



Camrose Sea Serpents Newsletter #2

May 16, 2025



What an outstanding start to the swim season! It is great to see the excitement and enthusiasm each day your swimmer is at the pool. It is wonderful to see the improvement we have made in just over two weeks. Last week we worked primarily on different technical skills in freestyle and backstroke. Next week we will continue to spend time on breaststroke, butterfly, dives, turns, finishes, and what to expect at the first swim meet. We will continue to build a strong endurance base for the remainder of this month. Keep working hard in practice as our first meet is only two weeks away!

Swim Meet Sign-up Procedure & Camrose Swim Meet ✓

On SportsEngine, there are detailed instructions on how to sign up for a swim meet. If you would like your child to attend the Lloydminster swim meet on May 31, please use the link below to assist you. During the sign up process you can select their events for the meet or in the "note" box you can type Coach's Choice, and the coach will choose their events. In the "note" section please also comment on whether you will **commit or decline relays for that meet.**

Detailed step by step instructions are available at:

[Swim Meet Sign up Detailed Instructions](#) It is very important that you "commit" or "decline" every swim meet so that swimmers are not missed during registration.

Lloydminster Swim Meet: Sunday, May 31

Deadline Registration: Thursday, May 22nd - at 8:00 pm No exceptions

Swimmers are able to sign up for a maximum of 4 individual events and 2 relays (if you have committed to relays). After the registration deadline relays will be made by the coaches. If you have selected "yes" for relays in the comment box you are committing to stay until the end of the meet, as relays often conclude the competition. The coaches would like to enter as many relays as possible, so we strongly encourage all swimmers to swim in the relays. At the beginning of the meet we will let the swimmers know if they are in a relay or not, as we try our best to accommodate all swimmers to make up our relay teams.

The list of events offered in Lloydminster is listed on the next page for your reference.

If you are unsure as to whether or not your child is ready for the meet or swimming a particular event, please check with Coach Jana in advance.



Camrose Sea Serpents Newsletter #2

May 16, 2025



Lloydminster Events:

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 400 Free	<input type="checkbox"/> 200 Free
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 50 Fly (10 & Under)
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 100 Breast
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 200 IM
<input type="checkbox"/> 25 Flutter (6 & Under) *	<input type="checkbox"/> 100 Medley Relay (10 & Under)
<input type="checkbox"/> 100 Free Relay (10 & Under)	<input type="checkbox"/> 200 Medley Relay
<input type="checkbox"/> 200 Free Relay	

Important Dates:

May 19: May Long Weekend - No Swimming

May 20: Bottle Drive (Please make sure you have a route) No Swimming

May 21: Jelly Bean Meet (Group A1 and younger Group B swimmers)

May 22: Jelly Bean Meet (Group A2 swimmers)

May 22: Deadline to Declare for Lloydminster Swim Meet

May 29: Deadline to Sign up for Fort Saskatchewan Swim Meet (Please wait to declare for this meet until the meet file has been set up).

May 31: Lloydminster Swim Meet

Thank you, and please reach out if you have any questions. Have a fantastic weekend!

Jana Gau

gau02@hotmail.com