



www.cswimming.ca

October Newsletter

Note from the Head Coach...

Hello CW Families,

We are into it! Our first month is done, we have had our first In-House meet, the season is well underway.

What to expect? There will be many successes along the way - new skills learned, faster pace times met, PB's at meets.

There will also be DQ's and 'off' races. That is all part of the season. Success is a process, and when you are challenging yourself to attempt new skills, new strategies, new events there will also be failures. It's ok. You are either succeeding or you are learning. Your swimmer will learn more from a tough race than the good ones.

Your swimmers' improvement is almost never a straight line - ups and downs are part of the journey, and that is what makes succeeding so sweet.

At meets, I see Club Warriors projecting the following images...Team Identity through our uniform - a 'sea of CW shirts' is the only thing you should see from the stands. Team Purpose - When we move, we move as a team - be on time for the on-deck work, be present for the pre-meet talk. Team Presence - we make an impact on the deck - when we cheer, we are LOUD!

GO WARRIORS!

Yours,

Nandi Kormendi

Head Coach, CW



Important Dates:

- Oct 18/19- Dash4Cash
- Oct 23-25- World Cup
- Oct 25- GMAC Off the Blocks
- Nov 2: GMAC Skills and Thrills
- Nov 14-16: NYAC Cup
- Nov 21-23: Alex Baumann Invite
- Nov 27-30: Age Group International

Continue to monitor your email for updates on when your swim group will be competing!



A Note From UW:

UW is having their **fall convocation** on October 24-25 Lot M will be closed. Please use Lot J or Lot X if your child is practicing on those days.

If these alternate parking arrangements present any accessibility barriers for you, please contact

[Sustainable Transportation](mailto:strnsprt@uwaterloo.ca) by email strnsprt@uwaterloo.ca or by phone (519-888-4567 x33100).

Please be advised that all persons entering the Physical Activities Complex (PAC) facility during the ceremonies, will be subject to a bag search for prohibited items. Participants in programs are required to use their WatCards to enter. Please review the list of [prohibited items online](#). Objects deemed prohibited by security will not be returned. Please leave unnecessary items at home or

Our Group Parent Volunteers for 2025-26

HP: Colleen Heinrichs
Junior Elite: Feng Gao
Senior: Andrew Lorza
AG3: Erin Bechtel/Tracy Miller
AG3 Dev: Zoe Liu
AG2: Robyn Holland

AG2 Dev: Amy Martz
AG1: Kristy Wilhelm
Novice 2: 'A' Lisa Modesto / 'B' Kathy Walus
Novice 1:A-Veronika Borzo
B-Kristina Vieth, C-Amina Gilani, D-Justin Jiao
Fitness & Technique: TBA

Thank you to all the parents who have volunteered to take on this important communication role for your group this season!



Thank you to everyone who attended Parent Night on September 13th. [HERE IS THE SLIDE DECK](#) that was presented for your reference.



Check out your training group’s [FPP Requirements here](#). Please note that any remaining key volunteer positions will be advertised in the November newsletter. Thanks!

October-Early November Meet Reporters NEEDED. Please sign up to take pictures and report on your group’s accomplishments this month! Meet reporter instructions [here](#).

We still need a **GROUP PARENT** for: **Fitness & Technique**. Please reach out to your Lead Coach if you are interested in being the Group Parent for your group.

in your vehicle, as they will not be returned. Those who are not carrying bags will receive express entry.

Note that there may be line ups as a result of this process so please plan accordingly as we will work with the Convocation and Security teams to try to assist to make this process as seamless as possible.

[UW Parking Lot Interactive Map](#)

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](#)

[SWIM CANADA PHOTOGRAPHY POLICY](#) in

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



Pictures and More Pictures Please!

Every year at the Awards Banquet and Club Championship picnic we have a slide show full of great pictures of all the kids throughout the year. Everyone loves seeing themselves in the pictures. If you are at a swim meet-take a few pictures and email them to socialmedia@cswimming.ca In the email identify the group and the meet. Thank you!



CW Awards Banquet will be on Thursday, Dec. 18, 2025.

We are excited to come together at FED HALL again this year for this fun and memorable whole team event for **ALL families**, Intro thru HP! Watch for more information to come in early November!



Have questions?

We have recently updated our Club Documents to include:

- 1) [Parent Handbook](#)
- 2) [FAQ for parents](#)
- 3) [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**.



UW PARKING REMINDER:

UW has moved to a mobile parking app, AMP MOBILE PAY, for the 2025-26 season. CW members have a member code to use with the parking app or website. This code will allow free parking during our CW training times only. You are required to log into the app every time you park in Lot M. [Code and instructions here](#).

SAFETY REMINDER: please use a parking spot when dropping

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

off and picking up your swimmer to keep the parking lot safe!
Thank you!

more information.



WATCARD Reminder

A friendly 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. 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!**

If you are finding your newly activated card isn't working or you lose your card later in the season, please reach out immediately to watcard@cswimming.ca

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>



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:

WATCARDS

watcard@cswimming.ca

Finances:

treasurer@cswimming.ca

Equipment/Fundraising:

equipment@cswimming.ca

Registration:

registration@cswimming.ca

Officiating:

coc@cswimming.ca

Please note that info@cswimming.ca is primarily for new, inquiring members. If you have a question please try to reach out to the email above that would be best positioned to answer it. Thank you!
Questions regarding your specific training group should be directed to your coach and/or group parent. Our [Parent Handbook](#) is also a great resource if you have any questions!



DID YOU KNOW...

- You can check out your child's individual results using the SE MOTION app. Home-> Membership-> Best times. You can also see Time Standards for various levels (Regionals, OAG, OSC) by looking under membership-> Time Standards. Signing up for meets is also easy to do through the app by going to Menu-> Events & Meet Entries.
- CW Newsletters can be found under Home-> News.

Social Media Update

Please consider following us on:

Instagram:

[Club_warriors_swimming](#)

Twitter (public):

[@CWswimming](#)

Facebook Page (public)

Facebook (private):Email:

communications@cswimming.ca to be added!



Did you know that you can easily see meet results LIVE using the [Meet Mobile App](#)? This app allows you to get heat sheets, psych sheets and real-time results. You can even follow your favorite swimmers and swim meets. Here is a [video link](#) showing what it can do!