

April

2020

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# SWAT NEWS

*Team Pride – Integrity – Dedication – Leadership*



13-14 GIRLS SWEEP THE 800 FREE PODIUM: 1<sup>ST</sup> JULIETTE M, 2<sup>ND</sup> KATHARINE D, 3<sup>RD</sup> ELLA B @ DF CHAMPS



ELLA D, LUCY J, NATASHA SQ & RYAN J  
SWAT 2020 OT QUALIFIERS – WHO'S NEXT?! 2021



MORGAN L WITH AWESOME  
TEAM SPIRIT!!

***“WHAT I’VE DONE OVER THE PAST  
COUPLE OF YEARS HAS BEEN PRETTY  
GREAT, BUT EVEN THAT DOESN’T  
DEFINE MY SWIMMING. WORKING HARD  
& DOING EVERYTHING I CAN TO BE  
SUCCESSFUL SHOULD BE MY IDENTITY”***

***- KATIE LEDECKY, 6X OLYMPIC MEDALIST***

# New SWAT Club Records



Juliette Mercier  
13-14 LCM 400IM  
5:25.89



Ella Dobson  
15&O LCM 400IM  
5:19.09



Ella Brocklehurst  
13-14 LCM 200IM  
2:38.73



Lucy Jardine  
15&O LCM 200fr  
2:13.02



Michael Smith  
15&O LCM 100Fly  
1:00.33



Michael Smith  
15&O LCM 200Fly  
2:18.63



Nelson Daniels  
13-14 LCM 200 Br  
2:45.03



Juliette Mercier  
13-14 LCM 200 Br  
2:44.59



Ella Dobson  
15&O LCM 800Free  
9:29.97



Juliette Mercier  
13-14 LCM 200IM  
2:40.60



Lucy Jardine  
15&O LCM 400Free  
4:39.78



Juliette Mercier  
13-14 LCM 100Br  
1:17.02



Michael Smith  
15&O LCM 50fly  
27.51



Juliette Mercier  
13-14 LCM 50Br  
36.42



Ella Brocklehurst  
13-14 LCM 200 Bk  
2:32.80





# Swim of the Day



Aline P



Jayne B



Juliette M &amp; Eugene L



Murray Br

## David Fry Provincial Champs

SWAT had 21 Athletes participate in David Fry Provincial Championships this past weekend. It was an outstanding meet, full of best times, record breaking swims, and tons to teamwork! We had 33 Top 3 performances, and A TON of lifetime best times!!! SWAT Placed 3<sup>rd</sup> overall, with the women's team in a tight battle for 2<sup>nd</sup> place. Way to go swimmers.

### 100% Best Times

Jack Br, Murray Br, Juliette M, Aline P, Matt P, Trevor R

### New Qualifiers

Ella D: 50&100 Breaststroke – Eastern Canadian's

Juliette M: 100 Breaststroke – Canadian Junior Champs

Trevor R: 1500Free 15 y.o NS AAA

### Swim of the Day

Session 1: Aline P – 1500fr, for DEMOLISHING her best time by 3 minutes, and sneakily moving from the last heat into a second place finish. Way to GO!

Session 2: Jayne B – 400IM, for swimming her way into the "A" Final, but a huge best time. Jayne broke 6:00 for the first time in a super mentally tough event. Yes JAYNE!

Session 3: Juliette M – 200br, for crushing her 200br (2:44.85 ~ new club record, destroyed her heat by 16 seconds and an amazing split swim!!!!) & Eugene L – 400IM, for being our first Junior athlete to win an individual medal at AAA Champs!

Session 4: Murray Br – 200bk, for a crazy awesome 12 second drop off in his 200Bk to dip under 3mins and secure a second swim at night. Murry's backstroke is on FIRE this weekend.

Session 5: Abby L – 200bk, for swimming an amazing 200bk with a gutsy first 100 and never letting up her stroke rate through the second 100 to allow her to crush the 2:40 barrier for the first time!!!! Sweet Swim ABBY L!

Session 6: Trevor R – 1500fr, for swimming an entire 1500m with his elbows pointing to the ceiling, and his nose pointing to the bottom, which turned into him taking over 45 seconds off his 1500fr to qualify for AAA Champs as a 15 y.o keeping him qualified all season.

Session 7: Lucy J – 800fr, for swimming her first 800 in over a year, pain free, and with growing confidence through the race !! Lucy actually negative split her 800, and her last 200 was the fastest of the entire race, giving her a 3<sup>rd</sup> place finish!!! Lucy's on a Mission!



Abby L



Trevor R



Lucy J

# Important Dates

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April 2<sup>nd</sup> – Swim NS Coaches Committee Meeting – any new info will be communicated to Members.

April 6<sup>th</sup> – Clubs will know how May – July will look in terms of competitions and training.

*\*note: all National Competitions have been cancelled through to Aug 31<sup>st</sup>.*

April 7<sup>th</sup> – Board Meeting – Any new info will be communicated to Members, re Fees / Fundraisers, etc.

Hi SWAT Families,

I hope that everyone has been able to stay safe, healthy and active over the first few weeks of Covid-19. I want to start by saying a huge thank-you to all of our members & their families who work in the healthcare, grocery, or other essential services. It is a huge service to the rest of us, so that ourselves and our loved ones remain safe and have proper care. Thank you.

As our President, Jason, mentioned in his March communication, due to this unforeseen shut down of our club, March fees were lowered to 75% of their normal amount. Moving forward to April and beyond, we are working hard to get club information confirmed and communicated. There are a few important dates on the left of this page. We are working with our Provincial Sport Office, Swim Nova Scotia, as well as Swimming Canada to ensure that there is no “rush back” to the pool, which could be to the detriment of public health & safety. As soon as I know more information, I will ensure it is passed along to each of our Families.

We will also be revisiting our Team Fundraisers at the board meeting, and will communicate how we will wrap those up the week of April 6<sup>th</sup>. As a reminder, this is the Sport NS Sun Sweep Tickets & our Annual Swim-A-Thon.

As of right now, we hope that the situation here will remedy itself in time for our End of year Banquet. If this does happen, information will be communicated to the families with plenty of time. This is a great opportunity to celebrate all of our swimmers achieved successes through the season and come together as a club.

I was very impressed with the engagement and creativity from our swimmers for our March “Out of the Pool” Challenge. It was lots of fun for me to see how the swimmers interpreted it, and some of you have very fancy video-making skills! There were multiple videos that I laughed OUT LOUD when I received them, so thank you swimmers! I think right now, in a time of uncertainty, it is so important to lean on people in your life. Our swimmers become like a second family to each other, and remaining “in” the swim world will be important for them, as their normal routine has been drastically altered. Further down in this Newsletter is our “April Challenge”. This one has to do with keeping active, trying new things, and helping out mom & dad around the house! I can’t wait to see how our swimmers rise to this challenge.

While our club cannot officially meet to train, there are lots of things the athletes can do at home. My number one ask of the swimmers is to try and spend 30 minutes a day outside (when the weather cooperates). It is so important to keep our bodies moving, not only for our physical health, but also for mental health. Any activity goes – run / walk / bike / hike / play a game / skip / jump on your trampoline / climb a tree!!! Anything that gives a change of scenery and some time to lift your heart rate ☺. The Senior Groups have been doing daily workouts, I encourage anyone in Sr 1 / 2 / P who has not been part of this to reach out and sign up. Not only is this for “training” purposes, but it has created a great online community of support for our swimmers. Novice & Junior have weekly templates with activity suggestions from Grace. We will continue to provide the athletes with these until we’re back in the pool or the season concludes. Mini-Waves, my challenge to you is to try new activities, and have fun while staying active!

All of our swimmers were off to a tremendous start of the season. Being away from the pool can be really tough, especially when we had big goals in our grasp. I want to remind everyone that what we are going through right now does NOT take anything away from their successes and what they achieved so far this season. This is an opportunity to get stronger outside of the water, recharge, and come back with even more hunger when we can re-enter the pool.

Please keep in touch, and if you have any questions reach out to me!

Zoe

# SWIMMER OF THE MONTH CRITERIA

This season, we will be doing swimmer of the month for each group! SWAT coaches have created special criteria for each month, that highlights certain things we think are important in our sport.

## April Criteria: Racing Performance

This swimmer has put in the work in practice, and now it's definitely showing off! This swimmer has bought into training how they want to race – and now they are racing the exact way they train! This swimmer has recognized the correlation between what you put into practice and what you get out of it at the swim meet. They are able to take successes in stride, and also able to look at each race with something they can learn to be better next time too.

*\*\*Since we can't award SOM for April, as all competitions have been cancelled, just take a look at some of the qualities we look for in awesome racers!!*

## March Swimmer of the Month

Theme: Always Prepared

### Senior Groups – Aline Potvin

March swimmer of the month for the Senior Group is Aline P. Aline is a quiet leader, who is developing awesome habits that will help her to be successful in her swim career. Aline is always on time (or EARLY!!) and always prepared. Whether that means having the correct equipment out before the set starts, or always showing up with appropriate gym gear, Aline shows that focus and stepping up to do the “small things” correctly is fundamental to success! Great job Aline :)



### Junior – Morgan Lewis

The Junior swimmer for the month of March is Morgan Lewis! This is an athlete who always arrives on deck prior to the start of activation and ensures that she has all of her equipment before coming onto the pool deck! Morgan attends majority of swim and dryland practices while still maintaining a demanding run training schedule. This shows commitment and dedication to the sport. Morgan knows that the steps you take outside of the pool are just as important as the skills practiced in the pool! Congratulations Morgan!



### Novice/Winter Maintenance – Will Carter



The Novice swimmer of the month for March is Will Carter for his continued dedication to the sport of swimming and recognizing the importance of on-deck activation prior to pool training! Will arrives on deck prior to the start time of activation to ensure he has an adequate amount of time to get the equipment needed for the practice along with filling his water bottle. This is a crucial part of all organized sports and is an essential factor to carry through all levels of swimming! Congratulations Will!

### Mini Waves – Haley Pothier

Haley is the Mini Waves Swimmer of the Month for March. Haley is always prepared when she arrives to workout with all the proper gear such as her swim bag, team cap and bathing suit and her goggles. Haley understands the importance of bringing a water bottle and has never forgotten it once making her water bottle attendance perfect! Haley arrives on deck on time, prepared and most importantly always with an awesome and cheerful attitude that contributes to a great team environment! Great job Haley and keep up the excellent work!





## Out of the Pool Participants

Awesome work to all of our entries for this club challenge. It was a TON of fun for me to see everyone's creative sides, and hopefully brought as big a smile to your faces as it did to me!

*Congratulations to:*

Ella D – Sr. Performance  
 Natasha SQ – Sr. 1  
 Ana M – Mini Waves  
 Megan B – Sr. Performance  
 Haley P – Mini Waves  
 Alana M – Junior  
 Ginny M – Mini Waves  
 Claire H – Mini Waves  
 Gavin H – Mini Waves  
 Jesstine S – Mini Waves  
 Lucy & Ryan J – Sr. Performance  
 Maria L – Mini Waves  
 Aline P – Sr. 1  
 Reece Flynn – Mini Waves  
 Eugene L - Junior

We would like to give  
 Honorable Mention  
 to  
 Haley P & Meg B  
 on their creative swim  
 videos!!

## Out of the Pool Challenge Winner

*EUGENE LEGGE!!!*

## April Team Challenge



### April Team Challenge

S	W	A	T	- O
Spend 5 minutes visualizing your PERFECT RACE! What is it? How does it feel? Where is it? Who is with you? ETC.	SPRINTS: 12x :30 second SPRINT (run or bike) + ~ :60 seconds rest between.	60 Minute Hike/Walk outside with a family member!	Complete 3 extra chores around the house!	Complete you Push-ups! Sr 1 / P = 100 Sr 2 / Jr = 75 NV = 50 Mini's = 25 (take breaks as needed!)
Wall Sit Challenge – Make sure legs are at 90 degrees – no ARMS on legs!!  Record your time here _____	Cook Dinner for Mom and/or Dad  *Mini's – you can HELP Mom and Dad!	Share your favorite song with 2 friends, and find out their favorite songs. Write down the songs _____ _____ _____	10 Minutes practice Head Stand or Hand Stands!!!!	Get outside and spend at least 45 mins helping with yard work!
30 Minute Bike Ride!	Write down 3 Things you are most grateful for: _____ _____ _____ _____ _____	Help with Spring Cleaning	Do your choice of core exercises  Sr 1 / P = 400 reps Sr 2 / Jr = 300 reps NV = 200 reps Mini's = 100 reps	Draw a picture of what YOUR version of the best swimmer looks like – show and exaggerate these traits in your picture and what this looks like to YOU!!!  **Include your picture!!!
Try something you've NEVER done before!! (new food / activity / etc)  What was it? _____ _____	PLANK Challenge – how long can you plank??  Record your time here _____ _____	Create the BEST EVER Smoothie. What ingredients? _____ _____ _____ _____ _____	Spend 5 minutes practicing Meditation. (Practice Box Breathing, or visualization, or just being still!)	Spend 3 days in a row reading a book for at least 30 minutes per day!
Do the laundry or fold the laundry  *Mini's you can Help Mom and/or Dad!	Write down your DREAM Goal and 3 small steps of how you will get there: _____ _____ _____ _____ _____	100 Jumping Jacks AS FAST AS POSSIBLE!!!!	30 Minute Run outside	Play a board game with your family!

#### Bingo Guidelines

Each group should aim to complete:

Sr P & 1 = entire card, Sr 2 & Jr = 3 SWAT-O rows, NV = 2 SWAT-O rows, Mini's = 1 SWAT-O row!

Make sure to include your answers with your submission when you're done!

Mini's can complete 1 square per day, all other groups can complete UP to 2 squares per day ©

Send in a picture ([zcmiles1@gmail.com](mailto:zcmiles1@gmail.com)) of your completed SWAT-O card when you're done! All swimmers who complete this challenge will get a shout out in the May Newsletter, a crisp hi-5 once social isolation is over, and entered into a draw to win a new SWAT cap!

Attached to email is a printable PDF!

## About These Links

I wanted to put together a collection of Swim Related Content that both swimmers and parents might find interesting. Some are articles that teach about swim skills or mental skills. These might be best suited for Junior and Above, but everyone is welcome to read! The next is interviews with swimmers. There is a great series right now called "Swimming @ Home", that interviews both coaches and swimmers to get their perspectives. I've included the link to the series, but also the two I think most beneficial to the swimmers to learn from right now. I also included 5 amazing races. Anyone who misses swimming should check these out. They are all breakthrough performances and some of my favorite I've ever watched. Every day CANfund has a new athlete from different sports online that is able to share their story. I've participated in a few, they are over Zoom, so you'll need to download that and the info is included here. CANfund is one of the top sponsors to many elite athletes in Canada. Finally, for parents and Senior Swimmers, there is a series being put on by Swim Ontario called "My personal Next". The link here is just the introduction to the series, but if you watch all the way through to the end, the speaker, Melinda Harrison, speaks about what she will be discussing over the series. I would highly recommend. The first video is long, but she aims to make them 5 – 10min in length when she dives into each topic. If you save the youtube page, you'll be able to see when she posts each video! Enjoy !!!!

## Swim Links & Fun Info!

### Good Reads

External Self Talk: <https://swimswam.com/caeleb-dressel-external-self-talk/>  
 Michael Phelps on Olympic Postponement: <https://swimswam.com/michael-phelps-i-would-have-straight-punted-had-the-2012-oly-been-postponed/>  
 Adversity builds Confidence <https://swimswam.com/tom-dolan-adversity-is-confidence-in-disguise/>  
 About the Process in Swimming <https://www.yourswimlog.com/process-is-what-shapes-you/>  
 Build a Pre-Race Routine <https://swimswam.com/michael-phelps-pre-race-routine/>

### Swimming From Home Talk Show

Show Page w/ all Videos: <https://swimswam.com/tag/swimming-from-home-talk-show/>  
 Brent Hayden: CAN Olympic Bronze Medalist: <https://swimswam.com/swimming-from-home-talk-show-brent-hayden-on-olympic-postponement-comeback/>  
 Beata Nelson: NCCA 2019 Swimmer of the year: <https://swimswam.com/swimming-from-home-talk-show-beata-nelson-on-collegiate-olympic-pro-swimming/>

### 5 Awesome Barrier Breaking Races

- 1) Canadian Brittany MacLean beats "unbeatable" Missy Franklin at NCAA's – interview [https://www.youtube.com/watch?v=R4L\\_V38oL\\_Y&t=13s](https://www.youtube.com/watch?v=R4L_V38oL_Y&t=13s)
- 2) Beijing 2008 Olympics, Men's 4x100 Free !!! (best race ever) <https://www.youtube.com/watch?v=MCZ7-ohL4W4>
- 3) Penny Oleksiak becomes 100fr Olympic Champion [https://www.youtube.com/watch?v=GgK6u\\_CkTPs](https://www.youtube.com/watch?v=GgK6u_CkTPs)
- 4) Michael Phelps shows how important UW dolphin kick is, en route to 8 Gold Medals in 200fr. <https://www.youtube.com/watch?v=dDGKoGEPYks>
- 5) Caleb Dressel – fastest man on earth & first swimmer under 20 seconds for 50 Fr (SCY), watch him LIGHT up a 50fr at NCAA's! <https://www.youtube.com/watch?v=N0LCjQ89G58>

### CANfund – video conferences

Click on "CANTalks" to register each day – athletes talks @ 3PM daily.  
<http://canadianathletesnow.ca>

### My Personal Next – Swim Ontario

Episode 1: Intro and about Melinda <https://www.youtube.com/watch?v=IAycGiD0du8>  
 Episode 2: first topic, Athlete DNA <https://www.youtube.com/watch?v=pgehMtCQheM&feature=youtu.be>

## Follow SWAT on Social Media

### Follow Us:



[www.swatswim.ca](https://www.swatswim.ca)



Sackville Waves Aquatic Team



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

## Learn about the Prospects Atlantic Tour

The intent of the Atlantic Prospects Tour was to bring together athletes from Ontario, Quebec, & Atlantic (Nova Scotia, PEI and NFLD) who are the target age for next season's Canada Games Teams; Females born 2006 and later, Males born 2005 and later. The initiative is an important step in our athletes continued successes, and a great measuring point for our swimmers heading into next season's Canada Games in Niagara Region, Ontario. All 4 athletes should have their sights set on representing our Province next summer!

These swimmers were picked based upon their outstanding swims throughout the LCM season from January 1<sup>st</sup> – March 15<sup>th</sup>, 2020.

Although the provinces have agreed due to the current world events, this initiative will be postponed indefinitely, it is an amazing honor to be selected and I am so proud of these swimmers being recognized by our province, and Atlantic Region!

Jack Briand



## Waves in the Community – April

This month, in place of Waves in the Community, we are going to profile our 4 swimmers who were recognized by Swim Nova Scotia for the Team Atlantic Prospects Tour, which has unfortunately been postponed for now.

### What we asked:

1. Name & Age & Group
2. How many years Swimming?
3. Favorite Event to Race
4. Favorite part about swimming for SWAT
5. One of their Dream goals they want to share
6. a fun fact about them that no one else knows!

### What they answered:

#### Ella Brocklehurst

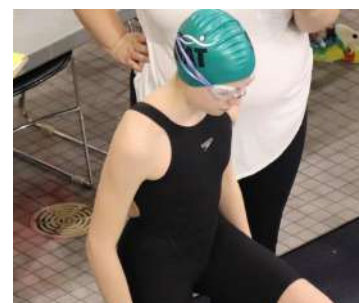
1. 13 years old & Senior 1
2. This is my 6<sup>th</sup> or 7<sup>th</sup> year... I can't remember
3. 200 Back
4. Getting to swim with my friends.
5. I want to get a scholarship to university and go to Canada Games.
6. I can sing!

#### Nelson Daniels

1. 15 years old & Senior 1
2. I've been swimming for 7 years.
3. 800 Free
4. I love our team culture, it feels like we're a big family.
5. One of my dream goals is to be able to represent a university swim team when I am older.
6. I can solve a Rubik's cube in under 30 seconds.

#### Aline Potvin

1. 13 years old & Senior 1
2. This is my 4<sup>th</sup> year swimming.
3. 800 Free is my favorite race.
4. My favorite part of swimming with SWAT is the support and friendship from teammates. Example: Whenever there is a SWAT swimmer in the pool you're sure to see a bunch of SWAT at the end of the lane. It makes you want to race faster!
5. I would like to make Easterns.
6. Aline loves swimming, drawing and oreos, but did you know she also loves reptiles and hopes to own several when she lives on her own!



Aline Potvin

#### Jack Briand

1. 14 years old & Senior 1
2. 5 years
3. 200 Fly
4. My favorite part about swimming for SWAT is that you always feel supported. All the coaches are super caring and will help you out if you need it. All the other swimmers are also very supportive and are always cheering for their teammates.
5. To be fast enough to make it onto the DAL Tigers when I graduate.
6. I hate sauces on any food.



Nelson Daniels



Ella Brocklehurst