



# Camrose Sea Serpents Newsletter #4

June 5, 2025



Again, I want to congratulate our amazing swimmers on competing in the swim meet last weekend and thank you to all the parents who volunteered their time and effort to help make this event a success.

## Fort Saskatchewan Swim Meet June 8, 2025 🏊

Harbour Pool

10001 94 Ave, Fort Saskatchewan, AB

### Fort Saskatchewan Events:

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 400 Free	<input type="checkbox"/> 200 Free
<input type="checkbox"/> 25 Fly (10 & <u>Under</u> )	<input type="checkbox"/> 50 Fly (10 & <u>Under</u> )
<input type="checkbox"/> 50 Fly (11+)	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 50 Breast (11+)	<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 (11+)
<input type="checkbox"/> 100 IM	
<input type="checkbox"/> 25 Flutter (6 & Under)	
<input type="checkbox"/> 100 Free Relay (10 & <u>Under</u> )	<input type="checkbox"/> 100 Medley Relay (10 & <u>Under</u> )
<input type="checkbox"/> 200 Free Relay	<input type="checkbox"/> 200 Medley Relay

If you are attending the swim meet on Sunday all swimmers need to be at the pool no later than **7:40 am**. The swimmer camp will be inside the Community Hall so swimmers need to remember that shoes need to be worn when walking between venues. All swimmers need to stay in camp until they have finished their races for the day as event numbers will only be announced at the swimmer camp. Please check with one of the coaches (Coach Makenna or myself) before leaving the swimmer camp. The community hall is not the largest of rooms and can get cramped quickly. To ensure a comfortable and organized environment for all, we

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kindly ask that you are mindful of space used when setting up your area. There will be a food Truck on site tomorrow for breakfast and lunch. It opens at 7:00 am. Prices range from \$12-\$15.

If you have signed up to volunteer on Sunday there will be an Officials' Meeting at 7:15 am. Heat sheets will be sent out or available through the Meet Mobile app.

### 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

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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.

- **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:** 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.

### **Important Upcoming Dates:**

June 8: Fort Saskatchewan Swim Meet be there **no later than 7:40 am**

June 8: Sign up deadline for the Wetaskiwin Swim Meet **at 12:00 pm (noon)**

June 14: Wetaskiwin Swim Meet

June 16: Swim Mania

June 21: Vermilion Swim Meet

June 30: Morning Cross Training Starts

July 1: Canada Day - No Swimming

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### Fort Saskatchewan Swimmer Events:

Bergstrom, Avey	#5C (d1/s1): F 13-14 50 Fly (37.28S <b>Approved</b> ) #13C (d1/s1): F 13-14 50 Breast (38.61S <b>Approved</b> ) #53C (d1/s1): F 13-14 100 Breast (1:28.88S <b>Approved</b> ) #57E (d1/s1): F 13-14 50 Free (33.92S <b>Approved</b> )
Calhoon, Brielle	#13A (d1/s1): F 11-12 50 Breast (1:15.00S <b>Approved</b> ) H #17C (d1/s1): F 11-12 100 Free (1:52.55S <b>Approved</b> ) #49A (d1/s1): F 11-12 50 Back (58.15S <b>Approved</b> ) #57C (d1/s1): F 11-12 50 Free (51.32S <b>Approved</b> )
Callicott, Claire	#13C (d1/s1): F 13-14 50 Breast (56.40S <b>Approved</b> ) H #17E (d1/s1): F 13-14 100 Free (1:27.87S <b>Approved</b> ) H #21G (d1/s1): F 13-14 100 Medley (1:44.40S <b>Approved</b> ) H #57E (d1/s1): F 13-14 50 Free (39.88S <b>Approved</b> ) H
Castagna, Charlotte	#5A (d1/s1): F 11-12 50 Fly (51.40S <b>Approved</b> ) #21E (d1/s1): F 11-12 100 Medley (1:45.42S <b>Approved</b> ) #41C (d1/s1): F 11-12 200 Free (3:43.49S <b>Approved</b> ) #49A (d1/s1): F 11-12 50 Back (53.14S <b>Approved</b> )
Castagna, Destiny	#5C (d1/s1): F 13-14 50 Fly (32.92S <b>Approved</b> ) #17E (d1/s1): F 13-14 100 Free (1:05.87S <b>Approved</b> ) #49C (d1/s1): F 13-14 50 Back (32.41S <b>Approved</b> ) #57E (d1/s1): F 13-14 50 Free (28.77S <b>Approved</b> )
Ferguson, Raleigha	#13A (d1/s1): F 11-12 50 Breast (1:15.00S <b>Approved</b> ) H #17C (d1/s1): F 11-12 100 Free (2:13.91S <b>Approved</b> ) H #49A (d1/s1): F 11-12 50 Back (1:06.31S <b>Approved</b> ) H #57C (d1/s1): F 11-12 50 Free (1:07.40S <b>Approved</b> ) H
Kienitz, Katelyn	#13A (d1/s1): F 11-12 50 Breast (1:20.00S <b>Approved</b> ) H #17C (d1/s1): F 11-12 100 Free (2:09.27S <b>Approved</b> ) H #49A (d1/s1): F 11-12 50 Back (1:12.38S <b>Approved</b> ) H #57C (d1/s1): F 11-12 50 Free (59.32S <b>Approved</b> ) H
Li, Laura	#17C (d1/s1): F 11-12 100 Free (1:37.18S <b>Approved</b> ) H #41C (d1/s1): F 11-12 200 Free (4:00.00S <b>Approved</b> ) H #49A (d1/s1): F 11-12 50 Back (51.91S <b>Approved</b> ) H #57C (d1/s1): F 11-12 50 Free (44.75S <b>Approved</b> ) H
Lunty, Marielle	#5A (d1/s1): F 11-12 50 Fly (57.63S <b>Approved</b> ) #17C (d1/s1): F 11-12 100 Free (1:40.14S <b>Approved</b> ) #49A (d1/s1): F 11-12 50 Back (49.81S <b>Approved</b> ) #53A (d1/s1): F 11-12 100 Breast (2:02.00S <b>Approved</b> ) H
Malish, Rocky	#7D (d1/s1): M 7-8 50 Back (1:38.00S <b>Approved</b> ) H #15D (d1/s1): M 7-8 50 Free (1:32.00S <b>Approved</b> ) H #47D (d1/s1): M 7-8 25 Back (50.00S <b>Approved</b> ) H #55D (d1/s1): M 7-8 25 Free (46.00S <b>Approved</b> ) H
McNabb, Brady	#13B (d1/s1): M 11-12 50 Breast (46.00S <b>Approved</b> ) H #17D (d1/s1): M 11-12 100 Free (1:18.97S <b>Approved</b> ) #49B (d1/s1): M 11-12 50 Back (41.11S <b>Approved</b> ) #57D (d1/s1): M 11-12 50 Free (35.46S <b>Approved</b> )
Ogbeide, Omosede	#11C (d1/s1): F 9-10 25 Breast (21.32S <b>Approved</b> ) #17A (d1/s1): F 9-10 100 Free (1:47.17S <b>Approved</b> ) #51C (d1/s1): F 9-10 50 Breast (48.70S <b>Approved</b> ) #57A (d1/s1): F 9-10 50 Free (42.61S <b>Approved</b> )
Ogbeide, Osamudiamen	#5D (d1/s1): M 13-14 50 Fly (31.28S <b>Approved</b> ) #13D (d1/s1): M 13-14 50 Breast (33.87S <b>Approved</b> ) #21H (d1/s1): M 13-14 100 Medley (1:17.44S <b>Approved</b> ) #53D (d1/s1): M 13-14 100 Breast (1:15.45S <b>Approved</b> )
Ogbeide, Uyiosa	#13B (d1/s1): M 11-12 50 Breast (45.49S <b>Approved</b> ) #17D (d1/s1): M 11-12 100 Free (1:33.57S <b>Approved</b> ) #49B (d1/s1): M 11-12 50 Back (47.87S <b>Approved</b> ) #53B (d1/s1): M 11-12 100 Breast (1:50.08S <b>Approved</b> )
O'Hare, Colton	#1F (d1/s1): M 15-17 400 Free (5:35.00S <b>Approved</b> ) H #13F (d1/s1): M 15-17 50 Breast (38.46S <b>Approved</b> ) H #17H (d1/s1): M 15-17 100 Free (1:08.55S <b>Approved</b> ) H #53F (d1/s1): M 15-17 100 Breast (1:24.20S <b>Approved</b> ) H
Parker, Brooklynn	#13C (d1/s1): F 13-14 50 Breast (51.49S <b>Approved</b> ) H #17E (d1/s1): F 13-14 100 Free (1:29.40S <b>Approved</b> ) H #49C (d1/s1): F 13-14 50 Back (49.24S <b>Approved</b> ) H #57E (d1/s1): F 13-14 50 Free (38.62S <b>Approved</b> ) H
Wright, Rylie-Ann	#17C (d1/s1): F 11-12 100 Free (2:16.00S <b>Approved</b> ) H #49A (d1/s1): F 11-12 50 Back (1:05.00S <b>Approved</b> ) H #57C (d1/s1): F 11-12 50 Free (55.00S <b>Approved</b> )
Zilinski, Whitney	#5C (d1/s1): F 13-14 50 Fly (39.69S <b>Approved</b> ) #49C (d1/s1): F 13-14 50 Back (46.41S <b>Approved</b> ) #53C (d1/s1): F 13-14 100 Breast (1:53.39S <b>Approved</b> )

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### Information About Wetaskiwin Swim Meet

**Swim Meet: Wetaskiwin - June 14, 2025**

**Sign-Up Deadline: June 8 at 12:00 PM**

The sign-up for the Wetaskiwin Swim Meet is now posted on SportEngine. Please note that the deadline is quickly approaching. **Sunday, June 8 at 12:00 PM** (noon) is the last day to register.

To declare your choices for this meet, please either check off the specific events your swimmer would like to participate in or write your preferences in the comment section where you normally declare for relays. In the comment box, you may also write "**coach's choice**" and indicate whether your swimmer is interested in relays.

**Important:** If you commit to relays, you are required to stay for the entire day, as relays are often scheduled at the end of the meet.

We love to enter as many relays as possible and encourage all swimmers to sign up for relays if they are able. We will do our best to get every swimmer on at least one relay team for the day.

If you're unsure whether your child is ready for the meet or for a particular event, please speak with one of the coaches in advance.

#### Wetaskiwin Events:

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 400 Free	<input type="checkbox"/> 200 Free
<input type="checkbox"/> 25 Fly (10 & <u>Under</u> )	<input type="checkbox"/> 50 Fly (10 & <u>Under</u> )
<input type="checkbox"/> 50 Fly (11+)	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 50 Breast (11+)	<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 (11+)
<input type="checkbox"/> 100 IM	
<input type="checkbox"/> 25 Flutter (6 & Under)	
<input type="checkbox"/> 100 Free Relay (10 & <u>Under</u> )	<input type="checkbox"/> 100 Medley Relay (10 & <u>Under</u> )
<input type="checkbox"/> 200 Free Relay	<input type="checkbox"/> 200 Medley Relay