



SWAT NEWS

Mid April Update

Message from the Board – Apr 7th

The SWAT Board met and discussed the remainder of the season. We are assuming that this is the end of in-water season with some remote dryland, team activities coordinated by Zoe for some of the groups. If the season resumes—we will reassess based upon the new developments.

The Board approved to:

- Not collect regular fees for April, May or June
- Collect 50% of the third and final fundraising commitment
- Collect 75% of outstanding volunteer fees

Please ensure you are up to date and have reported all of your volunteer activities to Staci Brocklehurst.

Fundraising and Volunteer commitments will be withdrawn on the 20th and 21st of April.

Swim NS is running regular meetings with coaches and presidents that keeps us informed with any changes going forward.

The timing of our AGM is currently TBD, given the current state of emergency.

Jason Jardine

Swimming Canada's Best Practices

Swimming Canada has been publishing many excellent documents recommending "Best Practices" for athletes during this time. The overarching theme is very clear:

1. **Maintain a well-balanced daily routine** – this means, to bed on time and up at a regular hour in the AM to create a day with structure and productivity.
2. **Make Goals** – swimmers are used to long term goals, but we can apply the same principles toward setting shorter, daily goals to help keep motivated during this time.
3. **Stay physically active** – swimmers are a segment of the population that are used to a high level of physical activity. It is of great importance to continue with this lifestyle, for their own mental and physical health. This just means trying to move your body purposefully each day.

There is a Covid-19 resource page on the swimming Canada website (link below), which dives into more depth on the above points for anyone who is interested. I 100% agree with Swimming Canada, and share the same thoughts above. In a chaotic world, the smaller things we can do, and encourage our swimmers to do that brings them a bit of control and normalcy will help them to navigate these trying times.

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



Mini Wave Haley made a great bedroom sign because she misses Swimming – who is with her??



Fun Swim Resources To Explore

I encourage all swimmers and parents to take a look at some of these videos. One of the major differences between good athletes and great athletes, is that GREAT athletes become a student of their sport. They know everything there is to know about the history, the current day, the best swimmers, and new techniques. They learn the sport inside and out, so that they can take bits and pieces from everything they learn and apply it to their mind-set, training, goal setting and overall enjoyment of their sport. I challenge everyone on SWAT to become students of their sport !

Six Amazing Races to Watch

1. Mark Tewksbury - 100bk Gold Medal @ the '92 Barcelona Olympics: Tewksbury is still credited as one of Canada's best swimmers ever!
<https://www.youtube.com/watch?v=FTfTyzkSzQs>
2. Regan Smith – 200bk World Record @ the '19 World Championships in Gwangju. Regan was able to break Missy Franklin's "untouchable" world record in an incredible swim.
https://www.youtube.com/watch?v=HBaEfKA3e_Y
3. Emily Overholt – 400IM @ the 2015 Pan-Am Games. This is one night before the 400 Freestyle. When you watch this video, think about how you would feel if you were her. She had incredible resilience to bounce back from disappointment 24h later and become the 2015 400 Free Pan-Am Champion (swimming out of lane 9!!) So many good lessons to be learned here.
<https://www.youtube.com/watch?v=0YW7QxuuUFA>
4. Michael Phelps – 100Fly Gold (7th of the meet) @ the '08 Beijing Olympics.
<https://www.youtube.com/watch?v=urbvFAAwM2M>
5. Maggie MacNeil – 100 Fly Gold @ the '19 World Championships in Gwangju. This is Maggie's first Senior International Meet, and she starts it off with a bang – Canadian Record, and on the rise!
<https://www.youtube.com/watch?v=o5cajtAixpU>
6. Cole Pratt – 200bk Gold and Senior National Record in the SCM 200bk @ '19 OJI. Cole is an up and coming junior swimmer from Calgary who made his first Senior National Team last summer. He will

be one to watch in the next few years.

<https://www.youtube.com/watch?v=WjplEYHPInA>

Swim Ontario – My Personal Next

Episode 3: Relationship Between Performance, joy & fear.

<https://www.youtube.com/watch?v=1lI4ixaeZXo>

Episode 4: Learning and Leaning into your Strengths.

<https://www.youtube.com/watch?v=08W30Ovt4PA>

Swimming From Home Talk Show

Katie Drabot – Senior @ Stanford, USA National Team Member: <https://swimswam.com/swimming-from-home-talk-show-katie-drabot-on-team-support-top-movies/>

Caeleb Dressel – Pro Swimmer, Speedo Sponsored, Has won the most gold medals of any swimmer @ a single World Championships
<https://swimswam.com/swimming-from-home-talk-show-caeleb-dressel-challenges-himself-to-say-no/>

Regan Smith – USA & World Record Holder, Stanford University Commit.
<https://swimswam.com/swimming-from-home-talk-show-regan-smith-on-upping-her-mental-game/>

Fun @ Home Workouts

#1 – Core with Caeleb Dressel
https://www.youtube.com/watch?v=OWG_Is0JSjo&=1s

#2 – Core with Caeleb Dressel
<https://www.youtube.com/watch?v=eleaS51UFII>

#3 – Boxing Workout (Senior Swimmers did this last Sunday, it was lots of fun!)
<https://www.youtube.com/watch?v=jCTEVKRTuS8>

Canadian Sport Centre Atlantic

Danielle Poulos- Tips & Tricks for dealing with adversity
<https://www.facebook.com/watch/?v=152317966169386>

April Challenge

Our SWAT April Team Challenge is well underway, and hopefully swimmers are starting to complete some of their "SWAT-O" lines!

The idea of this challenge was to help the swimmers realize how many great activities there are to do at home. The card is split into 5 categories:

1. At Home
2. Outside
3. Just for Fun
4. Exercise Challenges
5. Mental Skills

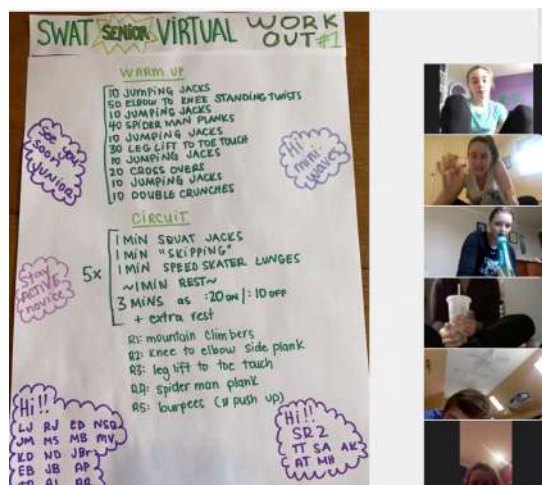
I am excited to see how many boxes each swimmer was able to fill. If you finish your group goal, try to complete even more squares if you're up for the challenge. Don't forget to send to Zoe at the end of the month!

Senior 1 & P: Entire Card

Senior 2 & Junior: 3 SWATO- Lines

Novice: 2 SWAT-O Lines

Mini-Waves: 1 SWAT-O Line



Another fun virtual workout the senior group did together – try it out for FUN with your family!

Pass the Positivity !!

Our Senior 1 and Senior Performance swimmers got together (virtually) to create this "chain of positivity" to share with the team. Thanks to all who participated and to Meg B & Lucy J who lead the group through this challenge. We hope it brings a smile to everyone's faces.

<https://www.youtube.com/watch?v=HuuCS1tRNV8>

SWAT Saturday AM Virtual Yoga

SWAT is looking at the possibility of doing a team wide virtual yoga session on Saturday AM for the month of May / June. I think this would be a fun way to get athletes from all groups "together" and able to see each other's faces.

The classes would be streamed online (Zoom) from great yoga teachers, and participation is absolutely optional. To get an idea of if this is something the club would be interested in, please reply to Zoe with the following answers:

1. **Interest Level:** Yes, love it – would maybe do a couple classes – No, not interested.
2. **Start Time:** What is your preference: 9AM, 9:30AM, 10AM

There would be a bit of admin work to get this set up, so please reply to Zoe by April 20th, 2020.

SWAT on Social Media

Follow Us:



www.swatswim.ca



Sackville Waves Aquatic Team



[swat.swim](https://www.instagram.com/swat.swim)