

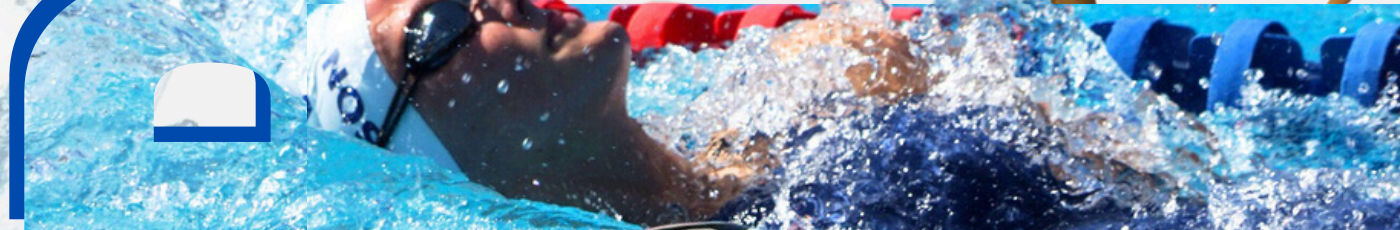
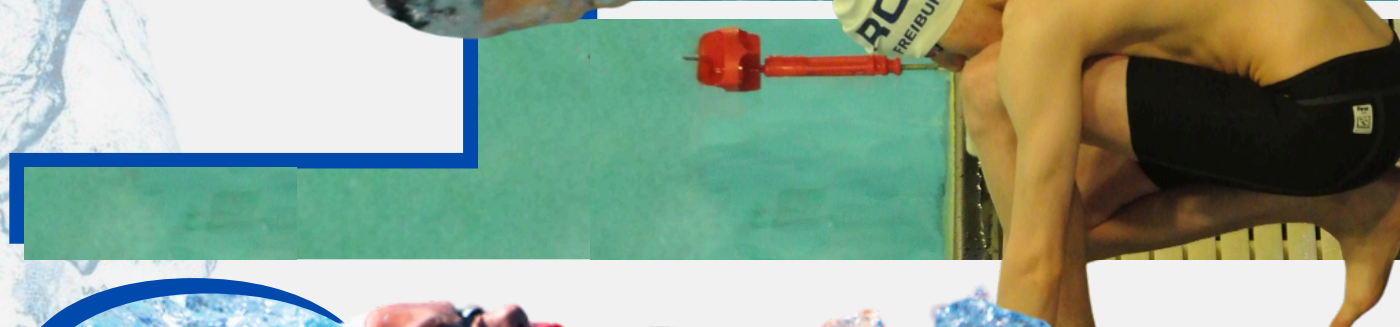
MAKE

UP

AT

THE

WATER



HISTORY SERIES:

OUR OLYMPIANS
(PART II)

MEET HIGHLIGHTS:

BAC INVITATIONAL
ACES INVITATIONAL
NYAC CUP
NOTHER'S INVITATIONAL



50TH ANNIVERSARY HISTORY SERIES

OUR OLYMPIANS

(PART II)

Victor Davis
1984 Los Angeles;
1988 Seoul



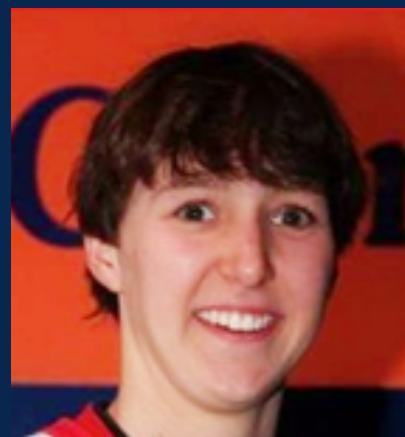
Victor Davis helped elevate ROW to the world stage in the 1980s, earning three medals at the 1984 Olympics—gold in the 200m breaststroke and silvers in the 100m breaststroke and 4×100 medley relay. A world-record holder in the 200m breaststroke, he received the Order of Canada and was inducted into multiple halls of fame, including the Canadian Olympic Hall of Fame and Canada's Sports Hall of Fame. Davis also competed at the 1988 Olympics and was widely celebrated for his remarkable talent, dedication, and impact on Canadian swimming. His work ethic set a standard for those who followed, inspiring generations of athletes across the country. Coaches and teammates admired his relentless drive and competitive spirit, which helped reshape expectations for Canadian performance on the international stage. His legacy continues to be remembered as a benchmark of excellence within the ROW community and beyond.

Mike West
1984 Los Angeles



Mike West emerged as one of Canada's top backstroke swimmers of the 1980s, rising from the ROW program to set a world record in the 200m backstroke in 1984 and breaking ten Canadian records in the 100m and 200m backstroke events. After joining ROW in 1977 at age 13, he quickly excelled, qualifying for junior nationals within two years and later becoming a key member of Canada's national team from 1980 to 1986. At the 1984 Olympics, West captured a silver medal in the 4×100 medley relay and a bronze in the 100m backstroke, cementing his status as one of the country's premier swimmers. He was named Swim Canada's Athlete of the Year in 1985 and received the Government of Canada's Sports Excellence Award twice, honours that reflected his dedication, competitive fire, and rapid ascent on the international stage. His talent, coaching, and dedication left a lasting mark on Canadian swimming.

Laura Nicholls
1996 Atlanta;
2000 Sydney



Laura Nicholls, a ROW swimmer from Kitchener, became one of Canada's top sprint freestylers, starting her Olympic journey at age 17 in 1996. By 2004, she set a Canadian record of 25.60 seconds in the 50m freestyle and amassed 30 international medals and 17 national titles. Nicholls competed in three Olympics, achieving top-10 finishes in relays and top-25 in individual events, and trained under renowned coaches Dean Boles and Lucie Hewitt-Henderson to refine her sprinting technique. Her dedication and focus on perfection in the 50m freestyle allowed her to consistently perform at the highest level. Nicholls embraced challenges, including switching training programs to push herself beyond her comfort zone. After retiring from competition in 2005, she turned her focus to coaching, now leading the Guelph Marlin and sharing her passion for swimming with young athletes.



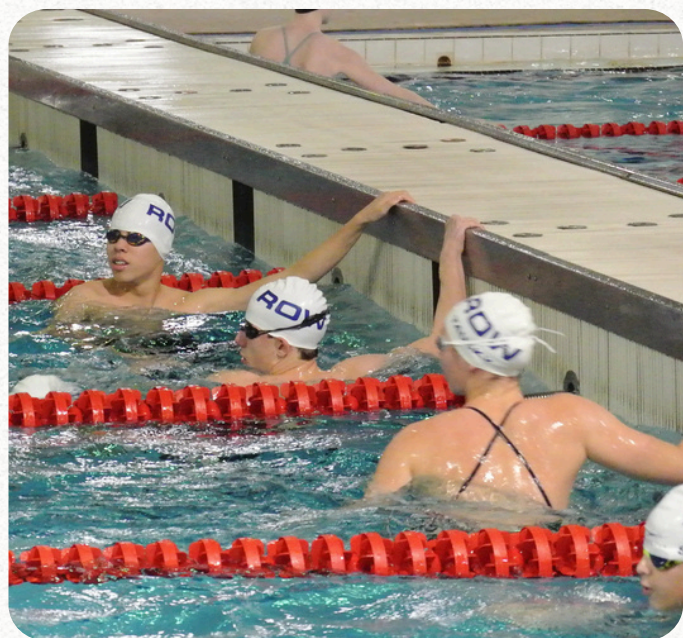
➤➤➤ BRANTFORD NOV 7-9

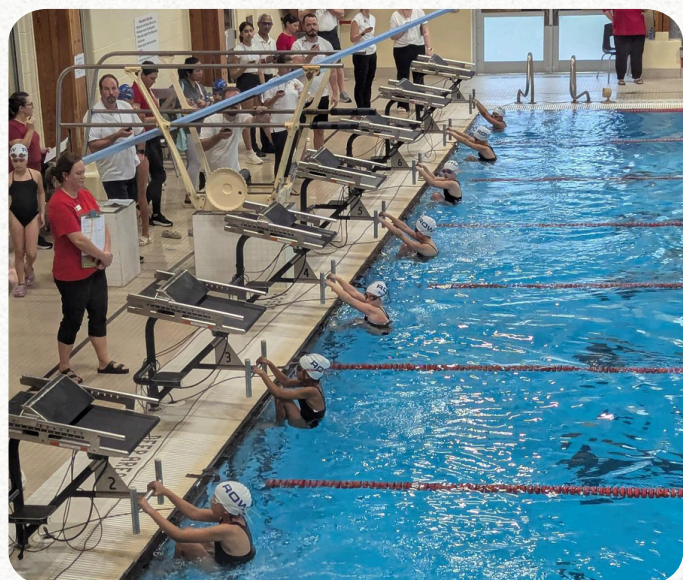
The BAC Fall Invitational, held from November 7–9, featured a fast-paced format with all sessions run as timed finals and three sessions packed into just two days. This structure provided swimmers with a valuable opportunity to expand their race experience, sharpen technical skills, and continue building toward Team Showdown. Athletes were reminded to trust their training, give their best regardless of heat or lane, and enjoy each moment of competition.

The SD Group delivered an excellent performance throughout the three sessions, all completed within a 30-hour window. Their ability to step up repeatedly—despite the combined load of competition and training—demonstrated impressive resilience and professionalism. Coaches were proud of the group's consistency, focus, and positive attitude during a challenging meet schedule.

The team posted strong results overall: 47 out of 52 swimmers achieved at least one personal best, and 11 swimmers recorded personal bests in all of their events. A special shoutout goes to Everett G., who earned the highest percentage improvement of the meet with a 40.25 in the 50 Fly. These improvements reflect the swimmers' continued growth both technically and competitively.

Medal performances were also a highlight. Jack A. earned bronze in the 100 Free and 100 Breast, and silver in the 50 Breast. Sebastian F. earned silver in the 100 and 200 Breast. Everett G. won silver in the 50 Back and gold in the 200 Back. Lukas H. earned silver in the 50 Back and bronze in the 100 Back and 50 Breast. Atlas L. took silver in the 50 Free and 100 Breast, and gold in the 50 Breast. Mykhailo M. earned silver in the 200 Free and 50 Breast, along with gold in the 200 Breast. Additional medalists included Cam S. (bronze 200 Back), Abigail C. (bronze 50 Breast), Anabel D. (bronze 200 Free and 400 IM; gold 400 Free), Avery H. (bronze 50 Back), Ariana K. (bronze 200 Fly), Brooklyn S. (bronze 400 IM), Alyssa S. (silver 400 Free), and Irene Z. (silver 50 Back). It was a strong, fast, and encouraging weekend for the entire team.





WILMOT NOV 15-16

The RSA Comp and JD2 groups took part in the Aces Fall Invitational in Nov 15-16, which was JD2's first experience with a two-day meet. All swimmers competed in the morning sessions, followed by early-afternoon finals. Even with the shorter rest period, ROW athletes rose to the challenge and represented the team with strong spirit throughout the event.

Athletes showed visible improvement from Day 1 to Day 2, gaining confidence and racing with greater composure. They also became more organized—managing warm-ups, marshalling, staying warm in ROW attire, and participating in effective pre- and post-race discussions with coaches. The growth in professionalism and meet readiness was noticeable across the entire group. Performance-wise, the weekend saw tremendous progress from all swimmers, with many advancing to finals for the first time. Finalists included Oliver A, Mannika B, Zoe D, Ankit D, Calvin H, Keira M, Aubry P, Ananya P, Ishita P, SF SL, Jonathan T, Neha V, Smriti V, and Jackson W. Medalists included Benjamin A, Oliver A, Ankit D, Calvin H, Charlotte L, SF SL, Jonathan T, and Jackson W, with strong results across backstroke, freestyle, breaststroke, IM, and fly events.

In addition, RSA Comp swimmers delivered an excellent showing in Finals. Zoe D placed 5th in the 100m BR and 4th in the 200m BR. Oliver A finished 6th in the 50m FR and 1st in the 100m BK. Ankit D earned 2nd in the 100m BK and 200m IM, and placed 5th in both the 200m FR and 100m FR. Calvin H placed 3rd in the 100m BK, 4th in the 100m BR, 2nd in the 200m BR, and 5th in the 200m IM. SF won the 100m BK and earned 4th in both the 200m FR and 100m FL. Jonathan T finished 3rd in the 50m BR, 5th in the 200m FR, 2nd in the 100m FR, 1st in the 100m FL, and 4th in the 200m IM. Jack W finished 5th in the 50m FR and 100m BR, 6th in the 200m FR, and secured 3rd in both the 100m FR and 200m IM. Overall, it was an outstanding weekend of growth, confidence, and achievement for the entire ROW team.



NYAC CUP MEET HIGHLIGHTS



TPASC NOV 14-16

The ND, PDI, PD2, and PD3 groups competed in their first full meet of the season at TPASC—an exciting venue where eight world records were broken just three weeks earlier. The weekend offered a valuable chance for athletes to shake off early-season rust, build momentum, and race against high-performance swimmers, including Olympians Apollo Hess, Javier Acevedo, and Sophie Angus. Coaches were extremely proud of the maturity, accountability, and resilience shown by the team throughout the competition.

Athletes demonstrated strong initiative and professionalism, preparing thoroughly for their races through proper activations, warm-ups, and warm-downs. Even without a cooldown pool during prelims, swimmers skillfully applied their knowledge and resources to manage recovery. Their attitudes remained positive and uplifting across all sessions, regardless of personal bests or outcomes, and their team-first approach showcased the ROW spirit from start to finish.

The meet's joint age-group format (e.g., 11/12, 13/14) provided valuable opportunities for athletes to race above their level and develop a mindset focused on performance rather than placement. Many swimmers embraced the challenge, using it as motivation to push their competitive boundaries and elevate their racing mindset.

Performance highlights included nine new club records, set by Liam Blais (50 Fly), Sebastian Hui (50 Breast), Aly Laing (50 Back—tied record, 50 Fly, 100 Back), Eliza Lin (50 Fly, 100 Fly), Lucas Lloyd-Bee (800 Free split from 1500), and Ethan Wu (50 Back). The team also earned an impressive 29 total medals—6 gold, 12 silver, and 11 bronze—with top-three finishes from Liam B., Harry F., Sebastian H., Aly L., Eliza L., Sophia L., Lucas LB, Nikkolai T., Ethan W., and Sunny X. It was a strong and promising start to the season for the entire group.



NOTHER'S INVITATIONAL MEET HIGHLIGHTS



➤➤➤ LONDON NOV 21-23

The Nother's meet followed a three-day format that included Friday distance events and 50m sprints, with prelims and finals for 13&Over swimmers on Saturday and Sunday, and timed finals for 12&Under athletes. A standout feature of the competition was the inclusion of relays—an opportunity many meets have recently removed due to time constraints. This allowed swimmers to experience the valuable team aspect of the sport, highlighted by the 10&U boys' silver medal in the 4x50 medley relay from Lukas H, Jack A, Atlas L, and Felix Y.

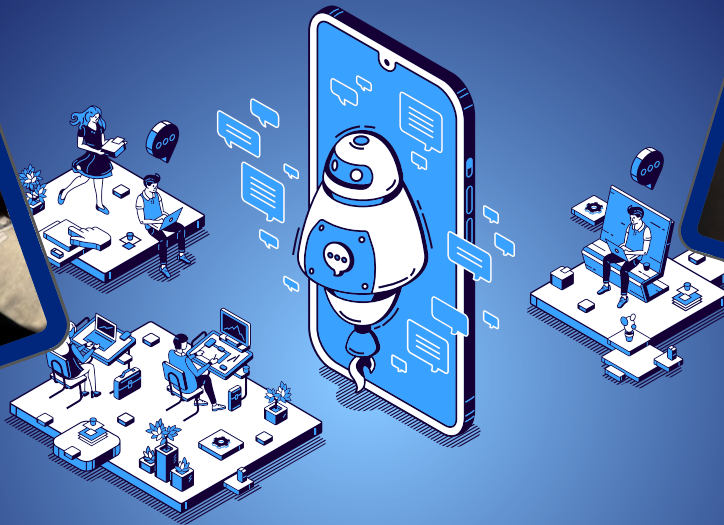
Across the weekend, many athletes gained important exposure to finals racing, with several swimmers reaching the top eight in their events—some for the first time. Finalists included Navarra A, Abigail C, Ruby L, Yifan C, Leo SM, Amy H, Sebastian F, Dakota L, and Beth T. Swimmers also developed skills in managing long meet schedules, learning to handle prelims and evening finals while improving on morning swims. For many 12&U athletes, the meet offered first-time experiences in longer events such as 200m races and various fly events. Coaches emphasized the importance of staying warm in the often-chilly environment of the Canada Games Center, reminding athletes that their performance improves when their muscles stay warm between races.

Throughout the meet, swimmers showed strong application of training habits—such as improved push-offs and underwater work—as well as competitive spirit across all heats. The team earned a total of 13 medals (5 gold, 5 silver, 3 bronze), with standout performances from medalists Dakota L, Jack A, Michael M, Atlas L, Yifan C, and Leo SM. Several swimmers also achieved new qualifying standards: Michael M, Sebastian F, and Yifan C qualified for OAG, while Irene Z, Lukas H, and Everett G secured new Western Regionals qualifications.



TECHNOVATION GIRLS

SWIMMERS' CORNER



In the September edition, this newsletter reported that Le Anne Du, Olivia Guo, and Sophie Rus have been named North American Regional Honourees in the Technovation Global semi-finals as members of Generation Linkers! This story has new developments. Their achievement had caught the attention of a large tech company in Canada, which invited them for a visit. Hildeberto Mendonça and Matt Mains facilitated the Technovation girls' visit to PointClickCare.

PointClickCare is the largest cloud-based provider of healthcare applications in North America. They serve over 90% of Skilled Nursing and Senior Living facilities and coordinate care with hospitals, clinics, and pharmacies. When they noticed that our swimmers had developed a mobile application with the potential to improve their residents' mental health, they wanted to learn more about the work.

The visit took place on Wednesday, November 26, at the company's headquarters in Mississauga. The girls were familiar with the location because the building is just a few meters from the Etobicoke Olympium pool, just across Centennial Park. The day started with a tour of the facility, visiting the cafeteria, the candy wall, the gaming area, the wellness space, the sales, marketing, product, and engineering offices, and the training rooms, where they stayed for the rest of the day.

The agenda included a presentation about the company, the girls presenting their project, and a mentorship session. Directors, managers, engineers, Co-ops, and former Co-ops who are now full-time employees were present. The feedback on the girls' presentation was excellent, and many stepped up to continue mentoring them as they move forward.

This experience wouldn't be possible without the community we built around ROW, which is more than a swimming club. Families are engaged and in sync with their kids' goals and dreams, and while they are in the pool, parents are socializing outside, and good things come from those connections. If you notice potential in any member of this community, linked to what you do, don't hesitate to create opportunities for them.

IMPORTANT

UPDATES

SUPPORTING WATERLOO'S MOTION TO BUILD A 50-METRE COMPETITIVE SWIMMING FACILITY

Our Club had been actively working to support the Waterloo Mayor's motion to build a 50-metre pool in Waterloo for competitive swimming. Over the past several weeks, we prepared the necessary documentation, gathered supporting information, and aligned our messaging to ensure that the needs of our swimmers and the broader community were clearly represented. Our president attended the City Council meeting to speak in favour of the motion and highlight the meaningful impact a high-calibre aquatic facility would have on athlete development, community access, and the region's ability to host major competitions.

Behind the scenes, a great deal of coordination was already underway. We worked closely with CW and were in active conversation with Dean Boles to obtain additional insights from Swim Ontario, helping us strengthen our case and align our recommendations with provincial priorities. While much of this work wasn't immediately visible, it reflected our strong commitment to advancing this motion and advocating for the long-term growth of competitive swimming in our community.



UNDERWATER CAMERA READY TO GO

The underwater camera has arrived. Our IT specialist is setting it up and will run a series of tests. Thanks ROW parents from the iPad donation! Coaches will be testing the equipment and learning how to best make use of it in practice.

IMPORTANT DATES:

- Dec 5-7 GMAC Dash 4 Cash
- Dec 11-14 Ontario Junior International
- Dec 12-14 Team Showdown
- Dec 17 Club Champ #1
- Jan 10-11 Dean Boles

BECOME A MEET OFFICIAL

Our winter meets need many volunteers—please register as an official for this season by filling out [this form](#) and visit the ROW or Swim Ontario websites to learn about officiating roles.

REMINDERS:

- ROW Olympic Fundraiser Clinic on Dec 21.
- Fundraising Update - We are seeking sponsors for our 2024/2025 season. (See [sponsorship letter](#))
- Follow us on [X](#), & [Instagram](#)
- Declare attendance for Club Champ #1
- Officiating volunteers for ROW meet should sign up with the following [form](#).

SWIM MEET ETIQUETTE



Be respectful to others at all times:

Address questions or concerns to coaches; Avoid calling swimmers on deck from the viewing gallery



No eating or drinking on deck:

Drinking water only may be consumed on deck; food and sugary drinks must be in glass-free containers and consumed outside the pool deck area



**Deck Rules:
Authorized Access
Only – No Outdoor
Shoes Allowed**

Only swimmers, coaches, officials are permitted on deck; Walk on deck at all times; No outdoor shoes on deck

PRACTICE GUIDELINES

To ensure smooth and effective practices, we ask swimmers and parents to follow these guidelines:

- Swimmers must always follow their coach's instructions.
- Parents are not allowed on the pool deck during practices.
- Concerns about practice or coaching should be addressed respectfully outside practice hours through proper channels.

Parent Conduct

Parents are expected to model respectful behavior. Arguing with coaches or undermining their authority disrupts the positive environment we strive for. Please review the Member Code of Conduct on the ROW Swimming website for detailed expectations.

HELP US RUN OUR MEETS—BECOME A REGISTERED OFFICIAL!

As the swim season settles into its familiar rhythm of school, practices, competitions, and plenty of driving, the club is preparing for a busy stretch of winter meets. Because many of these meets require more than 90 volunteers to run successfully, parent participation is essential. The most important first step is registering as an official. All parents—both new and returning—are encouraged to complete this year's [registration form](#).

Returning officials are reminded that re-registration is required every season. Parents who are new to officiating, or who want to learn more about the roles needed at swim meets, can explore helpful resources on the ROW website and Swim Ontario's officiating page:

- [ROW Officiating Information](#)
- [Swim Ontario Officials Positions](#)

For any questions, families are encouraged to reach out to officials@rowswimming.ca, where support is always available. In addition to making racing opportunities possible for swimmers, helping on deck is also a valuable way to earn family participation points.



OUR SPONSORS

WALTER FEDY



POPCORN FUNDRAISER UPDATE

Our Popcorn Fundraiser was a wonderful success! Thanks to the enthusiastic support of our swimmers, families, and community, we were able to raise \$300 to help fund our Senior Team's upcoming Winter Training Camp. From sharing order forms to promoting sales and organizing pickups, everyone played a part in making this initiative run smoothly. A big thank you to all who participated—whether you purchased popcorn, encouraged others to get involved, or helped with distribution. Your teamwork and generosity continue to strengthen our program and ensure our athletes have the opportunities they need to grow and excel.

A Record Breaking Month!

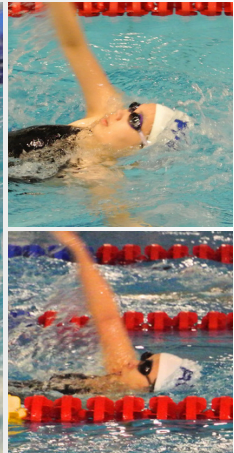


New Club Records



NYAC Cup 2025

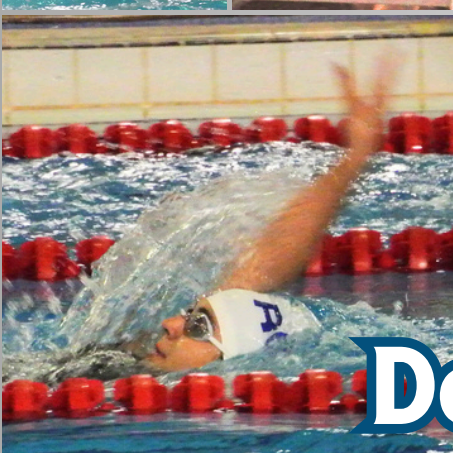
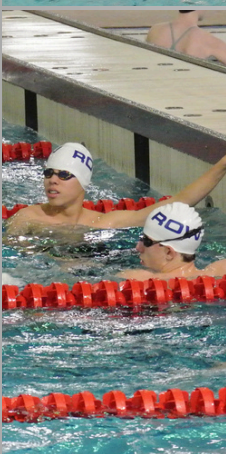




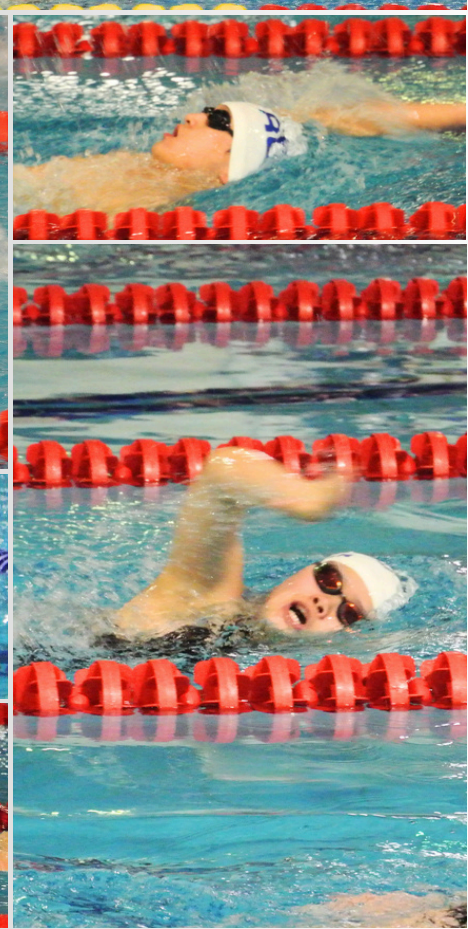
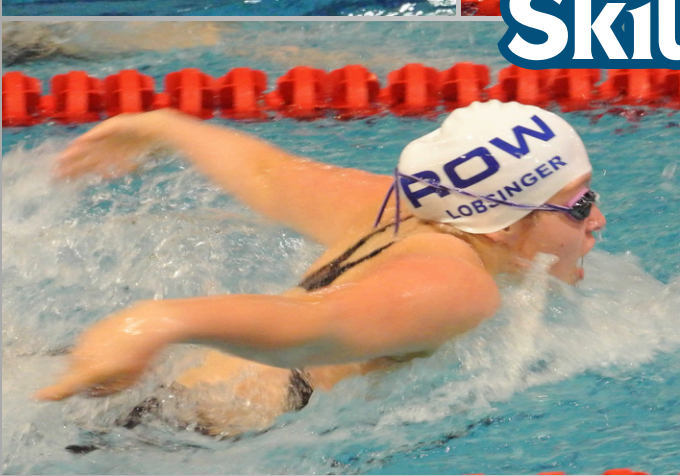
ROW Spirit

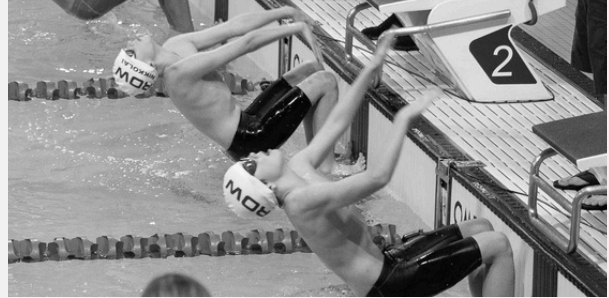


Personal Bests



Developing Skills

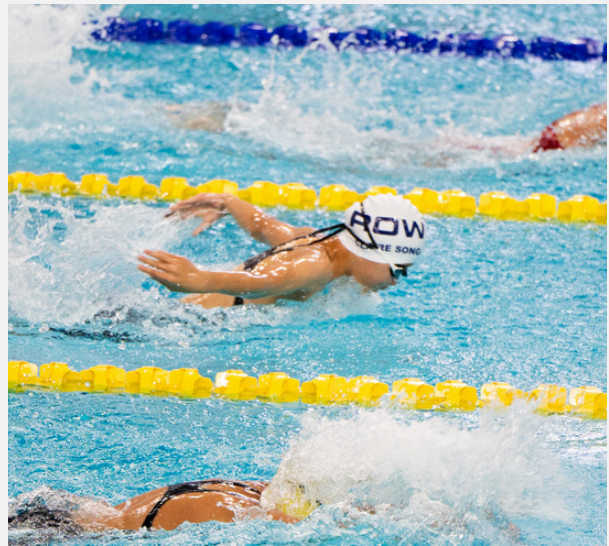




NYAC

TPASC NOV 14-16

More photos



Fun outside the pool



SD Bowling



AgD Breakfast



AgD Bowling



RSA comp Brunch



PD1 Bowling



RSA-Ag Brunch



PD3 Breakfast



PD2 Bowling

"Team Building activities outside the pool!"

Armstrong Swimming
Presents



**\$150
+
GST**



ROW Olympic Fundraiser Clinic

December 21, 2025

*Wilfred Laurier University
Waterloo, ON*

10 - 12 Years: 1:45 - 4:45 PM

13 Years & Over: 4:15 - 7:15 PM.

The event will consist of a two-hour pool session dedicated to advanced breaststroke techniques and skills, followed by a 30-minute classroom session. There will also be time allocated for photographs and autographs after the session.



*Featuring
Paris 2024
Olympian
Sophie Angus*



WWW.ARMSTRONGSWIMMING.COM

Secure your spot at swim camp
click here to register:

<https://armstrongswimming.com>