

2020

OCTOBER

In This Issue:

SWAT New Clothing

Contact Info

Black & Green Time
Trial Info

Upcoming Events

Virtual Swim League
Match #1 Results

September Skill of
the Month Winners!

Cost Recovery Info
- Coffee / Sobeys
Gift Cards

Funding
Opportunities

SWAT Team
Clothing Order Info

SWAT NEWS

TEAM PRIDE - INTEGRITY - DEDICATION - LEADERSHIP



Junior Swimmers after a big workout!!



Winning Team from Sr. Amazing Race



The Cookie Challenge

“COMMITMENT AND INTEREST ARE NOT THE SAME THING. WHEN YOU ARE INTERESTED, YOU WORK HARD WHEN IT’S EASY. WHEN YOU ARE COMMITTED YOU WORK HARD WHEN IT’S DIFFICULT”

CONTACT US

Coach Contacts

Head Coach – Senior Coach

Zoe Miles

zcmiles1@gmail.com

Junior & Novice Coach

Grace Myers

grace@swatswim.ca

Mini-Waves Lead Coach

Madi Slack

madi@swatswim.ca

Lines of Communication

1. Email **your group coach first** with any questions!
2. Email Head Coach second if you need more clarification.
3. Email the Board Member or Volunteer in charge of “out of the pool” things.

SWAT Team Clothing Order!

This year, along with our SWAT Sweaters, Parka's and Track Suits we are also introducing Long Sleeve Dryfit Shirts and Athletic Shorts for our team clothing order. Info on how to order, and photos of other team gear is at the end of this newsletter!



UP COMING EVENTS

Black & Green Time
Trial – October 16th
(4:00 – 7:30PM)

Coffee Fundraiser Due
Date – October 16th

8 Week Schedule
Change – October 19th
Start Date

October 23rd – SWAT
Clothing Orders Due to
Lindsey Briand

VSL Match #2: October
24th (7 – 8:30AM)

November 11th – NO
SWIMMING. All pools
closed for
Remembrance Day

Black & Green Time Trial #1

We are approaching our first Time Trial on October 16th, 2020. The team lists have been posted online under the Black & Green Event. Please make sure to double check which team your swimmer is in. Due to the 50 person gathering limit we will not be able to accommodate athletes in different groups because we are right on the 50 person threshold in each group!

As a reminder, athletes are encouraged to show Team Spirit by dressing up with their team color (The Dollar store has fun face paint, boas, sunglasses, hats, etc. if you want to get into the team spirit!) ALL athletes should also be in their SWAT Shirt.

Green Team

4:00PM On Deck / Activation
4:15 - 4:55PM Warm-Up
4:55 - 5:55PM Green Team Racing

Black Team

5:40PM OUTSIDE Activation ***Led by Sr. Performance*
6:00PM - 6:40PM Warm-Up
6:40 - 7:25PM Black Team Racing

Events

Mini Waves: 25m Freestyle & 25m Flutter Kick
Novice: 100IM & 50 Freestyle
Junior: 100IM & 100 Freestyle
Senior: 100IM & 100 or 200 Choice

Event Order

Event 1	Mixed 25 Freestyle
Event 2	Mixed 50 Free
Event 3	Mixed 200 IM
Event 4	Mixed 200 Free
Event 5	Mixed 200 Back
Event 6	Mixed 100 Back
Event 7	Mixed 100 Breast
Event 8	Mixed 100 Fly
Event 9	Mixed 100 Free
Event 10	Mixed 25 Flutter Kick
Event 11	Mixed 100 IM



DO YOU MAKE WAVES? OR KNOW SOMEONE WHO DOES??

Many of our SWAT Swimmers are also doing BIG things in our community. Whether that be volunteer, academic achievements, or other athletic endeavors, it is great to celebrate our swimmers achieving big things both in and out of the pool. Each month we will highlight one athlete in our community. If you know someone who should be nominated, please contact Zoe at zcmiles1@gmail.com



Virtual Swim League Match #1: Results

On Saturday, October 3rd SWAT raced for the first time with the virtual swim league. Even though it is still early in the season, we had some amazing results! The best part was the incredible team spirit on deck – there was so much energy. Our Mini-Waves Training Group even paused their workout to cheer for their group mates racing.

In terms of individual performance we had HUGE swims from our Junior and Mini-Waves athletes. Mini-Waves were 100% best times with Phoebe B taking over 35 seconds off her 50m Freestyle Best Time. Junior was 75% best times over all, and saw Murray Br, Harvey H, Eugene L, Emily G, Alana M & Morgan Lewis all shaving at least 3 seconds over their best 100m Free times. We had 4 Senior Swimmers (Juliette M, Ron L, Trevor R & Ben P) within 3% of their best times, which is the minimum target for any in season swim. Great racing Swimmers.

The event ended up having WAY more than 14 teams participating as many of the large teams raced A, B, C Teams, and we even had some late team entrants bringing the total number of teams competing to 28. Our team is sitting in 18th spot, with 100 points; Individually our women's team is 24th and our men's team is 16th. The top three teams are: 1st – Edmonton Keyano Swim Club "A" – 442 points. 2nd – City of Peterborough "A" – 376 points. 3rd: City of Leicester "A" – 351 points. The meet was edited to score to the top 20 in each event so that more teams were able to score points.

Our Top 20 relay performances went to:

Boys 10&U 200 Free Relay – 15th (Reese F, Nick H, Hayden Q & Oliver K)
 Boys 11 – 13 400 Free Relay – 11th (Eugene L, Harvey H, Ben L & Murray Br)
 Boys 14&O 800 Free Relay – 19th (Trevor R, Nelson D, Ben P & Ron L)
 Girls 10&U 200 Free Relay – 20th (Haley P, Claire H, Phoebe B & Maria L)
 Girls 14&O 800 Free Relay – 14th (Lucy J, Isa D, Meg B & Ella B)

Our Top 20 Individual Performances went to:

Eugene L – Boys 50 Dolphin Kick: 18th

Our Top Place in each event went to:

Girls 10&U 50 Free – Haley P: 55th
 Boys 10&U 50 Free – Reece F: 50th
 Girls 11-13 100 Free – Emily Gaudet: 64th
 Boys 11-13 100 Free – Eugene L: 21st
 Girls 14&O 200 Free – Lucy J: 35th
 Boys 14&O 200 Free – Nelson D: 67th
 Girls 10&U 25 Dolphin Kick – Claire H: 41st
 Boys 10&U 25 Dolphin Kick – Nick H: 27th
 Girls 11 – 13 50 Dolphin Kick – Emily Gaudet: 21st
 Boys 11 – 13 50 Dolphin Kick – Eugene L: 18th
 Girls 14&O 100 Dolphin Kick – Isabelle D: 48th
 Boys 14&O 100 Dolphin Kick – Ron L: 52nd

There were some incredibly fast swims for this early in the season and the results are available on Meet Mobile. You can type in "Virtual Swim League – Match One" and it should pop up. It looks like the meet is only "seeded", but those are their final places. Hopefully the fast times done by other athletes our swimmers age inspires them to dream big and work hard each day so that they can continue to improve their times and inch closer to those top 3, top 10 and top 20 times.

The next VSL Match is on October 24th, 2020! GO SWAT

SWAT PARENT HANDBOOK 2020 – 21

Your 2020 SWAT Parent Handbook is now available on www.swatswim.ca. This is a great resource for new and returning parents to learn about your team, how to use our website, how to sign up for swim meets, the club structure, our board, and so much more! Please take the time to look through as I am sure it will answer some questions people may have.

SWAT SOCIAL MEDIA

Follow SWAT on
Social Media for great
updates about our team

Instagram: @swat.swim
Facebook: Sackville Waves
Aquatic Team
Website: www.swatswim.ca



SWAT's Racing Squad: VSL Match #1

September Skill of the Month Winners!

These swimmers are being recognized for their dedication to their group's skill of the month!! This year we are doing "Skills of the Month" rather than Swimmer of the Month. Our overarching team goal is dedication, so we want to call out athletes who are showing extreme dedication to learning and applying skills each day in practice!! Congratulations to all of our September winners.

Mini-Waves: Maggie Donnelly, Frederik Lang, Gabe Cormier, Haley Pothier, Thea Baker

Skill: Streamlines – squeezing arms over ears, legs and feet together, holding arms at surface while taking a breath during streamline kick, holding streamline position while pushing off the wall.

Novice: Olivia Young

Skill: Activated Streamline off of every wall.

Junior: Alana Mercier

Skill: Activated Streamline off of every wall.

Senior: Isabelle Dearnaley

Skill: Underwater quality – tight streamline, powerful kicks (up & down), initiated from core. Maintain throughout workout.



OCTOBER SKILL OF THE MONTH

Mini Waves

Skill: Pace Clock & Backstroke – knows all the colors of the pace clock. Knows the terms “on the top/bottom”. Can go 5 seconds apart independently. Chin up in backstroke. Knows backstroke count going into walls. Touches on back.

Novice

Skill: Activated Streamline off of every wall

Junior

Skill: Activated Streamline off of every wall

Senior

Skill: Stroke count – always knows SC. Trying to put together cookie cutter 25's 50's. Working to maintain consistency and KNOW what's good and what is not efficient.

Cost Recovery - Sobeys Gift Cards

Submitted by: Lisa Jardine

If you are interested in ordering cards for November, please let Lisa Jardine (lisajardine@swatswim.ca) know by Monday, October 19th, including how many cards you would like to purchase. SWAT's VP Finance is currently working with the bank to set up e-transfer capabilities. Lisa will let those that order cards know if this is in place by the 19th.

Sobeys gift cards are an easy way to save money towards swim fees. Orders are placed monthly for Sobeys gift cards in \$100 increments. The gift cards can be used at any Sobeys location (also at Fast Fuel, Needs, Lawtons, Foodland) and can also be used to buy any gift cards available at Sobeys for restaurants, gas stations, retail, NSLC, etc. Air Miles are earned when using the cards for purchases when applicable.

For every \$100 purchased, a percentage (usually 5%, dependent on order size), less \$0.25 cost recovery fee, goes to your cost recovery account.

Cost Recovery – Aroma Maya Coffee

Submitted by: Fiona Gibb

Update: Orders have been extended to October 16th

Available coffees include a *light, medium and dark roast*; their *Morning Blend*; and a *decaf option*. Their seasonal *Pumpkin Spice Blend* will also be available during our campaign. Coffee is available in whole beans or ground. Coffee bags sell for \$15 each; for each bag of coffee sold, families will earn \$4.75 that will be put in your cost-recovery account. In addition, Aroma Maya Coffee offers four-packs of cans of cold brew for \$17; families will earn \$2.85 for each four-pack of cold brew sold.

The order deadline for this initiative is October 16th, 2020. Order forms and payment can be sent to Natasha Sexton at natasha_sq@outlook.com. Order sheets, and an information pamphlet are available on our website under the Member Info Tab → SWAT Fundraising.

Funding Opportunities

For many families, swimming is an expensive sport. There are a couple grants available through community partners that families are able to apply for each season.

KidSport – Support4Sport

Families can apply for up to \$300 per child, per calendar year (January 1st – December 31st) to help offset the cost of organized sport registration and equipment. If you are requesting funds only for equipment, the grant cannot exceed \$200 per child. Applicants can only be approved once per calendar year, per sport. To be eligible to receive funding, the child must be 18 years of younger by the application deadline date they are applying for. Application deadline dates for 2020: October 1st & November 1st.

GREAT LINKS FOR SWIM PARENTS

Here are some awesome links to keep up to date with everything you'll ever want to know about swimming (and some stuff you didn't even know you wanted to know!)

www.swimming.ca

Swimming Canada Website

www.swimnovascotia.com

Swim NS Website

www.swatswim.ca

SWAT's Website

www.swimswam.com

Swimming News from around the world

For more information: <https://kidsportcanada.ca/nova-scotia/halifax-regional-municipality/>





JumpStart – Canadian Tire

To be eligible for funding for one or more children, families must first meet specific financial criteria as per Revenue Canada's Low-Income Cut-Offs (LICO) chart. Children must fall between the ages of 4 – 18 years old. Funding is allocated to sustained programs that involve a sport or physical activity. Programs should be a minimum of 5 weeks in duration, and include at least 1 session per week. Funding is up to \$300 per activity, subject to chapter discretion and/or local demands.

Applications must be submitted between January 15th and November 30th. Funds will be distributed evenly over all spring/summer and fall/winter activities.

For more information: <https://jumpstart.canadiantire.ca/pages/apply>

Team Clothing Order

SWAT Long Sleeve Dryfit Shirt	14.00\$ + Tax		SWAT Track Jacket	50.00\$ + Tax + Embroidery	
Sizes: Women XS – 3XL Men: XS – 4XL			Sizes: XS - XL		
SWAT Shorts – Black	25.00\$ + Tax		SWAT Tack Pants	40.00\$ + Tax + Embroidery	
Sizes: Women: S – 3XL Men: S, L - 4XL, no XS or Medium available.			Sizes: XS - XL		
SWAT Shorts – Green	25.00\$ + Tax		SWAT Sweater – BLACK w/ SWAT Logo on Front	23.00\$ + Tax	
Sizes: Women: S – 3XL Men: XS – 4XL			Sizes: Youth Small – Youth 2XL Adult Small – Adult 2XL		
SWAT Deck Parka – Speedo	96\$ + Tax + Embroidery				
Sizes: XXS - XL					
SWAT Sweater – Grey & Green w/ SWAT Logo on Front	34.00\$ + Tax				
Sizes: Youth Small Adult Small – Adult 2XL					
SWAT Black T-Shirt	10.00\$ + Tax				
Sizes: Youth S – Adult XL					
SWAT Swim Cap	9.50\$ + Tax				

Orders need to be Submitted to Lindsey Briand (equipment@swatswim.ca) NO LATER thn 12PM on Friday, October 23rd. Payment will be collected from your account with your monthly fees, please clearly state size and clothing item you would like to order in your email.