



Camrose Sea Serpents Newsletter #5

June 10, 2025

Wetaskiwin Swim Meet

Manluk Centre, 4514 - 50 Avenue, Wetaskiwin AB T9A 2Z5

Thank you to all the swimmers that signed up for the Wetaskiwin Swim Meet. We have 35 swimmers attending this meet and I know we will swim fast, cheer each other on, and have a fantastic day! We have some swimmers attending their very first summer swim meet! For the meet on Saturday please be at the Wetaskiwin Swimmer Camp with your swimsuit on, under your clothes no later than 7:00 am and check in with the coach. After a quick stretch we are in the water for warm ups at 7:15 am. After our warm up we will have a team meeting at the swimmer camp to go over expectations for the day.

Swimmer Camp In Wetaskiwin:

The main swim camp will be located inside the Co-op Place Rec Hall (Drill Hall), across the parking lot to the south of the Manluk Centre. At this swim meet Coach Marissa or Coach Makenna will be in the swimmer camp during the day. Please find them in the morning when you get there and "check in." Please remember to bring everything with you required for a swim meet (Please visit the link below for our team checklist of what to bring for a swim meet).

<https://www.gomotionapp.com/team/abcss/page/events/what-to-pack>

Remember to wear warm clothes throughout the day and flip flops or shoes that are easy to get on and off and could get wet. To go for your races you will have to go outside and across the parking lot. Shoes/sandals **must** be worn in the parking lot. Please dress accordingly for the weather.

Heat Sheets & Results:

Heat sheets will not be available at the event. Psych sheets will be emailed out on Friday night. Unofficial results will be available on the Meet Mobile App.

Spectators:

Spectators will be permitted in designated viewing areas only. There will be viewing available next to the pool deck as well as additional space upstairs.

Volunteers:

If you have signed up to volunteer at this swim meet please note that there is an officials' meeting at 7:30 am. The volunteer list will be emailed out on Friday night.



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Wetaskiwin Event Order:

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 1500 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"/> 25 Free (8 & Under)
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 200 IM
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 100 Free Relay (10 & Under)
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 200 Free Relay
<input type="checkbox"/> 25 Flutter (6 & Under)*	

Please see individual swimmer events at the end of this newsletter. Relay teams will be posted on Saturday morning.

JUST A FEW THINGS TO REMEMBER: Bring a positive attitude and your team spirit to the meet. Get to the pool at least 15 minutes before the start of warm-ups. This will allow you to find the team and find a place for your items. 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.

Important Upcoming Dates:

June 14: Wetaskiwin Swim Meet be there **no later than 7:00 am**

June 14: Deadline to sign up for Vermilion Swim Meet

June 16: Swim Mania- All groups swim this day. - Group A1, A2, Group B, C

June 17: Team Picture at 5:30 pm (Group A1, A2 will be let out early to change)

June 17: Group A1 is welcome to join this swim practice (4:30-5:20 pm)

June 21: Vermilion Swim Meet

June 30: Morning Cross Training Starts and summer practice schedule starts this week

July 1: Canada Day - No Swimming

July 5: Wainwright Swim Meet

July 11: Dryland Practice dedicated to Ole Heie



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Important Upcoming Dates: (Continued)

July 12: Huma Swim Meet (U of A Pool)

July 19: Sherwood Park Swim Meet

July 25-27: Regionals in Camrose

August 1-3: Provincials in Edmonton

Swim Mania 🏊‍♂️

Swim Mania is another important event that is quickly approaching. On June 16th please be at the pool **15-20 minutes before** your scheduled pool time to hand in your pledges, complete a warm up, stretch, and to start swimming your lengths sharply at the beginning of your practice time. After swimming all those laps, swimmers will partake in a team meal and see if they won any prizes! Remember that this event is a mandatory fundraiser. We need volunteers to collect money, count laps, bring food, etc. To volunteer for a job please sign into SportsEngine.

On June 16th Swim Mania:

- **Group A1 & A2** - Swim from 5:00 pm - 6:00 pm Be at the pool at 4:40 pm
- **Group B/C** - Warm up 6:15-6:25 pm & Swim from 6:30-7:30 pm. Please be at the pool by 6:10 pm

We're strongly encouraging our Group B/C swimmers to volunteer as length counters for our Group A1 and A2 swimmers during Swim Mania. This will help build a stronger sense of community and team spirit. It's a great way for older swimmers to take on leadership roles, support their teammates, and contribute to the positive culture of our swim team.

June 17:

Both A Groups are welcome to attend practice on this day. With our team picture taking place at 5:30 pm swimmers will have a slightly shorter practice on this day. This will allow swimmers from Group A to change and be ready for the picture at 5:30 pm.

Coach Jana

(780) 281-0204



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Wetaskiwin Events:

Member Committed	Meet Events (Individual)
Barstad, Eve	#11C (d1/s1): F 13-14 100 Back (1:42.00S Approved) #19E (d1/s1): F 13-14 100 Free (1:32.16S Approved) #23E (d1/s1): F 13-14 200 Free (3:40.00S Approved) H #32C (d1/s1): F 13-14 50 Back (46.43S Approved)
Barstad, Solveig	#9C (d1/s1): F 7-8 50 Back (1:20.00S Approved) H #17C (d1/s1): F 7-8 50 Free (1:10.00S Approved) H #30C (d1/s1): F 7-8 25 Back (50.00S Approved) H #38C (d1/s1): F 7-8 25 Free (40.00S Approved) H
Bergstrom, Avey	#19E (d1/s1): F 13-14 100 Free (1:11.52S Approved) #21G (d1/s1): F 13-14 100 Medley (1:26.10S Approved) #23E (d1/s1): F 13-14 200 Free (2:37.99S Approved) #40E (d1/s1): F 13-14 50 Free (33.92S Approved)
Calhoon, Brielle	#19C (d1/s1): F 11-12 100 Free (1:52.55S Approved) #23C (d1/s1): F 11-12 200 Free (4:15.00S Approved) H #32A (d1/s1): F 11-12 50 Back (58.15S Approved) #40C (d1/s1): F 11-12 50 Free (51.32S Approved)
Callicott, Claire	#19E (d1/s1): F 13-14 100 Free (1:27.00S Approved) H #21G (d1/s1): F 13-14 100 Medley (1:44.40S Approved) H #23E (d1/s1): F 13-14 200 Free (3:40.00S Approved) H #40E (d1/s1): F 13-14 50 Free (39.88S Approved) H
Caouette, Sadie	#11C (d1/s1): F 13-14 100 Back (2:15.00S Approved) H #19E (d1/s1): F 13-14 100 Free (2:13.00S Approved) H #32C (d1/s1): F 13-14 50 Back (1:06.31S Approved) H #40E (d1/s1): F 13-14 50 Free (1:04.00S Approved) H
Castagna, Charlotte	#7A (d1/s1): F 11-12 50 Fly (51.40S Approved) #11A (d1/s1): F 11-12 100 Back (1:54.00S Approved) H #19C (d1/s1): F 11-12 100 Free (1:43.10S Approved) #42A (d1/s1): F 11-12 200 Medley (3:50.00S) H
Castagna, Destiny	#7C (d1/s1): F 13-14 50 Fly (32.92S Approved) #21G (d1/s1): F 13-14 100 Medley (1:18.54S Approved) #32C (d1/s1): F 13-14 50 Back (32.41S Approved) #42C (d1/s1): F 13-14 200 Medley (2:44.37S Approved)
Castagna, Julia	#11E (d1/s1): F 15-17 100 Back (1:27.84S Approved) #15E (d1/s1): F 15-17 50 Breast (45.57S Approved) #21I (d1/s1): F 15-17 100 Medley (1:30.19S Approved) #23G (d1/s1): F 15-17 200 Free (2:48.70S Approved)
Davis, Addilyn	#9C (d1/s1): F 7-8 50 Back (1:07.00S Approved) H #17C (d1/s1): F 7-8 50 Free (55.00S Approved) H #30C (d1/s1): F 7-8 25 Back (33.00S Approved) H #38C (d1/s1): F 7-8 25 Free (24.00S Approved) H
Doll, Cameron	#9C (d1/s1): F 7-8 50 Back (1:05.00S Approved) H #13C (d1/s1): F 7-8 25 Breast (28.03S Approved) H #17C (d1/s1): F 7-8 50 Free (51.80S Approved) H #38C (d1/s1): F 7-8 25 Free (23.73S Approved) H
Ferguson, Raleigha	#11A (d1/s1): F 11-12 100 Back (2:17.71S Approved) H #19C (d1/s1): F 11-12 100 Free (2:13.91S Approved) H #32A (d1/s1): F 11-12 50 Back (1:06.31S Approved) H #40C (d1/s1): F 11-12 50 Free (1:07.40S Approved) H
Isik, Serkan	#11F (d1/s1): M 15-17 100 Back (1:09.70S Approved) #15F (d1/s1): M 15-17 50 Breast (37.53S Approved) #19H (d1/s1): M 15-17 100 Free (1:00.99S Approved) #32F (d1/s1): M 15-17 50 Back (33.58S Approved)
Kienitz, Katelyn	#11A (d1/s1): F 11-12 100 Back (2:27.43S Approved) H #19C (d1/s1): F 11-12 100 Free (2:15.48S Approved) H #32A (d1/s1): F 11-12 50 Back (1:07.79S Approved) H #40C (d1/s1): F 11-12 50 Free (1:02.51S Approved) H
Letley, Fynn	#11B (d1/s1): M 11-12 100 Back (2:10.00S Approved) H #19D (d1/s1): M 11-12 100 Free (2:30.00S Approved) H #32B (d1/s1): M 11-12 50 Back (1:01.00S Approved) H #40D (d1/s1): M 11-12 50 Free (1:16.38S Approved)
Li, Laura	#19C (d1/s1): F 11-12 100 Free (1:33.29S Approved) H #23C (d1/s1): F 11-12 200 Free (3:31.00S Approved) H #32A (d1/s1): F 11-12 50 Back (52.30S Approved) H #40C (d1/s1): F 11-12 50 Free (40.67S Approved) H
Lunty, Marielle	#15A (d1/s1): F 11-12 50 Breast (1:03.07S Approved) #21E (d1/s1): F 11-12 100 Medley (1:53.75S Approved) #23C (d1/s1): F 11-12 200 Free (3:54.62S Approved) #40C (d1/s1): F 11-12 50 Free (43.79S Approved)
Malish, Rocky	#9D (d1/s1): M 7-8 50 Back (1:48.22S Approved) H #17D (d1/s1): M 7-8 50 Free (1:50.33S Approved) H



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McNabb, Savannah	#30D (d1/s1): M 7-8 25 Back (43.70S Approved) H
	#38D (d1/s1): M 7-8 25 Free (44.50S Approved) H
	#15A (d1/s1): F 11-12 50 Breast (54.43S Approved)
	#19C (d1/s1): F 11-12 100 Free (1:27.55S Approved)
	#21E (d1/s1): F 11-12 100 Medley (1:44.00S Approved) H
Ogbeide, Omosede	#40C (d1/s1): F 11-12 50 Free (39.90S Approved)
	#9E (d1/s1): F 9-10 50 Back (51.20S Approved)
	#13E (d1/s1): F 9-10 25 Breast (21.32S Approved)
	#21C (d1/s1): F 9-10 100 Medley (1:53.84S Approved)
Ogbeide, Osamudiamen	#40A (d1/s1): F 9-10 50 Free (42.61S Approved)
	#15D (d1/s1): M 13-14 50 Breast (33.87S Approved)
	#19F (d1/s1): M 13-14 100 Free (1:05.00S Approved) H
	#28D (d1/s1): M 13-14 100 Fly (1:22.51S Approved)
O'Hare, Callie	#40F (d1/s1): M 13-14 50 Free (31.45S Approved)
	#11A (d1/s1): F 11-12 100 Back (1:44.16S Approved) H
	#19C (d1/s1): F 11-12 100 Free (1:33.34S Approved) H
	#23C (d1/s1): F 11-12 200 Free (3:23.45S Approved) H
O'Hare, Colton	#32A (d1/s1): F 11-12 50 Back (47.18S Approved) H
	#15F (d1/s1): M 15-17 50 Breast (38.46S Approved) H
	#19H (d1/s1): M 15-17 100 Free (1:08.55S Approved) H
	#21J (d1/s1): M 15-17 100 Medley (1:20.00S Approved) H
	#40H (d1/s1): M 15-17 50 Free (31.08S Approved) H
O'Hare, Maci-Lee	#1A (d1/s1): F 11-17 1500 Free (25.06S Approved) H
	#19E (d1/s1): F 13-14 100 Free (1:18.43S Approved) H
	#23E (d1/s1): F 13-14 200 Free (2:57.79S Approved) H
	#40E (d1/s1): F 13-14 50 Free (35.08S Approved) H
Parker, Brooklynn	#15C (d1/s1): F 13-14 50 Breast (51.49S Approved) H
	#19E (d1/s1): F 13-14 100 Free (1:29.40S Approved) H
	#32C (d1/s1): F 13-14 50 Back (49.24S Approved) H
	#40E (d1/s1): F 13-14 50 Free (38.62S Approved) H
Read, Lia	#15A (d1/s1): F 11-12 50 Breast (47.81S Approved)
	#19C (d1/s1): F 11-12 100 Free (1:28.21S Approved)
	#23C (d1/s1): F 11-12 200 Free (3:06.27S Approved)
	#40C (d1/s1): F 11-12 50 Free (40.86S Approved)
Sokolov, Isaiah	#9F (d1/s1): M 9-10 50 Back (50.00S Approved) H
	#19B (d1/s1): M 9-10 100 Free (1:45.00S Approved) H
	#30F (d1/s1): M 9-10 25 Back (24.00S Approved) H
	#40B (d1/s1): M 9-10 50 Free (40.00S Approved) H
Steil, Becca	#9C (d1/s1): F 7-8 50 Back (1:30.00S Approved) H
	#17C (d1/s1): F 7-8 50 Free (1:20.00S Approved) H
	#30C (d1/s1): F 7-8 25 Back (55.00S Approved) H
	#38C (d1/s1): F 7-8 25 Free (45.00S Approved) H
Troitsky, Annika	#9C (d1/s1): F 7-8 50 Back (1:27.12S Approved) H
	#17C (d1/s1): F 7-8 50 Free (1:15.02S Approved) H
	#30C (d1/s1): F 7-8 25 Back (34.64S Approved) H
	#38C (d1/s1): F 7-8 25 Free (29.79S Approved) H
Troitsky, Rowan	#5F (d1/s1): M 9-10 25 Fly (35.00S Approved) H
	#13F (d1/s1): M 9-10 25 Breast (36.46S Approved) H
	#19B (d1/s1): M 9-10 100 Free (2:47.74S Approved) H
	#40B (d1/s1): M 9-10 50 Free (1:17.59S Approved) H
Verbaas, Sage	#7C (d1/s1): F 13-14 50 Fly (35.00S Approved) H
	#19E (d1/s1): F 13-14 100 Free (1:14.00S Approved) H
	#21G (d1/s1): F 13-14 100 Medley (1:20.00S Approved) H
	#40E (d1/s1): F 13-14 50 Free (31.00S Approved) H
West, Anna	#11C (d1/s1): F 13-14 100 Back (1:47.23S Approved)
	#21G (d1/s1): F 13-14 100 Medley (2:15.00S Approved) H
	#32C (d1/s1): F 13-14 50 Back (47.73S Approved)
	#40E (d1/s1): F 13-14 50 Free (48.82S Approved)
West, Charlotte	#15A (d1/s1): F 11-12 50 Breast (1:10.00S Approved) H
	#19C (d1/s1): F 11-12 100 Free (1:47.70S Approved)
	#32A (d1/s1): F 11-12 50 Back (55.53S Approved)
	#40C (d1/s1): F 11-12 50 Free (47.05S Approved)
Wright, Rylie-Ann	#11A (d1/s1): F 11-12 100 Back (2:30.00S Approved) H
	#19C (d1/s1): F 11-12 100 Free (2:12.43S Approved) H
	#32A (d1/s1): F 11-12 50 Back (1:01.73S Approved) H
	#40C (d1/s1): F 11-12 50 Free (57.60S Approved) H
Zilinski, Whitney	#7C (d1/s1): F 13-14 50 Fly (39.69S Approved)
	#19E (d1/s1): F 13-14 100 Free (1:50.12S Approved)
	#40E (d1/s1): F 13-14 50 Free (35.07S Approved)
	#42C (d1/s1): F 13-14 200 Medley (3:13.00S Approved) H