

SILVERRAYS FALL NEWSLETTER



STRATHCONA COUNTY SWIM CLUB



Swimmer Spotlight

UPCOMING EVENTS

* Swim Meet 101

October 16, 2025

Our Swim Meets 101 will happen on Thursday October 16, 2025 from 7:00pm-9:00pm in Meeting Room 1 (Arbour Care) at Millennium Place. This meeting is great for those who are new to swimming and swim meets.

We will talk about what a meet looks like, what you and your swimmer can expect, and what the volunteering encompasses. Again, no RSVP required, just pop in.

* SilverRay Poppy Swim Meet

October 25-26, 2025

This is a club hosted meet in Edmonton at the Kinsmen Aquatic Centre. and it is going to be a fun experience for all of the swimmers!



Season Start-Up

New Season and New Groups

The club has been growing with each year that Mark Chantaj has been at the helm as the head coach. We have over 110 swimmers now, which means that we have to have more groups to suit the needs of our swimmers. As you might have guessed it, the club has a "new" structure to it. There are a number of SilverRay groups in the water.

In each group there are less swimmers so that they receive the attention that they require to succeed. Every Ray group offers a significant opportunity for growth and development whether that be technique or conditioning. From our performance group to our swim school program, we are all in the water having fun, learning how to swim faster, stronger, better!

Message from the CLUB PRESIDENT

"Welcome to a new season of the Silverrays Swim Club! I am beyond excited to see the growth in the Club since 2020. We are set to have an epic season representing Strathcona County on the local, provincial, national and international stage. Thanks to all the volunteers, excellent coaching staff, and the parents!"



WORLD AQUATIC SWIMMING

Miss McBride has been competitive swimming for a number of years, she started as a wee lass and has swum ever since. This gal has always displayed a tenacious spirit, a will to win and has a strong, physical presence.

Her Canada Summer Games performance lit up her chances for National recognition and hence the invitation to swim at a high World profile meet!

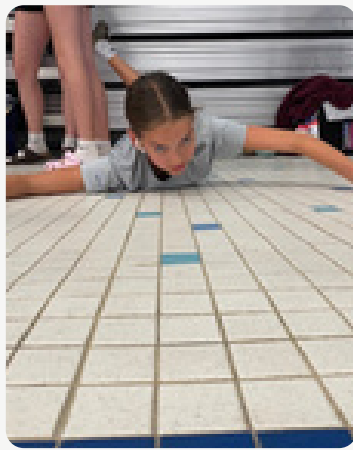
Our Blakely McBride (16) will be traveling to Toronto later this month to participate in the 2025 World Aquatic Swimming World Cup.

This is an exciting opportunity where she will be sharing the pool with Olympic Champions and World Records holders.

Blakely will be racing the 50m Freestyle, 50m Backstroke and 50m Butterfly on Oct 23 - 24.



This Week in Pictures



SilverRays "ROCK" OUUU - AAH!



Club & Activity Corner

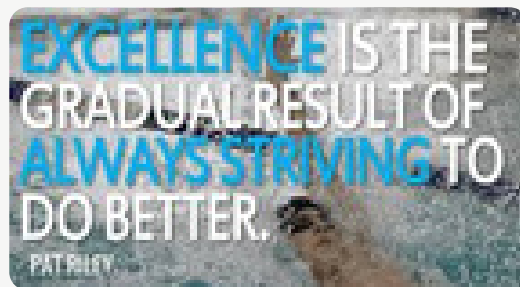
A Message from Our Head Coach . . . Mark

We've only had a few weeks in the pool for the season and there's **a lot to be excited about!** Our new groups are full of swimmers who are working hard, led by our coaching staff who seem more organized and focused than ever.

The first swim meet is only a few weeks away and we'll have **over 100 swimmers ondeck** at a meet for the first time in club history.

I'm looking forward to another great season with the SilverRays and eager to have a **front row seat** watching our swimmers continue to grow and improve in and out of the pool.

GO SilverRays GO!



CANADA GAMES ALBERTA TEAM

Carmen Duffee and Blakely McBride represented the SilverRays & Alberta at the Canada Games this summer. The 6-day competition was held in St John's, Newfoundland over August 10-15th. We know the girls had a fantastic experience and made some memories with teammates & new friends. We hope our younger SilverRays swimmers are inspired by their teammates and set their sights

on the 2029 Canada Games!

Carmen Duffee, the youngest member of Team Alberta, finished 7th in the 200m BR and 10th in the 100m BR.

Blakely McBride, Team Alberta's sprint specialist, finished 4th in the 50m FR with a best time of 26.65 and captured Silver in the 50m FL with a best time of 27.67.



This Week in Pictures



The swim school program is for our littlest Rays to learn the art of swimming. Make sure you bring a water bottle and a hair tie to practice.



Activation is an important part of any swimmer's readiness for both practice and swim meets! Make sure you have a skipping rope!



Swimmers are always ready to work hard and are determined to do their best either on deck or in the water!



Swimmers make lasting friendships. This helps to encourage and inspire each other for personal best times at any swim meet!

Club & Activity Corner

Swim Alberta Selects our Swimmers . . .

Swim Alberta Distance Camp

Carmen Duffee, Anna Curley and Brittica Davis were selected to attend the Swim Alberta Distance/Aerobic Capacity camp held in Calgary on November 9-11th, 2025.

Twenty swimmers were selected across the Province (10 boys & 10 girls). The girls were selected based on LCM performances in the 800m & 1500m Freestyle during the previous season.

Swimming Canada's National Coach, Mark Perry, will be in attendance to provide learning opportunities to these young swimmers. The girls will learn about the benefits of developing their aerobic capacity and how it can have a positive influence on their overall development.

These three SilverRay girls don't shy away from a challenge in the training pool and will represent the SilverRays very well while in Calgary.



FASTEST KICK TIME FROM EACH GROUP

<u>SRAY GROUP</u>	<u>GROUP LEADER</u>	<u>DISTANCE AND TIME</u>	<u>PACE/ 100 M</u>
Perform.	Jaden T.	400m 5:45.	1:26.25
SR.Prov.	Brayden M.	400m 6:18.	1:34.50
JR. Prov.	Elyse B.	300m 5:13.	1:44.33
Shark R.	Max P.	200m 3:20.	1:40.00
Tiger R.	Kenzie K.	200m 3:31.	1:45.50
Eagle R.	Austin C.	200m 3:55.	1:57.50
Mighty R.	Anna B.	100m 2:10.	2:10.00

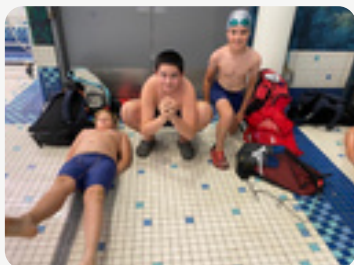
This Week in Pictures



Having fun on deck with friends adds another dimension to the SilverRay program. Helping each other out for success is real teamwork!



Having all your gear with you (snorkel, pull buoy, kick board, paddles and a little duckie or froggie) helps make practice a challenge.



Bring everything to the pool that you will need for a swim meet: suit, cap, goggles, SRay attire, towel, comfy pad to sit on and some games.



Our swimmers are ready to compete having learned the four major strokes: fly, back, breast, freestyle. Add to that starts and turns and we're set.



Club & Activity Corner

As the Poppy Swim Meet Approaches . . .

Swim Meet Preparedness

When going to a swim meet it is important that the swimmers arrive 15-20 minutes early. This will allow them time to complete their activation with their coaches.

A swimmer must take the responsibility to have all their gear with them in order to be successful. This includes their activation gear: skipping rope, bungee cords, rollers if that is for their group. If they do not have gear then they must check to see that they have SilverRay attire (t-shirt, sweats, hoodie, clothes to keep warm and dry), bathing suit, cap, goggles and a couple of towels before they leave the house.

As for other things to bring: nutritious food to eat and to snack on, a water bottle. The swimmers should leave their devices at home and try to interact with their teammates: playing cards or other games. Cheering their friends on gives them a chance to "do team" with the SilverRays!!!



START UP TO A GREAT SRAY SWIM SEASON



This Week in More SRay Pictures

