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MAY 2025 Newsletter

Congratulations and GOOD LUCK to our 6 swimmers heading to the Canadian Swim Trials June 7-12 in Victoria, BC!

Willow Coburn: 200IM, 400IM, 100 Breast, 200 Breast

Elizabeth Coode: 100 Fly, 200 Fly

Jessica Dreggici: 1500m, 800m, 400m free, 200m free, 400IM

Connor Brown: 800m Free, 400IM, 200 Fly

Cameron Morrissey: 200 IM, 50 Breast, 100 Breast

Alex Rusu: 50 Breast

Check out the [event schedule](#) here!

GO, Warriors, GO!



Important Dates:

GHAC Invite: May 31-June 1

AGI: June 5-8

GMAC Splash: June 7

Canadian Trials: June 7-12

WOSA: June 12-15

Club Champs: June 22

Continue to monitor your email for updates on when your swim group will be competing! A tentative meet schedule can also be found under Team Unify -> Events.



Our **Club Champs Meet and Team Picnic** will be on **Sunday, June 22nd**. Watch for more info to come in May!

MEET REPORTS

Congratulations to all our swimmers for their great efforts in MAY! Thank you to the volunteers who have submitted meet reports outlining their group accomplishments!

TOP CUP **Girls** [8u](#) 9 10 **Boys** [8u](#) 9 [10](#)

Guelph Splash [Nov2B](#) AG1 [AG2](#) AG3 Junior TOP

Hicken Invite ** will be in the June Newsletter**

NB: Not all groups had a volunteer submit a meet report this month. If you enjoy reading these articles, please don't hesitate to volunteer to write a meet report for your training group's next meet and earn 3FPP points per day! See sign up list below for more information!



Club Record Alert!

Connor Lu LC 200 Breast (10 and under)

Cameron Morrissey LC 200 IM (15-17)

Cameron Morrissey LC 200 Breast (15-17)

Cameron Morrissey LC 50 Breast (15-17, Open)

Hayley Muscat LC 200 Back (15-17, Open)



Wondering how meet fees are determined? Check out a special note explaining [MEET FEES HERE](#).



WhatsApp

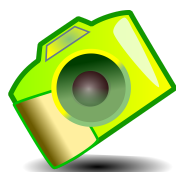
Just a friendly reminder that the primary function of each group's WhatsApp chat is to provide a means for parents to

Willow Coburn LC 50 Breast (15-17)
Cameron Morrissey LC 100 Breast (15-17)



END OF SEASON SURVEY

As we begin to wrap up the current season, both Coaches and the Board of Directors are beginning to plan for next season. In order to plan more effectively, we are hoping to get a sense of how many of our swimmers are planning to return next season. Recognizing these plans may change, we are asking families to take a moment to let us know what your current plan is for CW in 2025-26. by filling out [THIS GOOGLE FORM](#). Thank you!.



We are looking for **photos from the 2024-25 season** to include in our slideshow. **Please send any pictures by June 15th** to: equipment@cswimming.ca to be included! Thanks!

ATTENTION WOSA SWIMMERS!

WOSA long course championship is fast approaching! This year it will be at the Windsor Aquatic Centre. Once again, they will be running an online shop for the apparel. **The close date is Monday, June 2nd. Please note there will be no apparel sales on site.** <https://wosa2025.itemorder.com/shop/home/>

WOSA organizers have several hotel blocks if families are still needing to book a hotel. The list of available hotel blocks is [here](#).

Last item to share is the sign up for officials. Lots of spots are still needing to be filled using the link below. Please be sure to let our CW officials chair, Josh (coc@cswimming.ca), know if you are volunteering so that your FPP points can be allotted.

<https://www.signupgenius.com/go/20F044CA5AB28A6F49-56287451-2025>

communicate/share information with each other, to share photos from the meets you attend, and to ask questions or seek clarification from your group parent. Group parents can also post updated meet packages etc. in the chat as needed. Coaches will occasionally post last minute updates such as a pool closure or change in warm up time for a meet etc. on the chat but WhatsApp is not the best way to reach your coach due to the volume of messages that can happen on group chats.

Please note that **calling coaches** on their private line is **not acceptable** and should not be happening for any reason. Thank you!



WatCard Reminder

WatCards are non-transferable and should be retained by the swimmer for use **throughout their time with Club Warriors**. All cards will be deactivated at the end of each season and reactivated for returning members each September. **As part of the 2025-26 registration process for returning members you will need to provide your name/ WatCard number so please don't lose your card!** All new members will be issued a card and charged the one time \$10 fee as part of their 'new member' registration. **LOST or STOLEN cards will be subject to a \$10 replacement fee so please take care of your card!**



The Canadian Way



Updates To Swim Ontario Format...Explained!

As swimming begins the new quadrennial leading up to LA 2028, Swim Canada has created a new competition format called The Canadian Way. Swim Ontario has adapted its provincial training plans in accordance with this new directive. As a result, the 2024-25 Season brought with it some significant changes to the Championship Meets competition

IMPORTANT CONTACT INFO FOR MEMBERS:

If you have any questions in the following areas, please reach out directly to our Key Volunteers using the contact info below:

FPP

format from previous years. Most notably was the removal of Festivals and Ontario Youth Junior (OYJ) competitions in both February and June. One key reason for the removal of these meets was the difficulty in finding host clubs for these larger meets. Additionally, Swim Ontario felt that Regional Championships should be considered an important opportunity for both performance development and athlete recognition. This new competition format allows Regionals to take on a higher significance for swimmers and the level of competition for this meet is now directed towards swimmers at the previous OYJ/ 12 & under Festival “C” standards. Another significant change was the removal of the March provincial level meet, Winter Ontario Swimming Championships (OSC) and Eastern National Championships. Easterns had been a step between OSC and Nationals but has been replaced with Canadian Open. Open has both SC/LC qualifying standards that are just a bit faster than Trials. This was to provide a LC racing opportunity to national level swimmers midway through the season. Winter OSC was replaced with a March Age Group competition (OAG) that focused on racing at a high level while still under a training load. OAG is not considered a provincial level meet but is instead meant to be a benchmark for midseason racing as swimmers continue to prepare for both Regional Championships and Summer OSC. Summer OSC is now the final LC meet of the season for those swimming at a provincial and national level. The change to August Nationals from a long course meet to a short course meet allows swimmers to obtain updated SC times during their peak performance window at the end of the season. These new SC national times are faster than both Canadian Trials and Canadian Open times. All qualification times for all levels of competition (Regionals to Nationals) were redone to correspond to this new meet breakdown.

For more information, check out these links:
[Swim Ontario News Bulletin \(April 2024\)](#)
[2024-25 Swim Ontario Time Standards](#)



Check out your training group’s FPP requirements [here](#).
Please sign up to help using the links below.

[June Meet reporters](#)

Sign up to report on the meets your group attends.

[PICNIC Volunteers](#)

We are in need of volunteers to help with setup, teardown, as well as volunteers during the event.

FPP Update:

As we enter the last few months of the season we thank everyone for their continued volunteerism. There are still many opportunities to volunteer by writing meet reports, helping with our team picnic and club champs meet, helping

fpp@cswimming.ca

WATCards

watcard@cswimming.ca

Parking Passes:

parkingpass@cswimming.ca

Finances:

treasurer@cswimming.ca

Equipment/Fundraising:

equipment@cswimming.ca

Sponsorship:

president@cswimming.ca

Registration:

registration@cswimming.ca

Officiating:

coc@cswimming.ca

Questions regarding your specific training group should be directed to your coach and/or group parent.



Photography reminder:

Whether it is for personal use or on behalf of the club, members should review the following guidelines for taking and sharing photos of our swimmers.

[CW SOCIAL MEDIA POLICY](#)

[Updated Swim Ontario Photography, Videography and Cellphone Use protocols](#)

PLEASE remember that photos of swimmers in the locker rooms are never okay. All public facilities have a standard NO PHOTOGRAPHY policy in place.



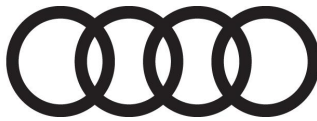
Club T-shirts and Caps

Did your swimmer lose or rip their CW cap? [Replacement caps](#) can be purchased for \$15.

with our spring fundraiser etc. Please note that our final FPP count will take place on June 25th. This means that **ALL POINTS must be submitted/ accounted for by June 25th at the latest** to receive your FPP refund for the 2024-25 season. This is so that payments issued align with the end of our fiscal year. Final refunds for FPP will be issued at the end of June. **No refunds** will be issued for points submitted after this date.

Thank you to our 2024-25 PLATINUM sponsors

Audi
Kitchener-Waterloo



Interested in learning more about sponsorship opportunities? Reach out to our [Sponsorship Coordinator](#) for more information.



Are you **fundraising** through flipgive yet? Click [HERE](#) and join our team!
(Code: T7RZXH)

Teams earn cash back by buying the things they need to get anyways at no additional cost to the purchaser. Some brands include Indigo, Starbucks, Esso, Canadian Tire, Lowes, Old Navy, and more. With a FlipGive account, you simply select your store/brand from the list of brands on the FlipGive site, then make your online purchases the way you always do.

Want to know more?

<https://www.flipgive.com/how-it-works>

Please email equipment@cswimming.ca to arrange for a porch pick up.



Have questions?

- 1) **NEW!** [Alumni Policy](#)
- 2) [Parent Handbook](#)
- 3) [FAQ for parents](#)
- 4) [Bursary Fund Guidelines and Application](#) ...and more!

Be sure to check out all our Club Documents by accessing "Club Info" on our Members Only Site.

Social Media Update Please consider following us:

Instagram:
[Club_warriors_swimming](#)

Facebook Page (public)

Facebook (private): Email: communications@cswimming.ca to be added!

