

NWRSC Newsletter

(14) 18 July 2025



MESSAGE FROM OUR COACHES

Drinking water during workouts, especially in hot weather is crucial for maintaining hydration and preventing heat-related illnesses. As the body sweats to cool down, it loses fluids and electrolytes that need to be replenished to prevent dehydration. Remember to hydrate before, during and after workouts!

LAST club meet of the season!

This weekend is the last regular meet of the season. If you wish to swim at Regionals you need to have participated in a 50m event you want to swim that is NOT our Blue & White meet. Deck entries are possible for this meet at the Commonwealth Pool



IMPORTANT DATES

- July 19-20 Sidney Piranhas Meet- Commonwealth Pool
- July 30th B&W, Pie the Coaches and Family Swim
- Aug 1-3 Regionals- Courtenay
- Aug 4th: No Swimming
- Aug 5-8th Post Regionals Schedule

Regionals Weekend

Regionals is a large swim meet that requires many volunteers. Each club is responsible for a certain number of volunteer shifts and it's important that everyone helps out. Please take a look for shifts with NAN and sign up!

[Sign Up HERE](#)

[Meet Package](#)

Pie the Coaches July 30th

This event is generously sponsored by Bellemay orthodontics and is a fundraiser for Loaves and Fishes. Tickets can be purchased for \$2. Please bring cash to purchase tickets. Volunteers are needed to help set up and clean up this event. Watch for an event sign up on the website.



**Salt Spring
SWIMMERS OF THE
MEET**



Congratulations to the Swimmers of the Meet

Sr girl: Josephine Midgley
Sr boy: Finn English

Jr girl: Jubilee Eng Stime
Jr boy: River Capadouca





HELL WEEK FUN

Look for more images on our Instagram account @nwrsc

