



# Camrose Sea Serpents Newsletter #5

June 19, 2025

## Vermilion Swim Meet- June 21, 2025

Colonel Cormack Rec Centre, Lakeland College  
5707 College Drive, Vermilion, AB

If you are attending the Vermilion swim meet please be at the pool no later than 7:40 a.m. and check in with the coaches. After a quick stretch we are in the water for warm ups at 7:30 a.m. After our warm up we will have a team meeting at the swimmer camp to go over expectations for the day. My cell number is (780) 281-0204 if you need to reach me.

### ***Swimmer Camp In Vermilion:***

The main swim camp will be located inside the gym. Please remember to bring everything with you required for a swim meet. Remember to wear warm clothes throughout the day and flip flops or sandals that are easy to get on and off and could get wet. Marshaling will start in the gym and then onto the pool deck. After your race is completed please remember to come and talk to your coaches to review your race.

### ***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 7:45 am. The volunteer list will be emailed out on Friday night.

**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.



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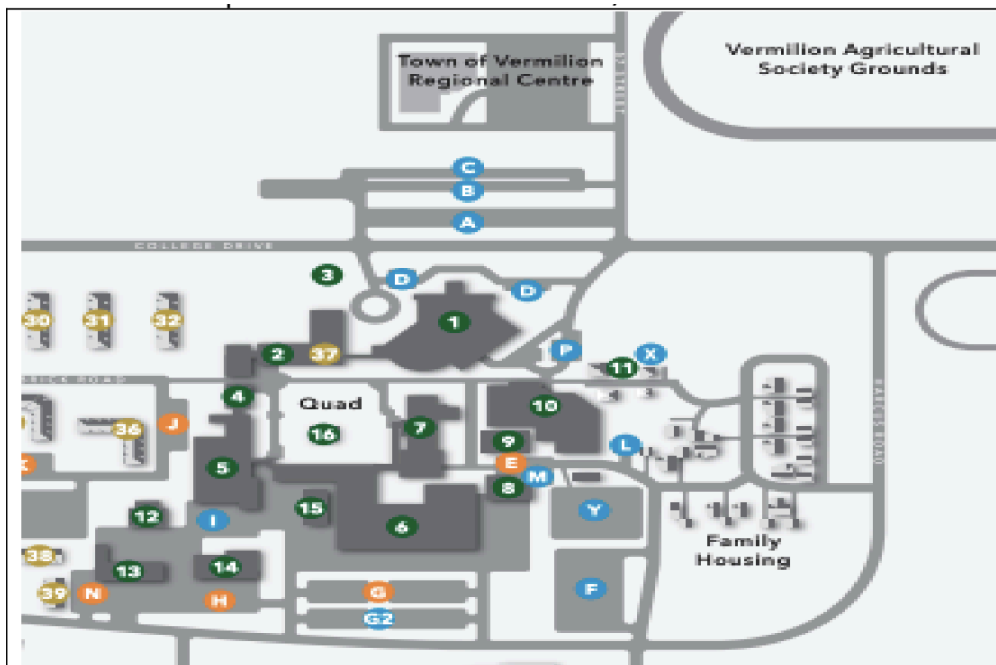
## Vermilion Event Order:

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 800 Free
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 200 IM
<input type="checkbox"/> 50 Free (8 & Under)	
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 100 Medley Relay (10 & Under)
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 200 Medley Relay
<input type="checkbox"/> 25 Flutter (8 & Under)*	
<input type="checkbox"/> 100 Free Relay (10 & Under)	
<input type="checkbox"/> 200 Free Relay	

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

## Facility Access:

Parking at the Colonel Cormack Rec Centre is very limited. Please park across the street in lots A, B, or C , or behind the pool in lots L, F, or Y (see map). Swimmers and camp gear can be dropped off in the loading area in front of the main doors of the pool. Fire lanes must remain clear for emergency vehicle access and available parking spaces in lot P must remain open for weight room patrons and individuals with mobility needs.





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## **Important Upcoming Dates:**

June 21: Vermilion Swim Meet - Be at the pool at 7:40 am  
June 26: Pool Closure - No Practice  
June 28: Deadline to declare for Wainwright  
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 5: Deadline to declare for Huma Swim Meet (U of A)  
July 11: Dryland Practice dedicated to Ole Heie  
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

Shortly, in the coming weeks, SportsEngine will be set up to sign up and commit to the Wainwright and Huma Swim Meets. If you are planning to be away I strongly encourage you to sign up before you leave on holidays to avoid missing the registration deadline. It is also really important that we show a strong showing of Camrose swimmers for the remainder of meets this year, as well as Regionals in Camrose.

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## Swim Mania

Congratulations to everyone that swam at Swim Mania on Monday! It was so exciting to see everyone swimming so hard and beat their goals. Thanks to all the volunteers for making this event a huge success for our club! Way to go Sea Serpents!



## Here is a recap of Monday Night's Totals:

### Group A1 and A2:

- 9 Swimmers
- 510 Lengths
- 12.75 Km

### Group B & Group C:

- 28 Swimmers
- 2 744 Lengths
- 68.60 Km

### For a Grand Total of:

- 37 Swimmers
- 3 254 Lengths
- 81.35 km

**We raised \$4 748.50**



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## Summer Swim Times

### Group A1

#### July Swim / Cross Training Times:

Monday 8:00-9:30 AM Cross Training

Monday & Wednesday 4:00-5:00 PM Swim



### Group A2

#### July Swim / Cross Training Times:

Monday 8:00-9:30 AM Cross Training

Tuesday & Thursday 4:00-5:00 PM Swim



### Group B

#### July Swim / Cross Training Times:

Tuesday, Wednesday, Thursday 5:00-6:30 PM Swim

Tuesday & Thursday 8:00- 9:15 AM Swim

Wednesday 8:00- 9:30 AM Cross Training

**\*For all morning swim times please be at the pool at 7:45 a.m.\***

### Group C

Monday-Thursday 5:00-6:30 PM Swim

Tuesday & Thursday 8:00- 9:15 AM Swim

Monday & Wednesday 8:00- 9:30 AM Cross Training

**\*For all morning swim times please be at the pool at 7:45 a.m.\***

More information about our cross training to follow in the next newsletter.





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## Vermilion Events:

Member Committed	Meet Events (Individual)
Bergstrom, Avey	#2C (d1/s1): F 13-14 50 Fly (34.28S <b>Approved</b> ) H #6C (d1/s1): F 13-14 50 Breast (38.61S <b>Approved</b> ) #24E (d1/s1): F 13-14 50 Free (30.56S <b>Approved</b> ) #25C (d1/s1): F 13-14 200 Medley (2:51.74S <b>Approved</b> )
Calhoon, Brielle	#6A (d1/s1): F 11-12 50 Breast (1:04.94S <b>Approved</b> ) #8C (d1/s1): F 11-12 100 Free (1:47.06S <b>Approved</b> ) #22A (d1/s1): F 11-12 50 Back (52.53S <b>Approved</b> ) #24C (d1/s1): F 11-12 50 Free (46.97S <b>Approved</b> )
Castagna, Destiny	#4C (d1/s1): F 13-14 100 Back (1:09.89S <b>Approved</b> ) #8E (d1/s1): F 13-14 100 Free (1:05.87S <b>Approved</b> ) #22C (d1/s1): F 13-14 50 Back (32.41S <b>Approved</b> ) #24E (d1/s1): F 13-14 50 Free (28.77S <b>Approved</b> )
Castagna, Julia	#6E (d1/s1): F 15-17 50 Breast (45.57S <b>Approved</b> ) #8G (d1/s1): F 15-17 100 Free (1:19.64S <b>Approved</b> ) #20C (d1/s1): F 15-17 800 Free (12:30.00S <b>Approved</b> ) #22E (d1/s1): F 15-17 50 Back (41.36S <b>Approved</b> )
Lunty, Marielle	#6A (d1/s1): F 11-12 50 Breast (54.74S <b>Approved</b> ) #8C (d1/s1): F 11-12 100 Free (1:34.27S <b>Approved</b> ) #22A (d1/s1): F 11-12 50 Back (49.81S <b>Approved</b> ) #25A (d1/s1): F 11-12 200 Medley (3:55.00S <b>Approved</b> )
Marsili, Atley	#4F (d1/s1): M 15-17 100 Back (1:34.60S <b>Approved</b> ) #9J (d1/s1): M 15-17 100 Medley (1:37.52S <b>Approved</b> ) #22F (d1/s1): M 15-17 50 Back (43.01S <b>Approved</b> ) #24H (d1/s1): M 15-17 50 Free (31.00S <b>Approved</b> )
Ogbeide, Omosede	#1E (d1/s1): F 9-10 25 Fly (24.00S <b>Approved</b> ) H #5E (d1/s1): F 9-10 25 Breast (21.32S <b>Approved</b> ) #8A (d1/s1): F 9-10 100 Free (1:35.44S <b>Approved</b> ) #24A (d1/s1): F 9-10 50 Free (41.49S <b>Approved</b> ) H
Ogbeide, Osamudiamen	#2D (d1/s1): M 13-14 50 Fly (31.28S <b>Approved</b> ) #6D (d1/s1): M 13-14 50 Breast (33.87S <b>Approved</b> ) #9H (d1/s1): M 13-14 100 Medley (1:12.69S <b>Approved</b> ) #25D (d1/s1): M 13-14 200 Medley (2:46.73S <b>Approved</b> )
Ogbeide, Uyiosa	#4B (d1/s1): M 11-12 100 Back (1:29.85S <b>Approved</b> ) #6B (d1/s1): M 11-12 50 Breast (42.24S <b>Approved</b> ) #9F (d1/s1): M 11-12 100 Medley (1:35.00S <b>Approved</b> ) #22B (d1/s1): M 11-12 50 Back (40.19S <b>Approved</b> )
O Hare, Callie	#4A (d1/s1): F 11-12 100 Back (1:39.50S <b>Approved</b> ) #8C (d1/s1): F 11-12 100 Free (1:24.10S <b>Approved</b> ) #22A (d1/s1): F 11-12 50 Back (46.53S <b>Approved</b> ) #24C (d1/s1): F 11-12 50 Free (38.68S <b>Approved</b> )
O Hare, Colton	#2F (d1/s1): M 15-17 50 Fly (35.00S <b>Approved</b> ) H #6F (d1/s1): M 15-17 50 Breast (38.42S <b>Approved</b> ) #9J (d1/s1): M 15-17 100 Medley (1:19.77S <b>Approved</b> ) #24H (d1/s1): M 15-17 50 Free (29.99S <b>Approved</b> )
O Hare, Maci-Lee	#4C (d1/s1): F 13-14 100 Back (1:34.11S <b>Approved</b> ) #9G (d1/s1): F 13-14 100 Medley (1:42.00S <b>Approved</b> ) #20A (d1/s1): F 11-14 800 Free (13:00.00S <b>Approved</b> ) #24E (d1/s1): F 13-14 50 Free (35.09S <b>Approved</b> )