

 **June**  
2020

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# SWAT NEWS

*Team Pride - Integrity - Dedication - Leadership*



SWIMMERS ELLA D, LUCY J & MEG B BRAVING THE LAKE IN MAY!



JUNIOR SWIMMERS GABE A & EUGENE L ALSO TOOK THEIR FIRST LAKE DIPS IN MAY!

***“PUSH YOURSELF, BECAUSE NO  
ONE ELSE IS GOING TO DO IT FOR  
YOU” – SWIM USA***

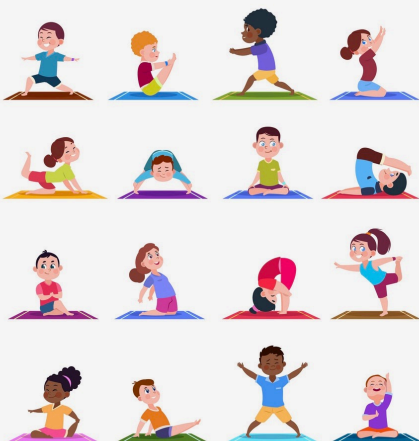
## SWAT YOGA UPDATE

Thanks to everyone who has been participating in our Saturday AM SWAT Yoga Classes. It's been a really fun way to see the faces of swimmers from all groups! We have two more Saturday AM classes:

June 6<sup>th</sup> @ 9:30AM  
June 13<sup>th</sup> @ 9:30AM

**If you have not been attending yoga, but want to join in for the last 2 classes, please send me an email and I will add you to the distribution list.**

Depending on how our sport rolls out the "return to sport" guidelines over the next few weeks, I may look into doing a weekday evening yoga session for a few more weeks into the summer. ***If you are interested in participating in this, please send me an email!***



## Head Coach Message

Welcome to June SWAT Families,

We have seen an increase in sunshine, and subsequently an increase in time we're able to spend outside. With this, comes all of the fun activities of spring and summer; biking, hiking, games with friends and family, maybe even swims at the beach or lake. Over the last few months, I have found there has been a significant feeling of a collective "slow down". This gives us time to experiment with new activities, and find creative ways to exercise and stay in shape. I think this time has been a fantastic opportunity for everyone to press pause, and then "re-set". A mental and physical re-set can be a very powerful tool, as it allows us all to start back to our sport with a fresh body and a clear mind.

### The "Re-set" Mentality

It is not very often in sport (or life) that we have an extended break, or change of pace. I think this is an opportunity for all swimmers to recharge their brains and bodies, and truly dig deep inside to find out what drives them to love swimming. It is also a time to focus on things that sometimes get pushed to the side when we are engrossed in swimming. This is an opportunity to stay up a little later on the weekend with friends, or go to the bonfire at your neighbors because you don't have Sunday AM Workout. It's also a time where you can explore nature, or try to pick up a new hobby or skill because you have more hours of your day free. This is also a time where we can work on our weaknesses, and create new habits. If you have that nagging shoulder or knee, you can re-hab without doing any training so that your body has time to heal itself and get stronger. If you're someone who doesn't drink enough water, this is a perfect time to try and increase your water intake because you're always at home! If we think of this time period as a collective re-set for our mind and body, we will come out the other side in a much more positive mind-set. We will remember that everyone has this time off, and we will remember how many new skills we learned, and then feel rejuvenated to get back into the water with purpose and passion. At the end of this newsletter, there is a video you can watch which is a Swimming Canada "SWIM CHAT" between Olympian Heather MacLean and her coach Tom Johnson at the HPC-Vancouver. She speaks about a 5 month break she took from swimming just 18mos before she made the 2012 Olympic Team. I think it's worth a listen for everyone, and proves that sometimes an extended break from training can be used as a positive to then elevate yourself to the next level when we re-set, and return!

Keep up all the great work, have fun this summer, and I cannot wait to see each and every one of you on deck when it is safe to do so!

## 2020-21 Group Placements

With so many logistics still "up in the air", it will be a bit later this summer until we are able to confirm many operational aspects of the club, such as group fees, training schedules, fundraisers, etc. However, we can plan for what group each swimmer will be placed in for the fall.

This is an exciting time for all athletes, as they continue to grow and move through our program throughout their swimming careers. This season, you will have your **2020-21 Group Placements by end of June**. This by no means "locks" you into the team for 2020, but it will give you an idea of the training group and commitments for your athlete. It is my hope that we are able to have as similar as possible training schedules for the groups as this year – given the new "Safe Return to Sport" Guidelines we will need to follow.

## SWAT Graduating Swimmer Bios

*This season we have 3 swimmers graduating from SWAT. They have been a huge part of our team, so please join me in wishing them the best of luck in their future endeavors. I asked each swimmer ten questions so that we could get to know them a little bit more, and hear some of their best advice! Congratulations to Megan Bateman, Ryan Jardine & Michael Smith – we are SO proud of you!*

### What is your Name?

*MB:* Megan Bateman

*RJ:* Ryan Jardine

*MS:* Michael Smith

### How old are you?

*MB:* 17, turning 18 on June 14<sup>th</sup>!

*RJ:* 17

*MS:* 17, 18<sup>th</sup> birthday in a few weeks!

### Where are you attending University / What program are you going into?

*MB:* Dalhousie University. BSc in Recreational Therapy

*RJ:* Dalhousie University. Computer Science

*MS:* Dalhousie University. Bachelor of Recreation

### How many years have you been swimming?

*MB:* 8 years

*RJ:* 8 years

*MS:* 6 years.

### What is your Favorite Event to race?

*MB:* Anything distance, 1500fr, 800fr, 400fr.

*RJ:* 800fr

*MS:* 100fr / 100fly

### What is your Best/Favorite/Most Proud moment in swimming?

*MB:* Getting my first Eastern time in the 1500fr and realizing that I've had the time since March. It was my most proud, favorite and happiest moment as I've been working hard to achieve this for years and it just proves to me that my training philosophy "hard work pays off" is true. It made me super happy and emotional as I was proud of myself for once and felt successful.

*RJ:* Qualifying for Olympic Trials at 2019 Ken Dunn

*MS:* Finishing my first 200fly and getting a good time.

### What is your favorite food to eat before a big swim meet?

*MB:* Tortellini Chicken Pesto Pasta

*RJ:* Pizza

*MS:* Pizza

### What is the best piece of advice you've learned from a coach?

*MB:* "Sometimes you need to be selfish and do what's best for you" – Zoe Miles. Zoe said this to me when I was talking to her about joining SWAT

## Megan Bateman



## Ryan Jardine



## Michael Smith



and basically said sometimes you need to do what's best for you despite maybe disappointing a few people and leaving some friends, and that if they truly are your friends they will support me no matter what.

*RJ:* To never give up, all the training I've done will help me succeed.

*MS:* Zoe 2018 – “Just do it”.

### **What are you most excited for about University?**

*MB:* I'm most excited for the opportunity to attend classes that are different from the basic English and Maths of high school. This program will be a great opportunity to expand my knowledge in health sciences and learn more about balancing a heavy course load with sport.

*RJ:* Becoming more independent, living in residence.

*MS:* New way of life and Swimming for DAL.

### **What is your best advice to younger swimmers?**

*MB:* “My advice to a younger swimmer would be don't give up, even when things seem scary and impossible to achieve. Get excited by this challenge and work hard every day, because no dream is impossible to achieve no matter how big it may seem. You can do anything you put your mind to, it's the power of believing in yourself that will help you achieve.”

*RJ:* “Never forget to have fun. Swimming requires a lot of time and training and it's important to have fun with your friends too.”

*MS:* “Even though it's a hard set/practice once you get through it you're twice as strong as when you first entered the water.”

## **Return to Pool Updates**

### **Swimming Canada National Standards**

Swimming Canada (SNC) has released their 2021 – 2024 Canadian National Standards. They are posted below, and have also been uploaded onto our website under “Records & Standards → Qualifying Standards”. One of the great things to come from Covid-19 is that SNC has declared the qualification window for the next season (2020-2021) will be expanded to include any times swam from September 1<sup>st</sup>, 2018. Basically this means any best times athletes have swam since I have been at SWAT will still qualify them for national meets next season, this is **awesome!**

### **Swimming Canada Return to Sport Framework.**

SNC has released their National Sport Organization guidelines for return to swimming. It is available in the Covid-19 Resource Hub on their website, and also linked below. It is a great document and gives a breakdown of how it will be safe to return to training. SWAT will work with Swim Nova Scotia, SNC and the Sackville Sports Stadium to ensure we are following protocols to keep the swimmers, coaches, and facility staff safe. As a club, we will also follow the top-down approach of return to sport. This is due in part to the age of athlete, but also their training needs throughout the summer months and headed into next season. It is my hope that all athletes and their families can remain positive throughout this time so that we are able to continue working through the return to sport guidelines to get our team fully back to training in a timely manner. **\*\*Please note: our start date will be determined entirely by when the Stadium is ready to open and provide rental contracts.**

# Trip Across Canada Wrap Up

Congratulations to everyone who participated in our Trip Across Canada. Whether you completed every leg of the journey, or sporadically joined in, I hope you had a lot of fun learning about our sport, and our Canadian Greats.

As we wrap up the Trip Across Canada, and head into our summer months, I hope that you were inspired by the athletes you met and keep their advice in mind as we prepare for next season.



Swimming Canada Resource Hub: <https://www.swimming.ca/en/resource-hub/>

## Swimming Canada Qualifying Standards

Swimming Canada 2021-2024 Female Standards												
Event	Trials		CSC	CJC				CJC relay	Easterns/Westerns			
	Senior	Junior	Senior	16-17	15	14	13	13-17	18&Over	15	14	13
AG												
50 fr	26.87	27.29	27.15	27.29	27.65	27.86	28.46		27.84	28.20	28.42	29.03
100 fr	57.45	58.94	58.31	58.94	59.88	1:00.58	1:01.91		1:00.12	1:01.08	1:01.79	1:03.15
200 fr	2:04.66	2:07.57	2:06.14	2:07.57	2:09.81	2:11.45	2:14.78		2:10.12	2:12.41	2:14.08	2:17.48
400 fr	4:25.15	4:31.63	4:28.98	4:31.63	4:36.11	4:39.16	4:45.34		4:37.06	4:41.63	4:44.74	4:51.05
800 fr	9:11.99	9:21.43	9:18.86	9:21.43	9:29.57	9:37.96	9:45.68		9:32.66	9:40.96	9:49.52	9:57.39
1500 fr	18:01.82	18:11.55	18:07.87	18:11.55	18:30.23	18:32.59	18:49.51		18:33.38	18:52.43	18:54.84	19:12.10
50 bk	30.53	31.08	30.86						32.40	32.40	32.40	32.40
100 bk	1:04.51	1:05.97	1:05.55	1:05.97	1:07.40	1:08.26	1:10.20		1:07.29	1:08.75	1:09.63	1:11.60
200 bk	2:19.60	2:22.97	2:22.03	2:22.97	2:25.72	2:27.66	2:31.53		2:25.83	2:28.63	2:30.61	2:34.56
50 brst	33.82	34.56	34.26						35.97	35.97	35.97	35.97
100 brst	1:13.10	1:15.78	1:14.46	1:15.78	1:16.90	1:17.56	1:20.02		1:17.30	1:18.44	1:19.11	1:21.62
200 brst	2:38.35	2:42.80	2:42.05	2:42.80	2:46.84	2:48.13	2:53.12		2:46.06	2:50.18	2:51.49	2:56.58
50 fly	28.31	29.09	28.78						30.22	30.22	30.22	30.22
100 fly	1:02.63	1:04.35	1:03.81	1:04.35	1:05.45	1:06.47	1:08.12		1:05.64	1:06.76	1:07.80	1:09.48
200 fly	2:21.51	2:24.40	2:22.01	2:24.40	2:27.93	2:30.09	2:34.87		2:27.29	2:30.89	2:33.09	2:37.97
200 IM	2:22.40	2:24.90	2:24.40	2:24.90	2:27.43	2:29.58	2:32.71		2:27.80	2:30.38	2:32.57	2:35.76
400 IM	5:03.68	5:08.43	5:06.78	5:08.43	5:13.48	5:18.17	5:25.72		5:14.60	5:19.75	5:24.53	5:32.23
400 FR									4:05.00			
400 MR									4:35.00			
800 FR									9:00.00			

Swimming Canada 2021-2024 Male Standards												
Event	Trials		CSC	CJC				CJC relay	Easterns/Westerns			
	Senior	Junior	Senior	17-18	16	15	14	14-18	17&Over	16	15	14
AG												
50 fr	23.95	24.56	24.12	24.56	25.06	25.43	26.04		25.05	25.56	25.94	26.56
100 fr	51.79	53.25	52.60	53.25	54.47	55.39	56.72		54.32	55.56	56.50	57.85
200 fr	1:53.63	1:56.47	1:54.97	1:56.47	1:59.31	2:01.40	2:04.67		1:58.80	2:01.70	2:03.83	2:07.16
400 fr	4:03.10	4:10.18	4:06.18	4:10.18	4:15.78	4:19.43	4:26.40		4:15.18	4:20.90	4:24.62	4:31.73
800 fr	8:40.28	8:44.55	8:43.17	8:44.55	8:53.02	9:00.65	9:11.94		8:55.04	9:03.68	9:11.46	9:22.98
1500 fr	16:23.72	16:48.31	16:35.66	16:48.31	16:58.79	17:16.79	17:33.62		17:08.48	17:19.17	17:37.53	17:54.69
50 bk	27.80	28.23	27.90						29.29	29.29	29.29	29.29
100 bk	58.88	1:00.11	59.63	1:00.11	1:02.09	1:02.86	1:04.58		1:01.31	1:03.33	1:04.12	1:05.87
200 bk	2:08.48	2:11.69	2:09.91	2:11.69	2:14.61	2:16.45	2:19.99		2:14.32	2:17.30	2:19.18	2:22.79
50 brst	30.15	31.04	30.29						31.80	31.80	31.80	31.80
100 brst	1:05.49	1:08.10	1:06.29	1:08.10	1:09.16	1:10.60	1:12.69		1:09.46	1:10.54	1:12.01	1:14.14
200 brst	2:22.41	2:28.74	2:24.62	2:28.74	2:31.75	2:34.41	2:38.93		2:31.71	2:34.79	2:37.50	2:42.11
50 fly	25.75	26.35	25.89						27.24	27.24	27.24	27.24
100 fly	56.33	58.02	56.96	58.02	59.32	1:00.33	1:02.21		59.18	1:00.51	1:01.54	1:03.45
200 fly	2:06.55	2:10.89	2:08.07	2:10.89	2:14.32	2:17.09	2:21.49		2:13.51	2:17.01	2:19.83	2:24.32
200 IM	2:09.02	2:12.21	2:10.75	2:12.21	2:15.45	2:17.18	2:20.78		2:14.85	2:18.16	2:19.92	2:23.60
400 IM	4:37.96	4:44.63	4:41.82	4:44.63	4:50.46	4:54.26	5:04.71		4:50.32	4:56.27	5:00.15	5:10.80
400 FR									3:45.00			
400 MR									4:10.00			
800 FR									8:10.00			

*Trials = Canadian Swimming Trials (age as of December 31st); Stroke 50 qualifying times are only applicable to years when the stroke 50s are offered*  
*Trials Juniors = years of birth will be determined based on selection requirements in a given year, ie: 2021, 2022... and detailed in the Meet Information Package*  
*CSC = Canadian Swimming Championships; CJC = Canadian Junior Championships*  
*Combined Meet = Will use the CJC qualifying times and CSC qualifying times; the CSC times will be considered 18&over girls and 19&over boys for the combined meet*  
*Standards will be reviewed annually in August to ensure size of meets are still appropriate and changes will only be made if required*

## Swim Nova Scotia Updates

My assumption is that Swim Nova Scotia will also follow suit and allow their qualifying standards for our Provincial Meets in 2020-2021 to be any time swum since September 1<sup>st</sup>, 2018. This is great for our athletes who have been working so hard to get their next age up qualification times! Once SNS has finalized their schedules and standards for next season, I will communicate those to the swimmers and parents.

At this point in time, SNS has been submitted our Provincial "Back to Play" Procedures to Dr. Strang. We are still only allowed to do virtual training, despite there being a slow social opening around our province. Even with the announcement that Facilities are allowed to start maintenance to get ready for opening, all organized sport must wait until Dr. Strang has approved our plan

# SWAT June Team Challenge – Anti Talent Show

For our final team challenge of the summer, we have a fun activity called SWAT's "Anti-Talent Show", put on virtually of course.

On Saturday, June 27<sup>th</sup>, at 6:30PM we will all (swimmers and families) join on Zoom to show off our Anti-Talents!

**What is an Anti-Talent??** An Anti-Talent is a new skill that you, as of June 1<sup>st</sup> have decided to try and learn over the three weeks until June 27<sup>th</sup>. The sky is limitless, but you should keep your talent to no longer than 5mins in length. Maybe you're going to learn an instrument, or a magic trick, a new dance, some sort of new language or another fun skill!

The idea is to be creative, but have fun doing it. The best part is, you don't need to be PERFECT because we will all be performing something that we've only had just over 20 days to work on!! No pressure, just fun!

If you are interested, please email Zoe with your name and "Anti-Talent" by June 21<sup>st</sup>, 2020.



before we would be allowed to consider to get back into a pool. Please remember even though sport is being talked about as a "sector" in the media, each sport has their own return to play procedures and processes which we must comply with.

Junior, Senior 2, and Novice will conclude their season and virtual training June 17<sup>th</sup>. Senior 1 & P will continue with a new program through June. There will be a parent and swimmer meeting announced for next week, Monday June 8<sup>th</sup> @ 6:30PM which will be mandatory for parents & athletes wishing to train through the summer. We will re-evaluate mid - late summer training once we have more information from the province and Swim Nova Scotia. Please also note that our province is different from all others – we have decided to take a slower more conservative approach to reopening, which means we cannot compare what other provinces are doing to our own return to sport.

## Open Water Considerations

At this point in time, there can be no "organized" swims in lakes or beaches. Athletes who do have access to lakes/oceans are asked to remember they are there as individuals, not SWAT swimmers. I would like to remind everyone that safety is the most important thing right now. While I understand swimmers want to get back into the water, it needs to be done slowly and with care. Athletes should be accompanied by another swimmer / parent, ideally in a boat/kayak/paddle board etc. Swimmers should start with short amounts of time in the water, making sure that they pay attention to how cold the water is, and their technique. I would suggest starting with wet suits if you are able to until we've had a few more nice weeks of weather. Swimming Canada has come up some guidelines for individuals who are looking to hop into the water on their own time and this too is available on the Swimming Canada Resource Hub, which is provided above.

## Train Like Our Seniors

If you're curious what the SWAT Senior Swimmers have been doing over Covid-19 and you're up for a challenge, here are some fun links to classes we've done, as well as a few circuit training workouts! It is a great way to learn a new workout type, move your body and have some fun. Send in pictures of you Training Like Our Seniors so we can feature you on our social media.

1. Boxing: <https://www.youtube.com/watch?v=jCTEVKRTuS8>
2. Zumba: [https://www.youtube.com/watch?v=hOXwkn\\_AxUs](https://www.youtube.com/watch?v=hOXwkn_AxUs)
3. Strong: <https://www.youtube.com/watch?v=cLJfmPaKb1M>
4. Pilates: <https://www.youtube.com/watch?v=iYNIIIEP6iM>
5. Kickboxing: <https://www.youtube.com/watch?v=6oLg5fFe5ww>
6. Barre: <https://www.youtube.com/watch?v=1gAiGNKain4>
7. Pound: <https://www.youtube.com/watch?v=BkX1j7jn128&t=2173s>

### REMINDER:

#### **Virtual Training Guidelines**

1. Show up prepared in proper athletic gear (including water bottle & running shoes)
2. Perform Virtual Activity in an open, observable place in your house with enough space for all activities.
3. Parent supervision is encouraged, especially in the younger age groups.
4. Yoga & Jr/Novice will have password Protected Meetings. Password will be emailed out with the invite.
5. Make sure you are on mute during the workout to eliminate background noise. (unless otherwise directed by coach!)

# Great Swim Resources to Explore

**SWIM CHATS:** Tom Johnson & Heather MacLean  
<https://www.facebook.com/SwiSwimmingCan/videos/2343682234368229/>

**Quarantine** through the Eyes of Cirque du Soleil Artists:  
<https://www.youtube.com/watch?v=8Cl4yhvmzsk>

**Ryan Murphy:** The Power of Routines  
<https://swimswam.com/ryan-murphy-the-power-of-routines-and-being-able-to-roll-with-the-punches/>

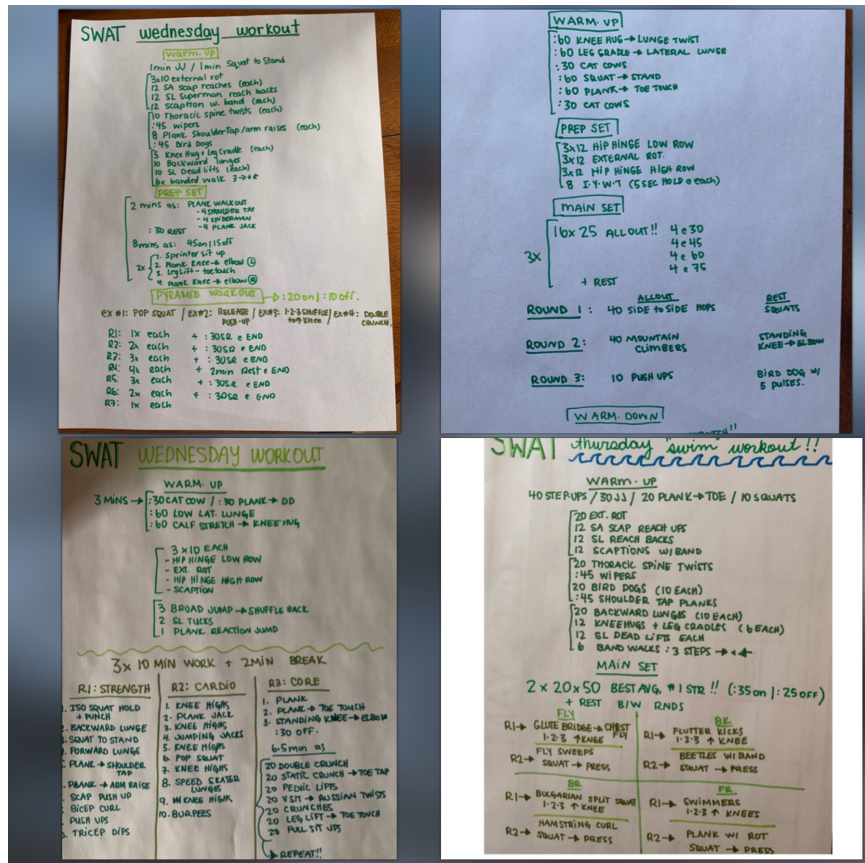
**Coffee with Coach Patrick:** Kylie Masse  
<https://www.youtube.com/watch?v=t2juHPohMMk&feature=youtu.be>

**Swimming Canada's Youtube Page:** filled with tons of coverage of Canadian Trials, as well as some fun videos of National Team Members:  
<https://www.youtube.com/user/swimmingcanada/videos>

**SWIMSWAM Podcast:** On Making the Olympics After Finishing 7<sup>th</sup>:  
<https://swimswam.com/swimswam-podcast-davis-tarwater-on-making-the-olympic-team-after-finishing-7th/>

**SWIM USA:** Call Me Maybe – Fun Video, London 2012.  
<https://www.youtube.com/watch?v=YPIA7mpm1wU>

**SWIMSWAM Podcast - Sydney Pickrem on Adversity:**  
<https://swimswam.com/swimswam-podcast-sydney-pickrem-on-adapting-through-adversity/>



## June Virtual Training Schedule

### June 2020

May '20							July '20						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 12:00PM SWAT Sr Talk Time	2 10:00AM SWAT Sr Workout	3 5:00PM Jr + Novice Wednesday Workout	4 4:00PM SWAT Sr Workout	5	6 9:30AM SWAT Yoga
7	8 12:00PM SWAT Sr Talk Time	9 10:00AM SWAT Sr Workout	10 5:00PM Jr + Novice Wednesday Workout	11 4:00PM SWAT Sr Workout	12	13 9:30AM SWAT Yoga
14	15 12:00PM SWAT Sr Talk Time	16 10:00AM SWAT Sr Workout	17 5:00PM Jr + Novice Wednesday Workout (Wrap up Event)	18 4:00PM SWAT Sr Workout	19	20 9:30AM SWAT Sr Workout
21	22 12:00PM SWAT Sr Talk Time	23 10:00AM SWAT Sr Workout	24	25 4:00PM SWAT Sr Workout	26	27 9:30AM SWAT Sr Workout 6:30PM SWAT ANTI - TALENT SHOW TEAM EVENT
28	29 12:00PM SWAT Sr Talk Time	30 10:00AM SWAT Sr Workout	1	2	3	4
5	6	Notes	Saturday, June 27th is our June Challenge Night. Check out the June Newsletter for information. I would love to have swimmers from all groups sign up for this event!!!! It should be lots of fun for swimmers and their families .			

PLEASE JOIN

# SWAT'S ANTI-TALENT SHOW

DATE: SATURDAY, JUNE 27<sup>TH</sup>, 2020

TIME: 6:30PM

LOCATION: YOUR LIVING ROOM (VIA ZOOM)

BRING YOUR OWN SNACKS

BE READY FOR LOTS OF LAUGHS

SHOW OFF YOUR NEWLY LEARNED SKILLS:

SEE ALL YOUR SWIM TEAM FRIEND FACES



