

FEB. 2022 | VOL.4

SWAT NEWS

TEAM PRIDE - INTEGRITY - DEDICATION -
LEADERSHIP



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December & January Achievements

Club Record Breakers

Ella Dobson 15&O Girls 800Free 9:09.83

Ella Dobson 15&O Girls 1500Free 17:41.42

Ella Dobson 15&O Girls 50Breast 34.43

First Signee of the Class of '22

Congratulations to senior swimmer Hannah MacLeod who has signed her National Letter of Intent to swim and study at the University of New Brunswick next year!

We are so proud of you Hannah!

Canada Games ID Team Selection

Congratulations to our five SWAT swimmers who have been selected by Swim Nova Scotia to be part of the 2022 Canada Summer Games ID Team. Swimmers are able to qualify for the NS ID Team until July 2022.

Swimmers born in 2005 & after (Male) and 2006 & after (Female) are eligible for this Summer's Canada Games taking place in the Niagara Region, Ontario. Swim Nova Scotia will name their final team in July 2022 based on top results from our Nova Scotia Athletes.

Way to go:

Nelson Daniels

Ethan Kershaw

Eugene Legge

Zach Marques

Trevor Rollin

Sport Nova Scotia TRUE SPORT Initiative

Congratulations to Natasha Sexton-Quillan who was selected by Sport Nova Scotia as one of 12 True Sport Ambassadors for the inaugural year of this prestigious program.

You can find more information about Natasha's role as ambassador here: <https://sportnovascotia.ca/true-sport-ambassadors/>



Contact Your Coaches

Head Coach:

Zoe Miles

zcmiles1@gmail.com

Junior / Novice Coach:

Madi Slack

madi@swatswim.ca

Mini-Waves Coach:

Jayne Belliveau

jayne@swatswim.ca



Message from Our Head Coach

ZOE MILES

As we move into February, I am very happy that our sport is once again "moving back towards normal". We have been able to secure the new swim meet dates from Swim Nova Scotia, which gets our swimmers back to racing as early as next week, February 20th. It seems so bizarre to be in the middle of our 3rd Covid-19 affected season, and makes me realize how much of the sport has not been able to be shared with our newest SWAT members.

At our SWAT coaches meeting this week, the coaches talked a lot about how proud we are of the improvement we have seen through the groups. It has made me very proud to see the culture and vision that I had for SWAT 4 years ago begin to take shape. I love to be on the sidelines when the Novice Group is in the water. We have 20 swimmers in that group, and they look like a training group. Each swimmer is beginning to refine their swim skills, and learn pace times, become proud to identify as a swimmer. The Mini-Waves group are starting to learn butterfly (my favorite stroke), and our second year mini-waves look poised to achieve their graduation standards once we can get back to our race week. It is really encouraging to watch these swimmers improvement as they begin their journey through our program towards becoming the best swimmers they can be.

At SWAT one of the things we as coaches stress is that there is not an infinite amount of success. One person's success does not take away from another person's success. In fact, success breeds success, and when one of your teammates does well, it lifts the entire performance level of that group. In our coaches meeting we talked about how cohesive and encouraging the Junior Group has become this season. A smaller group of about 14 athletes, this group has made huge strides in their training level and swimming intelligence this season. These swimmers love a challenge, and it has been really fun to watch these swimmers move closer towards the Senior Group.

Finally, as we move towards racing again, a big focus in our Senior Group has been 'managing expectations'. In November when we began racing, swimmers were a bit flat and our group struggled after a bit of a 'bummer' Acadia swim meet. Swimmers should always be racing to best time efforts and expectations, but also need to recognize the reality of our situation – where are you in training? How long has it been since you raced? Do you remember your Long Course race strategies? I challenged the Senior Group to a race day yesterday in practice so we could practice this approach. Race with the expectation of best times, but how do we manage those expectations and pull out the positives in races that fall short? I loved the conversations I heard after our races – we had 11 best times, but swimmers were EXCITED on deck, cheering for everyone and I even heard rumblings of a goal for a boys relay at Easterns next season (that's HUGE!!!)

Thank you to each family who has been supportive of SWAT this season, and here is to the next 5+ mos. Of (hopefully) uninterrupted swim fun!

Upcoming Events

Sunday, February 20th: Nova Tech Meet @ Zatzman Sportsplex (Level 1&2 Swimmers)

Monday, February 21st - Saturday, February 26th: Mini-Waves Race Week #3.

Feb 25th - 26th: AAA LCM #1 @ DAL

Feb 26th - 27th: AA SCM #1 @ DAL

March 24th - 27th: David Fry Provincial Champs @ DAL (AAA Qualifiers only)

April 1st - 3rd: AA Provincial Champs @ Truro

April 4th -9th: Mini-Waves Race Week #4

April 5th - 10th: 2022 Canadian Swimming Trials - Victoria, BC (Qualifiers only)

Beginning of April - Date TBC: Nova Tech Meet @ DAL (Level 1 & 2 Swimmers)

April 21 - 24th: 2022 Speedo Eastern Canadian Championships - Pointe Claire, QC (Qualifiers only)

Group Updates

Mini-Waves Report

JAYNE BELLIVEAU

There were some cool things happening during the month of December for the mini waves group. To start off, I'd like to talk about our second race week! We had some awesome swims during this week, each swimmer did awesome with their dives and underwaters. We also had one more swimmer graduate from the participation, congratulations Fredrick Lang! As we moved through the month of December, leading up to Christmas break, the kids had some fun experience with team building! We played a fun game of jeopardy where the kids had to work as a team to find the answers! This was a super fun way for the kids to work together and learn a little more about each other:) The athletes also had a small intro to IM, they learned the order of IM and what strokes we touch the wall with two hands in. Lots of exciting things in the first few months of the season and there are many more to come! The swimmers have progressed so much and I can't wait to see how much more they progress.

Novice Report

MADI SLACK

The novice swimmers have been hard at work the past few months! Even with changes to the swimming schedule these athletes show up on deck every day ready to work hard! I have been extremely impressed with the level of training maturity that these athletes have been showing the past month. Showing up on time and prepared, starting activation right away, listening closely when a coach is explaining, etc. The aspect that I have been most impressed with is the athletes' drive. As a competitive swimmer, it is important to learn how to push oneself out of your comfort zone, and these athletes have been doing that! Keep up the great work Novice! Reminder to the novice athletes to bring a water bottle to every swim practice!

Junior Report

MADI SLACK

Throughout the past month I have seen a huge mental shift in the Junior group. Many athletes are now much more driven in practice to push their pace and swim longer distances. They had their freestyle SWAT STANDARDS last week where every athlete chose a challenging pace and put in their best effort. All the hard work they have been putting in was shown as everyone who did the standards improved from when they did the standard a few months ago. This determination and dedication to swim practices is what leads to improvement! Reminder to all junior athletes that they are responsible for their activation. By February every athlete should have a skipping rope purchased and have the habit of bringing it to every practice. Additionally, Junior athletes are at the age where they know the activation exercises and do not always need a coach to guide them through the entire activation. Junior athletes must begin taking responsibility for their training outside of the water as well!

Senior Report

EMMA RYAN

January was another test in adaptability for SWAT. I was so impressed with the smooth transition the athletes made during rule changes, practice cancellations, and pool closures. Our senior groups were resilient and eager to train in any capacity - we couldn't ask for more! Although it is frustrating to not be able to train as a whole group or compete in competitions right now, this time can be used to our advantage with lots of individual feedback and skills focus. Senior groups, now is the time to dig in and fine tune those skills with hard training. We will get back to competing, and when we do, we'll be making waves!

Skill of the Month - December

Senior December Skill of the Month

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

December was all about racing. The senior swimmers had spent 3.5 months practicing their race skills, and were finally able to put this to play in a heats and finals competition. All of the senior swimmers did a great job putting up best times at the Candy Cane Swim Meet.

Our December skill of the month winner is Ash T. Ash swam HUGE swims at Candy Cane, inching very close to the Swim NS Canada Games ID Team Times in the 50Fr and 50Fly. Ash had been working on getting their legs stronger with faster kick and it showed up in their 4 sprint free / fly races with enormous best times and incredible wall skills.

Way to go Ash!

Novice December Skill of the Month

Proper touches on EVERY wall

The skill that was focused on this month was backstroke, specifically body position. Slowing down and thinking about technique can be very challenging, but Dannie and Gabe were great at this! These athletes worked very hard on taking the corrections that the coaches gave to them and applying them directly into their stroke. Amazing work!

Upcoming Skill of the Month - January

Mini-Waves: N/A - no swim in January

Novice: Flip turn for every free transition and back transition

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

Senior: Negative Splitting: Has mastered the art of the negative split. Capable of swimming controlled and then increasing speed across all distances, pull, kick, swim, etc.

Junior December Skill of the Month

Breaststroke: Timing and efficiency

Nick and Emily are the winners of the skill of the month. Breaststroke timing has always been stressed in the junior group, however this month it was the skill of the month. Timing is not only important for maximising efficiency, but is a critical race strategy that must be learned by all athletes. These two swimmers paid close attention to the coaches, asked questions when they needed clarification, and slowed down their stroke to think about the technical aspect being asked of them. Very well-done Nick and Emily!

MW December Skill of the Month

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

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!



Skill of the Month - January

Senior January Skill of the Month

Negative Split: Has mastered the art of the negative split. Capable of swimming controlled and then increasing speed across all distances, pull, kick, swim, etc.

For the month of January we focused on learning how to build through a distance and finish faster than you started. This is a tough skill to learn, but something that is so important when you are progressing through your swimming career. It means that you need to be confident enough in your speed and skills that you can swim 'smooth' for the first half of a set, or a distance repeat, and then be able to lift your effort to swim faster at the end.

As a general rule the swimmer who wins the race (50m - 1500m) is the swimmer who SLOWS DOWN THE LEAST!!! This means that learning to negative split, or finish faster than you start is such a great training skill to perfect.

Congratulations to Ella D, Trevor R and Katharine D who have shown great training maturity when asking to negative split across swimming, pulling or kicking.

Junior January Skill of the Month

Streamline: Maintain strong, steady kick in Free and Back

This month 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 2/3'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.

Novice January 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!

Upcoming Skill of the Month - February

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

Novice: Maintain tight streamline after every strokey in breaststroke

Junior: Maintain forearm catch in ALL four strokes

Senior: Stroke Rate - Understands what SR is, and how it effects swimming. Can you get to "race rate?" can you lift rate to race, hold rate across repeats?



SWAT Fundraising Update

Anitra Stevens

Sackville Waves Aquatic Team is taking part in a Swimming Canada Swim-a-Thon fundraiser in late Spring 2022 to raise money for our program and swimming in Canada.

What's a Swim-a-Thon? A Swim-a-Thon is an in-pool fundraiser where participants earn money by swimming lengths of the pool. It is a fun way to combine our love for swimming with a wonderful cause!

The Swim-a-Thon Fundraising window opens on March 1, 2022. To enrol your swimmer, please visit: <http://www.novascotiaswimathon.ca/swat> and click on SWIMMER REGISTRATION.

Upload your swimmers info and photo and hit submit. You will then receive an individualized link for your swimmer to gather donations. Please share that far and wide starting March 1, 2022.

Again this year, for every \$25 an individual raises, they are rewarded with entries to win one of five Speedo Grand Prizes and one of five All Tides Bonus Prizes. Raise \$50, they have 2 entries into each draw. Raise \$500, you are rewarded with 20 entries into each of the Grand Prize and Bonus Prize draws. Prizes awarded by Speedo, All Tides, Marriott and Swim Canada.

Any questions? Please direct them to Anitra at anitraLstevens@swatswim.ca

Great Swim Links

Swim Nova Scotia:
www.swimnovascotia.com

Swimming Canada:
www.swimming.ca

SwimSwam News:
www.swimswam.com

Swim Rankings:
www.swimrankings.net

SWAT Website
www.swatswim.ca

The Blue Dino Podcast
Available on apple podcasts & spotify
apps for free download



SWIM-A-THON
NAGE-O-THON



DID YOUR SWAT CAP BREAK???

If your swimmer breaks a SWAT Cap, please make sure to email our equipment manager to order a new one. ALL swimmers must be in a SWAT Cap for workout.

equipment@swatswim.ca

SWAT Social Media

Facebook: Sackville Waves Aquatic Team

Instagram: @swat.swim

Twitter: @SWATswims


Website: 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 th	Wednesday, December 29 th	Thursday, December 30 th	Friday, December 31 st
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 st	Sunday, January 2 nd	Monday, January 3 rd	Tuesday, January 4 th
AM	OFF	Activation: 9AM Swim: 9:30 – 11:30AM		OFF – 1 st 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 th	Wednesday, December 29 th	Thursday, December 30 th	Friday, December 31 st
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 st	Sunday, December 2 nd	Monday, December 3 rd	Tuesday, December 4 th
AM	OFF	Activation: 9AM Swim: 9:30 – 11:30AM		
PM	OFF	OFF	Activation: 4:00PM Swim: 4:30 – 6:30PM	Back to Regular Schedule
Novice Group: Back to regular schedule as of Monday, January 3 rd .				
Mini-Waves Group: Back to regular schedule as of Saturday, January 6 th :				

SWAT Social Media

Facebook: Sackville Waves Aquatic Team

Instagram: @swat.swim

Twitter: @SWATswims

Website: www.swatswim.ca