

2021

# APRIL

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# SWAT NEWS

*Team Pride - Integrity - Dedication - Leadership*



*Last Ever in Person Swim Meet: David Fry Champs 2020*



*Last AA Champs 2020*



*Last Nova Tech Meet 2020*

***“ONLY THOSE WHO RISK GOING  
TOO FAR, CAN POSSIBLY FIND  
OUT HOW FAR THEY CAN GO”***

## UPCOMING DATES

April 1<sup>st</sup>: New Training  
Schedule Starts

April 1<sup>st</sup> – 7<sup>th</sup>: SWAT  
Spirit Week

April 2<sup>nd</sup>: NO  
SWIMMING – Good  
Friday (pool closed)

April 4<sup>th</sup>: NO  
SWIMMING – Easter  
Sunday (pool closed)

April 8 – 11<sup>th</sup>: SWAT  
Time Trial / David Fry  
Provincial Champs

April 12 – 14<sup>th</sup>: Junior  
and Novice Spring  
Break

April 13<sup>th</sup> – 18<sup>th</sup>: Senior  
Spring Break

## SWAT Spirit Week: April 1<sup>st</sup> – 7<sup>th</sup>, 2021.

Heading into our first Performance Meet of the Season, SWAT has prepared an awesome Spirit Week to have some fun, and get everyone excited for racing. Show your team pride by dressing up in each day's theme when you show up on deck for your workout.

I hear the coaches have some really amazing ideas planned for each day! Can our swimmers out SPIRIT the coaches?

If you LOVE one of the spirit weeks themes but don't have workout that day – absolutely dress up and send in a photo to [zcmiles1@gmail.com](mailto:zcmiles1@gmail.com) so we can see your SWAT Spirit. GO SWAT!



**April 1<sup>st</sup> – 7<sup>th</sup>, 2021.**

**Goal:** For SWAT swimmers to build EXCITED through a fun, team bonding activity the week before our April Time Trial: David Fry Provincials.

Look good, Feel good, Have fun = SWIM FAST!!

<b>Thursday, April 1<sup>st</sup></b> <b>THROWBACK Thursday</b>	Dress up like your favorite decade, 70's / 80's / 90's? Raid your parents closet to see what cool outfits you can put together!
<b>Saturday, April 3<sup>rd</sup></b> <b>SWAT SWAG Saturday</b>	Show your incredible team pride by wearing as much SWAT gear as possible (SWAT face paint to level up?)
<b>Monday, April 5<sup>th</sup></b> <b>MONOCHROME Monday</b>	What's your Favorite Color?? Can you wear only 1 color to workout... Do you have a Training Suit that Matches too?
<b>Tuesday, April 6<sup>th</sup></b> <b>TWIN Tuesday</b>	Pick your swim bestie and dress like twins today!
<b>Wednesday, April 7<sup>th</sup></b> <b>WILD Wednesday</b>	Dress head to toe in animal print clothes – OR – dress in the most "WILD & WACKY" outfit you own.

## APRIL SKILL OF THE MONTH

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### Mini Waves

**Skill:** IM: Legal touches, Knowing IM order, Knowing which kick corresponds to which stroke, Legal strokes for all lengths.

### Novice

**Skill:** Hold 3 dolphin kicks off of EVERY wall OR Underwater Pullout when applicable

### Junior

**Skill:** IM Transition technique

### Senior

**Skill:** Tight Streamline, powerful kicks, up and down. Initiated from core. Maintain throughout workout NO DEAD LEGS. Knows breakout depth and able to adjust, maintain speed.

## March Skill of the Month Winners

**Mini-Waves:** The winner for this month's skill is **Ethan Mullins**, not only did he hold his tight streamline into his breakout, but also eagerly took corrections, wanting to improve his dive (he even willingly skipped on playing a game to improve his dives!!!).

**Skill:** Dives: Entering in a streamline//squeezing all your muscles while entering. Progression from the side to the block. Fast breakout after dive.

**Novice:** The Novice skill of the month winner for March is **Sam King** for maintaining two strong dolphin kicks in her butterfly. This is a HUGE skill to master as it requires the athlete to break down the stroke and implement a kick at both the start and end of the stroke, instead of using one big kick to power the entire butterfly. This has helped Sam find her rhythm/tempo in the stroke and has made the longer distances much easier, which is great considering how much Sam LOVES butterfly! Congratulations Sam!

**Skill:** Maintain 2-kicks per stroke in butterfly.

**Junior:** The Junior skill of the month winner for March is **Murray Briand** for exhibiting extension in all four strokes! Murray has been working hard at lengthening his arms during every recovery and ensuring his body line in long! This is a challenging skill to master as it requires the athlete to slow down and think about both their stroke count and distance per stroke, instead of rushing. Congratulations Murray!

**Skill:** Maintain Extension in ALL four strokes.

**Senior:** The winner for this month's skill is **Trevor Rollin** and **Ron Levit**. Ron always shows up ready to swim FAST when we do race pace, or a race day. Ron's consistency in being at or under pace has paid off in huge best times during our race weeks. Trevor has begun to really challenge himself to increase his race pace and race with other teammates during pace 100 or 50's in workout. Way to go boys!

**Skill:** RACE: Challenge to swim fast in workout, always up to challenge yourself and compete against teammates. Puts together Race Pace workouts consistently.

## EXTEND YOUR SWIM SEASON

We all know this year has been a bit crazy, but one thing we have loved is being able to be in the pool as a team all year.

This season, SWAT is exploring the idea of offering an extension of swimming to its Mini-Waves, Novice and Junior Athletes who usually finish in Mid-May / Early June.

If your athlete LOVES the pool and wants to keep swimming further into the summer months, this program is for you!! Stay Tuned in April for more information and how to register.

Let's keep this love of swimming alive!

## Stage 1 Results: SPEEDO #RaceAgain Challenge

Congratulations to all of our SWAT Swimmers who competed in the first stage of the Swimming Canada Speedo Race Again Challenge. Results from the competition window of February 26<sup>th</sup> – March 21<sup>st</sup>, have been posted and SWAT did AMAZING!!! Our results from our March 1<sup>st</sup> Race Week were submitted for Stage 1. Teams from BC, Quebec, PEI, New Brunswick, Nova Scotia, Yukon, and Ontario competed in the first stage of competition.

Age Groups for this Virtual Competition are as follows:

11 – 12 Girls / 12 – 13 Boys

13 – 15 Girls / 14 – 16 Boys

16&O Girls / 17&O Boys

SWAT had 15 different athletes score points in Stage 1. Athletes who finished in the top 30 in their age group were scored, and will add to their total points and National Leader Board Status over the three stages of competition. Ages are as of June 14<sup>th</sup>, 2021 (The completion of the third stage to keep athletes in the same age group the entire competition).

### Congratulations to our Top Placing Athlete in each Age Group:

11 – 12 Girls: Morgan Lewis, 400 Free – 13<sup>th</sup>

12 – 13 Boys: Eugene Legge, 200 Free / 400 Free – 8<sup>th</sup>

13 – 15 Girls: Juliette Mercier, 200 Breast – 6<sup>th</sup>

14 – 16 Boys: Trevor Rollin, 200 Free – 30<sup>th</sup>

16&O Girls: Ella Dobson, 400IM – 3<sup>rd</sup>

17&O Boys: Ron Levit, 50 Br – 20<sup>th</sup>

### Congratulations to all of our Top 10 finishers

12 – 13 Boys: Eugene Legge, 200 Free – 8<sup>th</sup>

12 – 13 Boys: Eugene Legge, 400 Free – 8<sup>th</sup>

13 – 15 Girls: Aline Potvin, 800 Free – 10<sup>th</sup>

13 – 15 Girls: Juliette Mercier, 200 Breast – 6<sup>th</sup>

16&O Girls: Lucy Jardine, 400 Free – 10<sup>th</sup>

16&O Girls: Megan Bateman, 800 Free – 10<sup>th</sup>

16&O Girls: Ella Dobson, 200 Breast – 5<sup>th</sup>

16&O Girls: Ella Dobson, 400IM – 3<sup>rd</sup>

16&O Girls: Isabelle Dearnaley, 400IM – 8<sup>th</sup>

### Top 20 Finishers

11 – 12 Girls: Morgan Lewis, 400 Free – 13<sup>th</sup>

12 – 13 Boys: Ben Levit, 100 Fly – 19<sup>th</sup>

13 – 15 Girls: Katharine Dawson, 400 Free – 14<sup>th</sup>

13 – 15 Girls: Abby Lewis, 200 Back – 11<sup>th</sup>

13 – 15 Girls: Juliette Mercier, 400IM – 12<sup>th</sup>

16&O Girls: Lucy Jardine, 200 Free – 14<sup>th</sup>

16&O Girls: Ella Dobson, 200 Free – 19<sup>th</sup>

16&O Girls: Isabelle Dearnaley, 100 Fly – 16<sup>th</sup>



## ORDERING NEW SWAT CAPS / TSHIRTS

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As a Reminder it is a requirement for all SWAT Swimmers to wear a SWAT Cap in all practices and Swim Meets.

Please check with your Swimmer to see if they have enough SWAT Caps – it is always great to have an extra or two.

You can contact:  
[equipment@swatswim.ca](mailto:equipment@swatswim.ca) to purchase swim caps.

Additionally, if your swimmer would like an extra SWAT T-Shirt, please contact our equipment manager to purchase a new one.

## GO SWAT!

17&O Boys: Ron Levit, 50 Breast – 20<sup>th</sup>

### Top 30 Finishers

11 – 12 Girls: Morgan Lewis, 200 Free – 30<sup>th</sup>

12 – 13 Boys: Murray Briand, 200 Free – 27<sup>th</sup>

12 – 13 Boys: Murray Briand, 100 Back – 24<sup>th</sup>

12 – 13 Boys: Murray Briand, 200IM – 30<sup>th</sup>

13 – 15 Girls: Katharine Dawson, 100 Free – 28<sup>th</sup>

13 – 15 Girls: Juliette Mercier, 200 Free – 27<sup>th</sup>

13 – 15 Girls: Aline Potvin, 200 Back – 30<sup>th</sup>

14 – 16 Boys: Trevor Rollin, 200 Free – 30<sup>th</sup>

16&O Girls: Caitlin Taylor, 200 Free – 29<sup>th</sup>

16&O Girls: Megan Bateman, 400 Free – 23<sup>rd</sup>

16&O Girls: Caitlin Taylor, 100 Fly – 21<sup>st</sup>

17&O Boys: Ben Power, 50 Free – 24<sup>th</sup>

17&O Boys: Ron Levit, 200IM – 24<sup>th</sup>

## SWAT Alumni – Racing to Success!

This past weekend, March 25<sup>th</sup> – 27<sup>th</sup>, 4 SWAT Alumni raced as part of the Dalhousie Tigers at the 2021 Atlantic Collegiate Swim Challenge. This season, the AUS Conference did not allow in person competition, or actual competitions under the AUS Conference, so the Dalhousie Tigers had to be creative just like we have at SWAT. This competition was in place of their regular Conference and National Championships. SWAT had 4 Alumni racing as part of the Tigers this weekend.

**Victoria Macdonald** – 4<sup>th</sup> year Med Sci Student is set to graduate this spring. Tori has seen incredible improvements as a DAL athlete, and will look to continue in Graduate school next season. Victoria swam the 3 breaststroke events, finishing in near best times in all three. Tori swam with a subluxed shoulder (partial dislocation) which shows true GRIT, DETERMINATION and TEAM PRIDE.

**Jonathan Taylor** – 3<sup>rd</sup> year Biology Student and winner of the David Fry Memorial Scholarship swam 3 out of 4 lifetime best times in his events; 100 / 200 / 400 and 1500fr. Jonathan specialized in distance races, and showed exceptional speed in his 200 and 400fr this weekend!

**Michael Smith** is a first year Recreation Therapy Student, and many of you will recognize Michael as he graduated from SWAT last year. Michael was primarily a butterfly and sprint freestyle in High School, but has really grown into his own trying out his hand at Middle distance Free. Michael raced in the 100 Fly, 200 Free, 800 Free and 100 Free. Michael was best times in his 100 Free (by over 1.5 seconds!!!), 200 Free and 800 Free. His 100 Fly was his 2<sup>nd</sup> best ever swim.

## NEW TO SWAT?

If you are new to SWAT, or even in your second season, you might not have explored all of the amazing information on our SWAT Website.

If you log in to your account and then select the "Swimmer Parent Resources" drop down menu, you'll see two great options:

1. 2020 – 2021 Parent Handbook. This tells you all about anything you might need to know as a first year (or 2<sup>nd</sup>) SWAT Swim Parent!
2. Newsletters: You will find all of our archived Newsletters. There is so much amazing information about different swim meets, our team, and educational resources included in these newsletter that might help you learn more about our team and our amazing sport.

**Ryan Jardine** is a first year Computer Science Major, who also graduated from SWAT last spring. Ryan raced in the 100 / 200 / 400 and 800 Freestyle, swimming to life time bests in his 100 Free and 200 Free. In Ryan's 200 Free he broke 2 minutes for the first time, which is an amazing accomplishment!



## David Fry Provincials / April Time Trial Info

Next week is SWAT's April Time Trial & David Fry Provincial Champs. For some of our athletes, this is their first Performance Meet ever! In normal seasons, a few days before the swim meet an email goes out to the families sharing all information about Warm-Up Times, Swimmer Arrival Times, and Expectations / Reminders. Since most of our meets this season have been in house time trials during workout, this hasn't happened!

Below is the Event Order and Time Line for each day. Please keep an eye out in your mail boxes over the weekend for the final information about our time trial.

### REMINDERS:

1. If you want to watch your athlete in person, please contact [officials@swatswim.ca](mailto:officials@swatswim.ca) to volunteer on deck. You must be fully registered as an official.
2. This is a Championship Meet: ALL athletes are expected to be on time for Arrival time and stay until the completion of each session, as is usual for a Championship Meet.
3. If you cannot make it on deck, the sessions will be live webcast on our facebook page. Please make sure to follow Sackville Waves Aquatic Team on Facebook and share with your friends & family.

Date	Thursday, April 8 <sup>th</sup>	Friday, April 9 <sup>th</sup>	Saturday, April 10 <sup>th</sup>	Sunday, April 11 <sup>th</sup>
Groups	Senior, Junior Mini-Waves (100IM)	Senior, Junior	Novice, Mini-Waves	Senior, Junior, Novice
Events	<b>Day 1</b> 50 Free 200 Back 100 Breast 100IM (Mini-Waves) 100 Fly 800 Free 1500 Free	<b>Day 2</b> 400 Free 200 Fly 50 Back 200 IM 100 Free 200 Breast	<b>Day 3</b> 25 / 50 Free 25 / 50 Back 25 / 50 Breast 25 / 50 Fly 25 Kick 200 IM	<b>Day 4</b> 50 Breast 200 Free 400 IM 50 Fly 100 Back
Time Line	Arrival: 3:25PM  Activation: 3:30PM  Warm-Up: 3:50PM  <i>**Mini's Arrival: 4PM</i>  Start Time: 5PM  Finish Time: 7:30PM	Arrival: 3:40PM  Activation: 3:45PM  Warm-Up: 4:10PM  Start Time: 5:15PM  Finish Time: 7:30PM	Arrival: 6:40AM  Activation: 6:45AM  Warm-Up: 7:00AM  Start Time: 7:30AM  Finish Time: 8:30AM	Arrival: 4:00PM  Activation: 4:10PM  Warm-Up: 4:30PM  Start Time: 5:30PM  Finish Time: 7:30PM

### Swim Nova Scotia David Fry Provincial Champs Info

- All Age Group Swimmers results will be entered into the 2021 Virtual David Fry Championships. The window for this competition will be from April 8<sup>th</sup> – 18<sup>th</sup>. All teams from across the Province will send in results to be ranked.
- Age Groups for DF Results are 12&U, 13 – 14 & 15&O for both girls and boys.
- Medals will be awarded to the top 3 athletes in each event / age group once results from all teams are combined.
- Top Swim of the Meet will be awarded to the individual swim with the most FINA Points (Male & Female).
- Top Aggregate Awards will be provided to each age group for the highest scorer across their top 3 FINA Point scoring Events.

## QUOTES ABOUT VISUALIZATION FROM THE BEST SWIMMERS IN THE WORLD

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“I have my goals and I visualize things to help me achieve those goals. I know what my stroke should feel like at different points in the race, and I can just picture that in my mind”.

– **Katie Ledecky, 2012 & 2016 Olympian – 5x Gold Medalist, 14x World Record Holder**

“I have been visualizing myself every night for the past 4 years standing on the podium having the gold medal placed around my neck”

– **Megan Jendrick, 2000 Olympic Gold Medalist 100Br.**

“For months, before I qualified for the Olympic team, every night before I fell asleep, I would spend 5 or 10 minutes just kinda visualizing what the atmosphere at Olympic Trials in Omaha was going to be like. What the pool was going to look like, how it was going to look when I was standing behind my

## Visualization: A hidden tool for success.

This season, the Senior Athletes and Junior Athletes have an increased focus on Mental Skills. Mental Skills make up a huge part of an athlete's performance, however, traditionally it is the physical skills of one's sport that come to mind when thinking about Training.

Given our wildly weird training schedule, SWAT coaches thought it was important to emphasize the Mental Training side of our sport to increase performance, and give our athletes tools to move forward with successfully.

Visualization is a tool that allows you to practice a race, a skill, or a swim set many times in your mind before it even happens. In this way, when you stand up on the blocks, some of your anxiety or race nerves have been eliminated because you have “been through” this exact moment many times in your head.

Researchers took a group of elite track athletes and had them do different protocols before 30m ALL OUT Sprint.

- **#1: Mental Imagery Protocol:** The athletes performed mental imagery for 30 seconds where they visualized themselves running as fast as possible.
- **#2: General Psych Up:** the athletes were told to get pumped up and psyched up to race.
- **#3: Distraction protocol:** a pair of different distraction protocols served as the control group. EX: count backwards from 1000 in multiples of 7.

Athletes in **Group #1, Mental Imagery**, performed much better compared to the other two groups.

Secondary experiment was timing of mental imagery, at intervals 1 – 5 minutes before the race. **The highest increase of performance came when athletes used visualization 2 mins before their race.** How can you add visualization to your pre-race routine?

### Visualize the PROCESS of being Successful

Consider this study...

Students @ UCLA were split into 2 groups before their upcoming midterm.

- **Group #1** was told to **focus on solely performing well** on the actual mid-term.
- **Group #2** was told to **visualize themselves executing the PROCESS** of doing well. (EX: Spending time picturing what it would take to get a good mark – schedule studying time, reviewing notes, actual studying).

Group #2 performed better on the midterm, but ALSO were observed to have better study habits, and more confident / less anxious about taking the midterm.

### USE THIS IDEA @ THE POOL

Use Mental Imagery to...

- Show up on time for morning workout to complete all of activation
- Staying strong through a really tough main set
- Choosing to work on #4 stroke or #4 kick



lane. So all of those things were already determined in my head and how I was going to ace when that time finally came”

**-- Cody Miller, Team SPEEDO Athlete, 2016 USA Olympian (1x Gold, 1x Bronze Medalist)**

“It’s weird because I didn’t really get nervous during the Olympics. I’d swam that race a thousand times in my head. I’m a big fan of visualization so I’ll always visualize my race beforehand”

**-- Adam Peaty, 2016 Olympic Champion 100 Br, World Record Holder 100 Br.**

- Practice world class push-offs and breakouts
- Attack the front end of your race
- Complete OYO dryland with purpose

### Visualization with the PETTLEP Model

As we head into our Championship Meet, the Senior athletes have been doing visualization almost every day. Sometimes we visualize our best event, other times just setting up the pool atmosphere so that we are prepared. The more specific you can be in your visualization, the better you will be on race day. Try using the model below to set up your own visualization to get that extra edge!

#### P – Physical

- What swim suit will you be wearing, what cap / goggles?
- What team gear / clothing do you wear behind the blocks
- What does the race “feel” like (behind the blocks, on the blocks, @ ½ way, etc)

#### E – Environment

- What pool are you at?
- Who is around you?
- What does it smell like?
- What do you see?

#### T – Task

- What event are you racing?
- What are you trying to accomplish in this race? (Imagine how you want to execute in the race)
- How will you know you’re swimming fast?
- Do you know your race strategy?
- What are your skills to execute – breathing pattern, technique, breakouts, stroke counts, stroke rate, etc.
- Is this visualization realistic?

#### T – Timing

- How long is your event? What is your goal time?
- Visualization should take as long as your race takes!

#### L – Learning

- As you get better at visualizing, and improve your races, your visualization should change with you! Do you have a new race plan? New stroke count? New best time?

#### E – Emotion

- What emotions are you feeling? Before, during, after?
- How do you react to and control these emotions?

#### P – Perspective

- How do you imagine your race happening? Are you visualizing through your eyes, or are you watching the race happen? \*\*Try to be IN the race rather than watching it happen in front of you!





