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## January Newsletter

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

Hello CW Families,

Welcome to the New Year! The 2025 year and season was a really good one for Club Warriors. We made much needed changes to our club structure and administrative processes, and of course the swimmers shone with awesome results all year. 2026 has its work cut out! In the coming months our athletes will test themselves against the best of the Western Region at our Regional Champs, and then a few weeks later the province at the OAG competition. Moving into April we will again have athletes competing at the Canadian Open, our first National Meet of 2026.

To help us get started on our journey (especially after a festive holiday!) we have arranged for Nutrition Seminars to get everyone back on track. These are sessions for parents and athletes in AG1 and up.

It's a short run to the Championship meets. Remember that everytime you do something, it is one less time you get to do it. Make every practice count.

Go Warriors!

Nandi Kormendi

Head Coach, Club Warriors



### Important Dates:

**Jan 13-15:** Dietician Rachel Hannah  
**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  
**Feb 15:** SC WOSA Champs  
**Feb 13-15:** MMST Skins  
**Feb 14:** GHAC Super Fun Development Meet #2

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.



### AGM Date:


Wednesday February 4th, 2026  
6:30 to 8:00pm  
Math and Computer Building  
(MC) Room 2017

Attendance will earn you one FPP point PER FAMILY.

## 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!

### Ontario Junior International:

 2025 Ontario Junior International.docx.pdf

### Novice 1C Warrior Welcome Meet:

 NOV1C CW Warrior Welcome 2025 Nov 30

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!



### 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



## GROUP HOTEL BOOKINGS!!

We've secured group rates for our upcoming meets, and families can now book their rooms using the links listed below. **Spaces are limited**, so booking early is your best bet for availability.

Plans change — we get it. **If you need to cancel**, please email [president@cswimming.ca](mailto:president@cswimming.ca) so we can make sure no one on the waiting list misses out.

OAGs (March 5 to 8- \$229 per night)

[OAG Hotel Booking Link](#)

WOSA Long Course Regionals (June 5-7, \$189 per night)

[WOSA Regionals Hotel Booking Link \(Windsor\)](#)

OSC (July 8-12 - \$199 per night)

[OSC Hotel Booking Link](#)



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!

## 11/12 TRAVEL MEET FUNDRAISING COORDINATOR WANTED

We're looking for someone creative to organize fundraising for the 11/12 away meet to be held in April.

What you'll do:

- Plan and manage a fundraising activity.
- Track funds and report progress.

Email [President Club Warrior](#) if interested.

## CW Awards Banquet

Thank you to all the volunteers who helped with the Awards Banquet in December. Special Thank You to Farah Hemani for all her hard work organizing both the evening and the volunteers. We know that it is a big undertaking. We appreciate 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)



## LOOKING FOR FAMILY PARTICIPATION POINTS (FPP)?

Our swim club thrives when families bring their energy, creativity, and unique strengths into the mix. This season, we're inviting parents to get involved in ways that feel natural, fun, and meaningful to *you*.

Instead of always handing out a list of roles, we are open to hearing **your own creative ideas**. Big or small, traditional or totally outside the box — if it helps build the CW community, support our swimmers and make the club experience richer, we're excited to hear it.

### ✨ Consider things like:

- Talents or hobbies you'd love to share
- Ways to gather the parents within your group at meets
- Traditions or events you wish our club had
- Ideas you've seen elsewhere that inspired you
- Anything that would help families feel more connected

Your perspective matters. Your creativity matters. And your involvement — in whatever form it takes — helps shape the kind of club our swimmers are proud to be part of.

♥ **Have an idea? Bring it forward. Let's build Club Warriors together.** Email [president@cswimming.ca](mailto:president@cswimming.ca) with any ideas that you may have.

Check out your training group's FPP requirements [here](#).  
For existing FPP opportunities, please sign up to help using the following links

**January Meet Reports:** [January Meet Report Sign Up](#)

Please sign up to take pictures and report on your group's accomplishments this month!

Meet reporter instructions can be found [here](#).



We will be running **DIETICIAN Seminars** with [Rachel Hannah RD](#) over the next few days! These online presentations will address how to best fuel your swimmer at each swim level, AG1 to High Performance.

**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)**

**Join Zoom Meeting**

<https://us06web.zoom.us/j/85737371379?pwd=V6JnxDimt1hQuddHpKWLxaEbcFuRkk.1>

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](#)

[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:**

Meeting ID: 857 3737 1379  
Passcode: 359690

**Background on Rachel:**

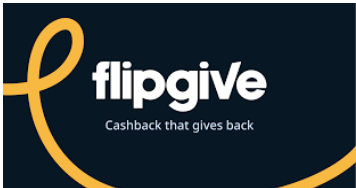
“Rachel Hannah is a Registered Dietitian and elite marathoner with over a decade of experience helping athletes and active individuals achieve their goals through smart, science-based nutrition.

With a 3rd place finish at the 2024 Canadian National Marathon Championships and extensive experience working with top universities in Ontario, Rachel understands firsthand how the right nutrition plan can impact performance, recovery, and overall well-being.

Whether you're training for a competition, looking to improve your everyday nutrition, or seeking guidance for long-term health and longevity, Rachel offers personalized, evidence-based coaching tailored to your unique needs.” (<https://rachelhannahrd.com/>, 2026)

**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!**

**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!



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**



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

