



Camrose Sea Serpents Newsletter #8


July 4, 2025



This was a fantastic week of practices! The dedication needed to complete two training sessions daily can be extremely difficult on some days. As we increase our intensity and duration of practice please remember that your hard work now sets up the remainder of your season for success and improvement.

Goal Setting:

Goal setting can be one of the most important skills to teach athletes in order to help them optimize their performance. It can help swimmers focus on what is important and give them a sense of control and positive self-direction. "SMART" goals can help athletes gain confidence and believe in their ability to succeed. Goal setting can improve performance, influence motivation, and help athletes reach their potential.

 **July 17** Next week goal sheets will sent home with swimmers on Tuesday morning and afternoon (see images below). Please assist your swimmer in completing the top portion of this sheet and hand it back to your coach for a quick meeting. Fill out a box for each goal they choose. You can choose a goal for each stroke, &/or add a season goal for Regionals or Provincials. Only the goals, action steps, and date sections need to be completed before meeting with your coach. After goals have been discussed with your coach this sheet will be handed back to the swimmer to monitor and record their progress. This activity will be introduced to swimmers at practice on Tuesday morning and Tuesday night. If you have any questions about this activity or will not be at practice on Tuesday morning or night and need a copy



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please ask one of the coaches at the next practice you attend. Please have your goal sheet completed on or before or by July 15.

S	M	A	R	T
Specific	Measurable	Achievable	Realistic	Timebound
What do I want to accomplish?	How will I know when it is accomplished?	How can the goal be accomplished?	Does this seem worthwhile?	When can I accomplish this goal?

Club: _____

Period:

From:

To:

Swimmer: _____

Coach: _____

GOAL	GOAL	GOAL	GOAL
Action Steps:	Action Steps:	Action Steps:	Action Steps:
By Date:	By Date:	By Date:	By Date:

Progress

Progress

Progress

Progress



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Wainwright Swim Meet 🏊

Wainwright Communiplex 702 2 Ave Wainwright, AB T9W 1C4

If you are attending the swim meet on Saturday all swimmers need to be at the pool by **7:30 am**. Our warm up is at 7:50 am. To access the Swimmers' camp, please enter Peace Memorial Multiplex (Arena) using the front doors, located on the south side of the building. The swim camp will be located in the **Green Arena** of the multiplex which is attached to the Communiplex pool. All swimmers need to stay in camp until they have finished their races for the day as event numbers will only be announced inside the arena. Please check with myself or Coach Marissa before leaving the arena. Please do not bring flying objects like balls or frisbees. Please see below for Swimmer events for Wainwright. Relays will be posted in the morning. The officials meeting will take place at 7:45 am in Hall # 2.

Saturday Events:

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 1500 Free	<input type="checkbox"/> 400 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 Free Relay (10 & Under)
<input type="checkbox"/> 100 Medley Relay (10 & Under)	<input type="checkbox"/> 200 Free Relay
<input type="checkbox"/> 200 Medley Relay	

Important Upcoming Dates:

July 5: Wainwright Swim Meet at 7:30 am

July 5: Deadline to sign up for Huma Swim Meet

July 9: Dryland Practice dedicated to Ole (All groups invited to this cross training session)

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

July 15: Turn in Goal Sheets

July 19: Sherwood Park Swim Meet

July 25-27: Regionals in Camrose

August 1-3: Provincials in Edmonton

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Regional and Provincial Information

****If you know that your swimmer will be attending Regionals please make your declaration as soon as it is posted. This way the coaches can start to create relay teams. Individual events can be chosen at a later time, but before the entry deadline.**

****Please note that if you choose "Yes" for relays for Regionals you are also committing to attend Provincials and the week of practices prior to Provincials (July 28-31) if your team qualifies. Provincials are on the weekend (August 1-3). When you are making your declaration for regionals please add to the note section "yes for relays" or "No for Relays." Please feel free to ask if you have any questions.**

The week of practices prior to Provincials (July 28-31) is only for swimmers that have qualified for Provincials.

Coach Jana
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gau02@hotmail.com



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Member Committed	Meet Events (Individual)
Barstad, Eve	#5C (d1/s1): F 13-14 100 Back (1:42.00S Approved) #9E (d1/s1): F 13-14 100 Free (1:26.61S Approved) #21C (d1/s1): F 13-14 400 Free (7:20.00S Approved) H #25C (d1/s1): F 13-14 50 Back (46.43S Approved)
Barstad, Leif	#4F (d1/s1): M 9-10 50 Back (50.00S Approved) H #9B (d1/s1): M 9-10 100 Free (1:45.00S Approved) H #24F (d1/s1): M 9-10 25 Back (27.00S Approved) H #29B (d1/s1): M 9-10 50 Free (50.00S Approved) H
Barstad, Solveig	#4C (d1/s1): F 7-8 50 Back (1:17.23S Approved) #8C (d1/s1): F 7-8 50 Free (1:18.02S Approved) #24C (d1/s1): F 7-8 25 Back (34.20S Approved) #28C (d1/s1): F 7-8 25 Free (33.39S Approved)
Bergstrom, Avey	#7C (d1/s1): F 13-14 50 Breast (38.38S Approved) #10G (d1/s1): F 13-14 100 Medley (1:17.70S Approved) #23C (d1/s1): F 13-14 100 Fly (1:17.20S Approved) #29E (d1/s1): F 13-14 50 Free (30.17S Approved)
Calhoon, Brielle	#7A (d1/s1): F 11-12 50 Breast (1:04.94S Approved) #9C (d1/s1): F 11-12 100 Free (1:42.84S Approved) #25A (d1/s1): F 11-12 50 Back (52.53S Approved) #29C (d1/s1): F 11-12 50 Free (46.97S Approved)
Castagna, Charlotte	#7A (d1/s1): F 11-12 50 Breast (54.51S Approved) #21A (d1/s1): F 9-12 400 Free (7:51.07S Approved) #27A (d1/s1): F 11-12 100 Breast (2:01.07S Approved) #30A (d1/s1): F 11-12 200 Medley (3:48.38S Approved)
Castagna, Julia	#5E (d1/s1): F 15-17 100 Back (1:27.84S Approved) #10I (d1/s1): F 15-17 100 Medley (1:29.66S Approved) #21E (d1/s1): F 15-17 400 Free (5:56.11S Approved) #27E (d1/s1): F 15-17 100 Breast (1:34.55S Approved)
Ferguson, Raleigha	#5A (d1/s1): F 11-12 100 Back (2:13.35S Approved) #9C (d1/s1): F 11-12 100 Free (2:13.07S Approved) #25A (d1/s1): F 11-12 50 Back (1:01.59S Approved) #29C (d1/s1): F 11-12 50 Free (1:03.84S Approved)
Isik, Serkan	#3F (d1/s1): M 15-17 50 Fly (33.55S Approved) #9H (d1/s1): M 15-17 100 Free (1:00.16S Approved) #27F (d1/s1): M 15-17 100 Breast (1:19.00S Approved) H #29H (d1/s1): M 15-17 50 Free (28.89S Approved)
Lemko, Charlise	#5C (d1/s1): F 13-14 100 Back (2:50.00S Approved) H #9E (d1/s1): F 13-14 100 Free (2:24.00S Approved) H #25C (d1/s1): F 13-14 50 Back (1:20.00S Approved) H #29E (d1/s1): F 13-14 50 Free (1:00.00S Approved) H
Lemko, Emry	#5A (d1/s1): F 11-12 100 Back (2:30.00S Approved) H #9C (d1/s1): F 11-12 100 Free (2:04.00S Approved) H #25A (d1/s1): F 11-12 50 Back (1:10.00S Approved) H #29C (d1/s1): F 11-12 50 Free (1:01.00S Approved) H
Letley, Fynn	#5B (d1/s1): M 11-12 100 Back (2:31.62S Approved) #9D (d1/s1): M 11-12 100 Free (2:06.46S Approved) #25B (d1/s1): M 11-12 50 Back (1:03.38S Approved) #29D (d1/s1): M 11-12 50 Free (52.96S Approved)
Li, Laura	#9C (d1/s1): F 11-12 100 Free (1:33.29S Approved) #21A (d1/s1): F 9-12 400 Free (7:30.00S Approved) H #25A (d1/s1): F 11-12 50 Back (50.36S Approved) #29C (d1/s1): F 11-12 50 Free (40.67S Approved)
Lunty, Marielle	#3A (d1/s1): F 11-12 50 Fly (56.30S Approved) #10E (d1/s1): F 11-12 100 Medley (1:50.50S Approved) #21A (d1/s1): F 9-12 400 Free (7:56.00S Approved) H #29C (d1/s1): F 11-12 50 Free (41.39S Approved)
McNabb, Brady	#5B (d1/s1): M 11-12 100 Back (1:42.00S Approved) H #9D (d1/s1): M 11-12 100 Free (1:18.97S Approved) #25B (d1/s1): M 11-12 50 Back (41.11S Approved) #29D (d1/s1): M 11-12 50 Free (34.44S Approved)
McNabb, Savannah	#7A (d1/s1): F 11-12 50 Breast (49.43S Approved) #10E (d1/s1): F 11-12 100 Medley (1:42.23S Approved) #25A (d1/s1): F 11-12 50 Back (47.44S Approved) #29C (d1/s1): F 11-12 50 Free (38.34S Approved)
O'Hare, Callie	#9C (d1/s1): F 11-12 100 Free (1:24.10S Approved) #21A (d1/s1): F 9-12 400 Free (7:08.35S Approved) #25A (d1/s1): F 11-12 50 Back (46.53S Approved) #29C (d1/s1): F 11-12 50 Free (38.68S Approved)
O'Hare, Colton	#7F (d1/s1): M 15-17 50 Breast (38.42S Approved) #9H (d1/s1): M 15-17 100 Free (1:08.18S Approved) #27F (d1/s1): M 15-17 100 Breast (1:24.20S Approved) #29H (d1/s1): M 15-17 50 Free (29.99S Approved)
O'Hare, Maci-Lee	#9E (d1/s1): F 13-14 100 Free (1:20.37S Approved) #10G (d1/s1): F 13-14 100 Medley (1:34.41S Approved) H #21C (d1/s1): F 13-14 400 Free (6:37.71S Approved) #29E (d1/s1): F 13-14 50 Free (37.40S Approved)
Parker, Brooklynn	#7C (d1/s1): F 13-14 50 Breast (51.58S Approved) #9E (d1/s1): F 13-14 100 Free (1:25.74S Approved) #25C (d1/s1): F 13-14 50 Back (49.01S Approved) #29E (d1/s1): F 13-14 50 Free (39.42S Approved)
Zilinski, Whitney	#5C (d1/s1): F 13-14 100 Back (2:00.44S Approved) #10G (d1/s1): F 13-14 100 Medley (1:34.10S Approved) #23C (d1/s1): F 13-14 100 Fly (1:33.00S Approved) H #29E (d1/s1): F 13-14 50 Free (34.99S Approved)

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Reminder of 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, on deck at 7:45 a.m.