

Camrose Sea Serpents Newsletter #9



July 6, 2025



"Ole" Erik Olaf Heie
(February 11, 2009 - July 10, 2021)

The Camrose Swim Club would like to dedicate Wednesday, July 9th Cross-training practice in memory of Ole Heie. To Ole, sport wasn't just racing, it was for seeing your friends, celebrating gains, encouraging each other, sharing hope, helping each other, and sharing his passion for sports in enjoying every single moment.

Ole's kind spirit, love for the outdoors, and vibrant personality continue to inspire us. As we reflect on his passing four years ago, we honor his memory by coming together as a team, sharing stories, laughter, and the simple joys he cherished.

Following practice, we will gather for a pancake breakfast and team meal, taking time to connect and remember Ole in a meaningful way. In his honor, swimmers will also take part in a craft, alongside other creative activities. This morning is not only a tribute to Ole, but a celebration of team unity, friendship, and the lasting impact of those who have touched our lives.

We ask that for Wednesday's cross-training practice you wear your neon Sea Serpent t-shirt that was created four years ago in tribute to Ole. If you do not have this shirt, any neon or bright, or tie dyed colored shirt/clothing will work. All members of the club (Group A, B, and C are invited to come to this cross training session). The time for Wednesday's practice will be 8:55 a.m. - 10:30 a.m.





"I am so grateful for all the places my feet can take me." -Ole Heie
#runlikeole

Hope to see you all on Wednesday, just before 8:00 a.m. at Stoney Creek Centre. Please bring all supplies needed for our regular cross-training session. **Pick up time will be 10:30 a.m.**

