

Camrose Sea Serpents Newsletter #3



May 27, 2025



Lloydminster Swim Meet- May 31, 2025

Bioclean Aquatic Center, 2902 59 Ave, Lloydminster

Thank you to all the swimmers that have signed up for our first swim meet of the season. We have a wonderful turnout of swimmers representing our club. A big thank you goes out to all the parents in our club that will be volunteering during this swim meet.

This is also an exciting meet because we have some swimmers that are competing at their very first swim meet! 😊 If this is your first swim meet please see the Swim meet checklist ✅ at the end of the newsletter for items that you will need for a swim meet. Also, at the end of this newsletter I have also attached the events that swimmers will be swimming on Saturday. A copy of this will be posted in the swimmer camp on Saturday morning. Relay teams will be posted on Saturday morning after warm up.

Swim Camp: 🏖️

The Swim Camp will be located across from the BioClean Aquatic Center in the PSM Building. Swimmers need to stay in camp until they have finished their races for the day and refrain from playing on the splash park as event numbers will only be announced inside the swimmer camp. Marshaling will start in the swim camp then onto the pool deck. After your race is completed please remember to come and talk to your coach to review your race.

Please wear warm clothes throughout the day and flip flops or shoes that are easy to get on and off and could get wet.



Camrose Sea Serpents Newsletter #3

All swimmers need to be at the pool no later than 7:20 am on Saturday morning. After arriving at the swimmer camp please check in with myself or Coach Marissa. After a quick stretch we are in the water for warm ups.

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	

*Relays will be posted at the meet in the morning after warm up. See the following pages for individual events.

Important Upcoming Dates:

May 31: Lloydminster Swim Meet be there no later than 7:20 am

May 31: Sign up deadline for Fort Saskatchewan Swim Meet. The file is not yet ready for declaring your intention.

June 7: Olympians & Sea Serpents Swim Camp at the Manluk Centre

June 8: Fort Saskatchewan Swim Meet

June 9: Team Picture

June 14: Wetaskiwin Swim Meet

June 16: Swim Mania



Camrose Sea Serpents Newsletter #3

WHAT TO PACK IN YOUR SWIM BAG FOR A MEET

Here is a list of "must haves" and "nice to haves" in your swim bag to make your swim meet experience an excellent one. Remember the night before a meet, have a good dinner, get your bag ready, and get a good night's sleep.

"MUST HAVES" IN YOUR SWIM BAG (2 is the magic number! ☺)

- TEAM SUIT: Wear your suit to the pool and always bring a spare suit, just in case!
- TEAM CAP: Again, bring a spare. This may be the swim meet your cap rips.
- TEAM T-SHIRT/HOODIE: Show your team spirit and wear your team shirt. Also, bring along a hoodie and sweatpants for in between your races.
- GOGGLES: Two pairs are a must. Many goggles have broken just before a race. Make sure if they are new you wear them in warm ups so you can adjust them if you need to. Make sure they are tight enough.
- SLIDES/SANDALS : A must for walking between the swimmer camp and the pool and for use in the swim camp. They need to be able to slip on and off quickly and be able to get wet.
- TOWELS: at least two or three. One usually gets really wet!
- WATER: Swimming is hard work and you need to stay hydrated. Bring at least two bottles of water or preferred sport drink (watered down Gatorade/Propel). It is not recommended to drink any type of soda or even juice unless it is watered down.
- FOOD: Bring plenty of nutritious snacks: fruit, goldfish, buns, power bars, cheese sticks, yogurt, bagels, smoothies, dry cereal in Ziploc bags, vegetables, etc. Make sure munchies are small as many pools do not encourage food on the deck. Stay away from donuts or candy throughout the meet. Make sure to snack throughout the day.
- COOLER: To keep your food and drinks in
- IF YOU ARE AN ASTHMATIC: BRING YOUR INHALER: This is an important tool that you own. Make sure the coaches know that you have your inhaler. You never know what might be a trigger.
- BLACK SHARPIE/HIGHLIGHTER/PEN: This is to write your events and event numbers on your swimmers arm! Highlighters can be used to highlight heat sheets, if that meet has printed hard copies. In the past few years printed heat sheets are less and less common for parents at swim meets. Heat sheets are generally emailed out the night before. Heat sheets will change many times from the time they are emailed to before races start the next morning.



Camrose Sea Serpents Newsletter #3

- **COMPLETE CHANGE OF CLOTHES:** These can be used at the end of the day after you have finished all your races.

"NICE TO HAVES" IN YOUR SWIM BAG OR WITH YOU AT THE MEET:

- **MISCELLANEOUS:** Cards, books, magazines, music. Please don't bring anything of great value to a meet.
- Please DO NOT bring flying objects like balls or frisbees.
- **SLEEPING BAG, PILLOW, BLANKET or LAWN CHAIR:** To have somewhere to sit or lay throughout the day.

JUST A FEW THINGS TO REMEMBER: Bring a positive attitude and your team spirit to the meet. Get to the pool at least 20 minutes before the start of warm-ups. This will allow you to find the team and find a place for your stuff. Wear your swimsuit in the morning to the pool with sweatpants and hoodie over top. Bring a complete change of clothes to change into after the meet is over.

At swim meets, we represent the Camrose Sea Serpents with pride—not just through our performance, but through our character. As Sea Serpents, we show respect to officials, cheer on our teammates, and demonstrate sportsmanship to competitors. We lead with integrity, persevere through challenges, and always strive to do our best. Win or lose, we make our club proud by upholding the values that define us as Sea Serpents.

Coach Jana
(780) 281-0204



Camrose Sea Serpents Newsletter #3

Camrose Events:

Member Committed	Meet Events (Individual)
Bergstrom, Avey	#5C (d1/s1): F 13-14 50 Fly (37.28S Approved) #13C (d1/s1): F 13-14 50 Breast (38.61S Approved) #53C (d1/s1): F 13-14 100 Breast (1:28.88S Approved) #57E (d1/s1): F 13-14 50 Free (33.92S Approved)
Callicott, Claire	#13C (d1/s1): F 13-14 50 Breast (NT Approved) #17E (d1/s1): F 13-14 100 Free (1:55.41S Approved) #21G (d1/s1): F 13-14 100 Medley (NT Approved) #57E (d1/s1): F 13-14 50 Free (49.27S Approved)
Castagna, Charlotte	#5A (d1/s1): F 11-12 50 Fly (51.40S Approved) #13A (d1/s1): F 11-12 50 Breast (54.51S Approved) #21E (d1/s1): F 11-12 100 Medley (1:45.42S Approved) #53A (d1/s1): F 11-12 100 Breast (NT Approved)
Castagna, Destiny	#1C (d1/s1): F 13-14 400 Free (4:52.31S Approved) #9C (d1/s1): F 13-14 100 Back (1:09.89S Approved) #17E (d1/s1): F 13-14 100 Free (1:05.87S Approved) #49C (d1/s1): F 13-14 50 Back (32.41S Approved)
Castagna, Julia	#1E (d1/s1): F 15-17 400 Free (5:56.11S Approved) #13E (d1/s1): F 15-17 50 Breast (45.57S Approved) #53E (d1/s1): F 15-17 100 Breast (1:34.55S Approved) #57G (d1/s1): F 15-17 50 Free (36.07S Approved)
Doll, Cameron	#11A (d1/s1): F 7-8 25 Breast (NT Approved) #15C (d1/s1): F 7-8 50 Free (NT Approved) #47C (d1/s1): F 7-8 25 Back (40.13S Approved) #55C (d1/s1): F 7-8 25 Free (34.39S Approved)
Ferguson, Raleigha	#9A (d1/s1): F 11-12 100 Back (NT Approved) #17C (d1/s1): F 11-12 100 Free (NT Approved) #49A (d1/s1): F 11-12 50 Back (NT Approved) #57C (d1/s1): F 11-12 50 Free (NT Approved)
Kienitz, Katelyn	#9A (d1/s1): F 11-12 100 Back (NT Approved) #17C (d1/s1): F 11-12 100 Free (NT Approved) #49A (d1/s1): F 11-12 50 Back (NT Approved) #57C (d1/s1): F 11-12 50 Free (NT Approved)
Li, Laura	#9A (d1/s1): F 11-12 100 Back (NT Approved) #17C (d1/s1): F 11-12 100 Free (NT Approved) #49A (d1/s1): F 11-12 50 Back (NT Approved) #57C (d1/s1): F 11-12 50 Free (NT Approved)
Lunty, Marielle	#9A (d1/s1): F 11-12 100 Back (NT Approved) #21E (d1/s1): F 11-12 100 Medley (1:53.75S Approved) #49A (d1/s1): F 11-12 50 Back (49.81S Approved) #57C (d1/s1): F 11-12 50 Free (43.79S Approved)
Ogbeide, OMOSEDE	#7E (d1/s1): F 9-10 50 Back (51.20S Approved) #11C (d1/s1): F 9-10 25 Breast (21.32S Approved) #47E (d1/s1): F 9-10 25 Back (24.00S Approved) #51C (d1/s1): F 9-10 50 Breast (48.70S Approved)
Ogbeide, Osamudiamen	#5D (d1/s1): M 13-14 50 Fly (31.28S Approved) #13D (d1/s1): M 13-14 50 Breast (33.87S Approved) #21H (d1/s1): M 13-14 100 Medley (1:17.44S Approved) #53D (d1/s1): M 13-14 100 Breast (1:15.45S Approved)
Ogbeide, Uyiosa	#13B (d1/s1): M 11-12 50 Breast (45.49S Approved) #17D (d1/s1): M 11-12 100 Free (1:33.57S Approved) #49B (d1/s1): M 11-12 50 Back (47.87S Approved) #53B (d1/s1): M 11-12 100 Breast (1:50.08S Approved)
O'Hare, Callie	#1A (d1/s1): F 9-12 400 Free (7:21.05S Approved) H #9A (d1/s1): F 11-12 100 Back (1:40.62S Approved) H #49A (d1/s1): F 11-12 50 Back (47.18S Approved) H #57C (d1/s1): F 11-12 50 Free (41.29S Approved) H
O'Hare, Colton	#13F (d1/s1): M 15-17 50 Breast (38.89S Approved) H #17H (d1/s1): M 15-17 100 Free (1:10.45S Approved) H #53F (d1/s1): M 15-17 100 Breast (1:26.19S Approved) H #57H (d1/s1): M 15-17 50 Free (31.39S Approved) H
O'Hare, Maci-Lee	#1C (d1/s1): F 13-14 400 Free (7:55.00S Approved) H #17E (d1/s1): F 13-14 100 Free (1:50.04S Approved) H #41E (d1/s1): F 13-14 200 Free (3:55.00S Approved) H #57E (d1/s1): F 13-14 50 Free (43.41S Approved) H
Troitsky, Annika	#7C (d1/s1): F 7-8 50 Back (NT Approved) #15C (d1/s1): F 7-8 50 Free (NT Approved) #47C (d1/s1): F 7-8 25 Back (NT Approved) #55C (d1/s1): F 7-8 25 Free (NT Approved)
Troitsky, Rowan	#11D (d1/s1): M 9-10 25 Breast (52.56S Approved) H #17B (d1/s1): M 9-10 100 Free (NT Approved) #47F (d1/s1): M 9-10 25 Back (46.85S Approved) H #57B (d1/s1): M 9-10 50 Free (NT Approved)
West, Anna	#9C (d1/s1): F 13-14 100 Back (1:47.23S Approved) #13C (d1/s1): F 13-14 50 Breast (48.32S Approved) #49C (d1/s1): F 13-14 50 Back (47.73S Approved) #57E (d1/s1): F 13-14 50 Free (48.82S Approved)
West, Charlotte	#17C (d1/s1): F 11-12 100 Free (1:47.70S Approved) #41C (d1/s1): F 11-12 200 Free (NT Approved) #49A (d1/s1): F 11-12 50 Back (55.53S Approved) #57C (d1/s1): F 11-12 50 Free (47.05S Approved)