



[www.cwswimming.ca](http://www.cwswimming.ca)

## December Newsletter

### A Note from our Head Coach...

Hello CW Families,

Mid-season meets are done, and we gathered real momentum from our November competitions.

Between the NYAC Cup and Nothers Meet we achieved 1 new Canadian Open qualifier, set 2 Club Records, and added 24 OSC cuts and 33 OAG cuts!

We have 3 primary peak performance windows in our season. The first is December - this is the time of year where all the hours of training come together, we are prepared to the best of our ability, and aim to put our best foot forward as a club. Our Club goals are to demonstrate Identity (CW team wear only), Purpose (arrive on time, activate as team, sit as a team), and Presence - cheer loud, support your teammates. These behaviors support the individual goals of Best Times, achieving new qualifying times, and winning ribbons and medals. When everyone supports these athletic behaviors, we are a Great Team!

Let's support the goals, support each other and have a fantastic set of competitions!

Coming up quickly is our Annual Awards Banquet (December 18). I hope you have your tickets as they went fast! It will be an enjoyable night recognizing our amazing swimmers, along with the entertaining group antics, food and dancing. Hope to see you there.

Go Warriors!

Nandi Kormendi

Head Coach, Club Warriors



### Important Dates:

**Dec 18th:** Awards Banquet

**Dec 20:** Alumni Meet and brunch

**Dec 22- Jan 4:** Christmas Break

**Jan 3:** Raptors Game

**Jan 13-15:** Dietician Seminars

**Jan 22-25:** MAC Winter Invitational

**Jan 30-Feb 1:** MSSAC Future Stars

**Jan 30-Feb 1:** Mallards Winter Invite

**Feb 1:** GMAC Skills and Thrills

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.



### SCHEDULE CHANGES!

**Dec.15-21st :** All Groups swim until their last usual practice this week, then break!

**Dec. 27-Jan 4:** Holiday training for select groups

**January 5-11:** Welcome back Swimmers!

## MEET REPORTS

Congratulations to all our swimmers from Novice 1 all the way to High Performance for their great efforts this month! Thank you to the volunteers who have submitted meet reports outlining their group accomplishments! Please check out the reports below!

NYAC Cup: [HP JRE Senior](#)

Nothers Fall Invitational: [AG3](#) AG3Dev [AG2](#) AG2Dev

2025 Age Group International: HP attendees

Warrior Welcome Meet: Nv1A [Nv1B](#) Nv1C Nv1D [Nv2A](#) [Nv2B](#)



### Announcing our Board Members for 2025-26:

**\*new\* President** Tracy Miller

**\*new\* Secretary** Ian Childs

**Treasurer** Elena Spas

**Equipment** Corinne Alders

**Club Officials:** Jeannie Tam

**Communications** Jana Papke

**Member at Large:** Daniel Barros

A huge thank you to outgoing President **Michelle Logan** and outgoing Secretary **Sidney**

Murray Drudge Meet: HP [JRE SR](#)  
GMAC Dash4Cash: [AG3](#) AG3Dev AG2 AG2Dev [AG1](#)

**\*Ontario Junior International Report will be in the January 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! See sign up list below for more information!

**MacLean** for their time and expertise over the last 6 years on the board!

The **Annual General Meeting** will happen in the new year. Watch your email for more details.



**NEW CW RECORD HOLDERS!!**

- Hayley Muscat 50 Back SC 30.94 (15-17, Open)
- Hayley Muscat 100 Back SC 1:04.46 (15-17, Open)
- Hayley Muscat 200 Back SC 2:16.30 (15-17, Open)
- Sarah Coffin 50 Breast SC 33.95 (15-17)
- Sarah Coffin SC 100 Breast Relay Lap Record 1:12.71 (Open)
- Elizabeth Coode 100 Fly Relay Lap Record 1:03.79 (Open)
- Women's 400 Medley Relay (Hayley M., Sarah C., Elizabeth C., Quinn L.) SC 4:21.53
- Harrison Le 50 Breast SC 34.80 (12&U)
- Harrison Le 200 Breast SC 2:45.30 (12&U)
- Connor Brown 800 Free SC 8:18.95 (15-17, Open)
- Connor Brown 400 IM SC 4:27.14 (15-17, Open)
- Austin Heinbuch 200 Breast SC 2:20.87 (15-17, Open)

WAY TO GO WARRIORS!!



With the 2025-26 Season well underway, we invite all swimmers, coaches, and parents to take a moment to fill out our [2025-26 Mid Season Survey](#) and tell us about what you think makes CW such a great club! CW is appreciative of feedback so that coaches and volunteers know what is going well and where the areas for growth may be. Thank you!

**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](mailto:watcard@cswimming.ca)

**Finances:**  
[treasurer@cswimming.ca](mailto:treasurer@cswimming.ca)

**Equipment/Fundraising:**  
[equipment@cswimming.ca](mailto:equipment@cswimming.ca)

**Registration:**  
[registration@cswimming.ca](mailto:registration@cswimming.ca)

**Officiating:**  
[coc@cswimming.ca](mailto:coc@cswimming.ca)

**FPP:**  
[clubadmin@cswimming.ca](mailto:clubadmin@cswimming.ca)

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

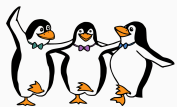


Check out your training group's FPP requirements [here](#). Please sign up to help using the links below.

January Meet Report Sign Up will happen in the January newsletter since the meets happen so late in the month =)

Thank you to all the families who have signed up to help with the Awards Banquet!

**CW Awards Banquet is on**



**December 18th!**

This is a **sold out** event! If you are still looking for tickets (or have extra tickets to sell) please go to our CW Parent Facebook Page and post your request. A reminder to everyone that your **ticket purchase receipt** will function as your ticket into the banquet =) Please remember to pay for parking as our passes are not valid for the entirety of the banquet.

Thank you to all the Training Groups who have created a RAFFLE BASKET for the Awards Banquet! Raffle tickets will be sold that night for \$2/each.



### SPIRITWEAR UPDATE

The spiritwear is in. Some of it was given out to families at the university on November 29 and 30. Others have not been picked up. To arrange a porch pickup, please email [equipment@cswimming.ca](mailto:equipment@cswimming.ca).

We will be running **DIETICIAN Seminars** with [Rachel Hannah RD](#) in January! These online presentations will address how to best fuel your swimmer at each swim level, AG1 to High Performance. Please mark the following date(s) on your calendar for January. More information and the seminar link will be shared in the new year.

**Tuesday, January 13th 7-8pm (AG3, AG3DEV, F&T)**

**Wednesday, January 14th 7-8pm (AG2, AG2DEV)**

**Thursday, January 15th 7:30-8:30pm (HP, JRE, SEN)**

### HAVE YOU STARTED YOUR HOLIDAY SHOPPING YET?



Don't forget you can use flipgive to make your online purchases while also **fundraising for our team!**

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>

### Thank you to our 2025-2026 PLATINUM sponsors

**Audi**  
Kitchener-Waterloo



### 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](#)

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



### 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.**



### Club T-shirts and Caps

Did your swimmer lose or rip their CW cap? Replacement caps can be purchased for \$15. Please email [equipment@cswimming.ca](mailto:equipment@cswimming.ca) to arrange for a porch pick up.

### 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



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

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!**



**Social Media Update**  
Please consider following us on:  
**Instagram:**  
Club\_warriors\_swimming  
  
**Facebook Page** (public)  
  
**Facebook (private):**Email:  
[communications@cwswimming.ca](mailto:communications@cwswimming.ca) to be added!