

 **July**  
2020

## IN THIS ISSUE

2019 – 2020 In Review

SWAT Hockey Pool  
Winners

SWAT AGM Info

SWAT 2020 – 21  
Registration

Swimming Canada & Swim  
NS Updates

Train like our Seniors

Great Swim Resources

# SWAT NEWS

*Team Pride - Integrity - Dedication - Leadership*



RE-IMAGINING SWIMMING: PHASE 1, DAY 1



LAKE LANE ROPES FOR SWAT

***“EXCELLENCE IS THE GRADUAL RESULT  
OF ALWAYS STRIVING TO DO BETTER” –  
PAT RILEY***

## 2019 – 2020 Season In Review

As I sit here to write the final newsletter of the season, I am reminded of the amazing achievements our team had this season. What is more incredible, these all happened before March 15<sup>th</sup>, before any of the swimmer's biggest focus meets of the year could happen. That gets me so excited for what is to come next season. I think we will have some huge swims, and excited swimmers.

One of the biggest achievements this year was the introduction of our Mini-Waves program to the team. This was born out of the desire to expand our club, and create a bridge program between swim lessons and swim team. My lofty goal at the beginning of the year was to have 12-15 Mini-Waves in our first season, and I am happy to say that the program incredibly surpassed that goal, finishing in March with 18 athletes in the group!!!! That is so fantastic. In Miniwaves, the swimmers learned all 4 strokes, they participated in swim meets, and learned about our first team value: Team Pride. Miniwaves were always enthusiastic, cheered on their teammates, and made incredible improvements over the season. We had 4 Mini-Waves graduate into Level 1, and we had 9 swimmers achieve their 25k graduation standard. This is so exciting. Another super cool thing that our Mini-Waves did was increase their swimming endurance. In the very first practice of the season, our Mini's swam 300m. By mid-March, Mini waves had completed workouts where they swam 1000m or 1 Kilometer in a practice!!! What incredible improvement, and a testament to the swimmers and coaches hard work. Way to go Dina, Natasha & Madi in helping to inspire our youngest swimmers with this new program!

Our other athletes who participate in Nova Tech Meets are the Novice swimmers. We had a small but mighty novice group this season who all had the goal of graduating out of Nova Tech. We had almost the entire group graduated from Novice into Age Group swimming by March, which means next season all these swimmers will get to attend Age Group Meets. That is a huge milestone in their swimming careers, and allows them to continue to grow through the sport of swimming and be exposed to different training and competition opportunities. Congratulations Novice Swimmers on your hard work and dedication to achieving this goal. I am so excited to see what new goals you set and break throughout next season.

Junior athletes were lucky to have Grace back with them for the second year in a row, and the focus on this group was to start to teach amazing training habits, to become more confident racers and to have a ton of fun along the way. Grace continued her "Water bottle Challenge", which was a hit across the group, and created a friendly competition to ensure that swimmers are learning to stay hydrated while in sport. These swimmers started to learn more complex training concepts like "best average, descending, and race pace". It takes a long time to master these skills, but our Junior Swimmers were definitely up for the challenge. These swimmers competed at AA Champs in Antigonish and absolutely destroyed the competition. We had 2 swimmers win top aggregate awards, and every athlete left the competition with at least 1 podium performance. That is so cool. We also had 4 junior boys compete at David Fry Provincial Champs. This is a huge meet for our swimmers, who are only 11 years old, racing in a 13&U category. Even so, these swimmers achieved second swims, meaning they placed top 8 in their event and had the chance to swim in Finals at night. The future of SWAT is in great hands with all of our Junior Swimmers.

Senior 2 swimmers had a break out season. Each of these athletes really rose to the occasion and began the process of learning what it takes to train as a senior athlete. Each swimmer became more accountable for their own training, and began to learn the mantra "Train the way you want to race". These swimmers began to push themselves in practice like we had not seen before, and they certainly showed







up at meets ready to demolish their best times. Their best showing was in the AA Provincials, where each athlete had a medal performance, and even a few AAA qualifying standards were met. If these swimmers continue on with their dedication and desire to push themselves, it will be so exciting to see what they achieve next season.

Senior 1 & Performance swimmers were off to a great start to their season. We introduced a small amount of weight training to the program, and the swimmers responded well to that. At David Fry Provincials, our women's team was in a close fought battle with St John's Legends, which is huge for our little team. We had incredible races at every swim meet: huge personal bests, club records, new qualifying standards. These swimmers swept the podium at provincials in events, qualified for the Prospects East Tour Team, and began to really show up for each other as a team. We also had our first Team Travel Meet, which was incredibly successful. When all was said and done, we had 4 Olympics Trials Qualifiers, 3 Canadian Summer Championships Qualifiers, 4 Canadian Junior Championships Qualifiers, and 8 Eastern Canadian Championships Qualifiers. That's so amazing for our little team of 60.

Our team was also incredibly resilient and adaptable throughout the latter part of the season. Athletes from all groups participated in our team challenges, our virtual workouts and took initiative to stay motivated and complete at home workouts. Virtually our team had a video challenge "Best out of the water swimming", a BINGO challenge, our Trip Across Canada, and the Anti-Talent Show. Thank you to each family who participated in this and showed your support to our team. Additionally we had full team yoga, and our older squads had virtual workouts where we could see each other face to face a few times a week to stay connected. I am proud of what our team was able to offer to its membership over this challenging time and am so appreciative to all the swimmers and families who hopped on board and embraced the "new way forward" with swimming.

We also had some amazing team events this season. Our Wednesday Night @ The Races was a ton of fun to have all the swimmers working together from Senior to Mini Waves, and our Fundraising Committee put on a great initiative with a finale at Fin Bars in Bedford. Thank you to Shannon Millward for her incredible work with our fundraising this season. Our team also successfully hosted 2 swim meets, Nova Tech & AAA Level, which saw our entire team band together to make sure we could provide the best possible experience to our swimmers and the province. These meets take a ton of hands to help, and it is an awesome way to give back to your team. Huge shout out Kristy Legge as Meet Manager and also Steven Taylor as our Officials Coordinator.

I also would be amiss if I did not send a huge thank-you to all the swim parents. Thank you for your dedication to driving to the pool, the early mornings, and the swim meets. Thank you for supporting our team and making it possible for your children to be part of SWAT.

Finally, the 2019-20 Board. Thank you for your contributions over this season. It was definitely a growing and learning year, but I appreciate the insight, guidance and idea's brought forward from all of you. It is because of the volunteer board that our club is able to continue to function off deck.

I hope that I will see everybody again in September. Until then, stay safe, stay active and have a ton of fun!

Zoe Miles  
Head Coach  
Sackville Waves Aquatic Team

## SWAT Hockey Pool

Congratulations to the following top 3 teams in the hockey pool.

1<sup>st</sup> place - Troy Blades  
2<sup>nd</sup> place - Vander  
3<sup>rd</sup> place - Shot in the Dark

Thanks to all that participated and good luck next year.



## SWAT 2020 AGM

Hi SWAT Families,

Please stay tuned for our announcement of our Annual General Meeting. The announcement will be made within the next week, and will be held virtually this summer. This is a great time to hear how the club did for the summer and how it is planning to go ahead for 2020-21 season. Additionally, this is where you have the opportunity to vote on your board members and get involved with your club.

We hope to see you all there.

## 2020-21 Registration Info

SWAT will be using the online registration system through our website to save your spot in each group for the upcoming year. This system will be open for pre-registration in the middle of August. Look for info in late July for more information about the 2020-21 swim schedule. Our in person registration night might look a little different then last season, but again will take place within the first week-ish of September to start our season early!

Can't wait to have us all back at the Stadium to head into the next season together.

## Train like our Seniors

If you're curious what the SWAT Senior Swimmers have been doing over Covid-19 and you're up for a challenge, here are some fun links to classes we've done. It is a great way to learn a new workout type, move your body and have some fun. Send in pictures of you Training Like Our Seniors so we can feature you on our social media.

30 minute yoga: <https://www.youtube.com/watch?v=6zzeSJxJS4s>

30 minute pilates: <https://www.youtube.com/watch?v=ywJe6ZJhyA0>

30 minute yoga: <https://www.youtube.com/watch?v=yyYIVQqgj0A>

30 minute kick boxing: <https://www.youtube.com/watch?v=Uvr-oAmwfVo>

## Swimming Canada and Swim Nova Scotia Updates

Throughout the summer, both our National Sports Organization (Swimming Canada) and our Provincial Sports Organization (Swim Nova Scotia) have been making adjustments to their return to sports plans. If you want to follow along over the next two months as the Return to Swim Framework unfolds, the links below will provide you with all of the info as it unfolds.

Swimming Canada:

<https://www.swimming.ca/en/resource-hub/>

Swim Nova Scotia:

<http://swimnovascotia.com/covid-19/>

## Great Swimming Resources

SNC Swim Chat #3: Emily Overholt, Sydney Pickrem & Cheryl Gibson:

<https://www.youtube.com/watch?v=zo7i6hX705A&feature=youtu.be>

Taylor Ruck Returns to Canada

<https://www.swimmingworldmagazine.com/news/taylor-ruck-to-train-in-canada-for-summer-weighs-in-on-possible-stanford-return-in-2020/>

Brent Hayden over Covid-19

<https://theprovince.com/sports/olympics-pmn/ed-willes-hayden-dips-into-past-passion-to-solve-seven-year-itch-via-olympic-goal>

BLM: Reece Whitley (Cal Swimmer, National Team Member) Explains the only true way change will happen

<https://swimswam.com/swimswam-podcast-reece-whitley-explains-the-only-real-way-change-will-come/>

Mallory Comerford and the Journey to Elite Athletics

<https://swimswam.com/swimswam-podcast-mallory-comerford-breaks-down-journey-to-becoming-an-elite/>