gear Pick UP

**Jillian Mercer**

Some of the SWAT gear has arrived - hoodies, T-shirts, jackets, pants, towels, water bottles and shorts - there are items for you to pick up. Please come to the SSS pool viewing area to pick up your items on Saturday, December 11th morning 7-8:30ish. Scott or myself will be there with your items.

If you are sending your swimmer to pick them up please know that the items are packed in paper bags but are not sealed (unless you've requested).

Unfortunately, the cost of placing names on t-shirts, water bottles and kickboards was a lot, so I opted to keep the cost down by placing names on hoodies only. Apologies to anyone who requested names on these items.

Swimsuits, jammers, backpack and kick boards will arrive later - but in time for Christmas. I'll let you know when those items are ready for pickup.

Thanks for your support



## Great Swim Links

Swim Nova Scotia:  
[www.swimnovascotia.com](http://www.swimnovascotia.com)

Swimming Canada:  
[www.swimming.ca](http://www.swimming.ca)

SwimSwam News:  
[www.swimswam.com](http://www.swimswam.com)

Swim Rankings:  
[www.swimrankings.net](http://www.swimrankings.net)

SWAT Website  
[www.swatswim.ca](http://www.swatswim.ca)




# Christmas Training

One of the BEST parts of the season is coming up - Christmas Training Camp. This is traditionally a point of pride for swimmers when they complete the gruelling workouts and double practices that come while being off of school! I have some of my fondest swim memories from throwing down hard workouts with my best friends during the Holiday Break, coming to the pool in PJ's and eating a huge breakfast after.

Christmas Training is something that we build into our training program because as your swimmer begins to climb the ranks of the sport it is a great opportunity to build a strong foundation of training headed into our first Performance Window of the season in March/April. For the younger swimmers, we use Christmas Break as a time to rest and recover and spend time with Family! Those swimmers who are in Novice will get an intro into Christmas Training at an appropriate level for their optimal performance in sport.

The schedule has been posted online, but is also attached here for your convenience! GO SWAT!

 SWAT 2021 Winter Camp				
Senior Group				
	Tuesday, December 28 <sup>th</sup>	Wednesday, December 29 <sup>th</sup>	Thursday, December 30 <sup>th</sup>	Friday, December 31 <sup>st</sup>
AM	Activation: 6:10AM Swim: 6:30 – 8:30AM	OFF	Activation: 6:10AM Swim: 6:30 – 8:30AM	Activation: 8:00AM Swim: 8:30 – 11:30AM
PM	Activation: 4PM Swim: 4:30 – 6:30PM	Activation: 4PM Swim: 4:30 – 7:30PM	Activation: 4PM Swim: 4:30 – 6:30PM	
	Saturday, January 1 <sup>st</sup>	Sunday, January 2 <sup>nd</sup>	Monday, January 3 <sup>rd</sup>	Tuesday, January 4 <sup>th</sup>
AM	OFF	Activation: 9AM Swim: 9:30 – 11:30AM		OFF – 1 <sup>st</sup> Day of School
PM	OFF	Activation: Swim: 4:30 – 6:30PM	Activation: 4PM Swim: 4:30 – 6:30PM	Back to Regular Schedule
Junior Group				
	Tuesday, December 28 <sup>th</sup>	Wednesday, December 29 <sup>th</sup>	Thursday, December 30 <sup>th</sup>	Friday, December 31 <sup>st</sup>
AM	OFF	OFF	OFF	Activation: 9:00AM Swim: 9:30 – 11:30AM
PM	Activation: 5PM Swim: 5:30 – 7:30PM	Activation: 5:30PM Swim: 6 – 7:30PM	Activation: 5PM Swim 5:30 – 7:30PM	
	Saturday, January 1 <sup>st</sup>	Sunday, December 2 <sup>nd</sup>	Monday, December 3 <sup>rd</sup>	Tuesday, December 4 <sup>th</sup>
AM	OFF	Activation: 9AM Swim: 9:30 – 11:30AM		
PM	OFF	OFF	Activation: 4:00PM Swim: 4:30 – 6:30PM	Back to Regular Schedule
<b>Novice Group:</b> Back to regular schedule as of Monday, January 3 <sup>rd</sup> .				
<b>Mini-Waves Group:</b> Back to regular schedule as of Saturday, January 6 <sup>th</sup> :				

# SWAT Social Media

Facebook: Sackville Waves Aquatic Team

Instagram: @swat.swim

Twitter: @SWATswims

Website: [www.swatswim.ca](http://www.swatswim.ca)