

2020

NOVEMBER

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# SWAT NEWS

*TEAM PRIDE - INTEGRITY - DEDICATION - LEADERSHIP*



Race Day for Mini-Waves!!



Senior Performance Girls Suit Up



Big Smiles at the Pool

***“SUCCESS MEANS HAVING ENGAGED IN  
THE PROCESS CORRECTLY.  
UNDERSTANDING HOW THE RHYTHM OF  
LIFE WORKS, AND NOT TAKING  
SHORTCUTS” -AARON PIERSOL, 7X OLYMPIC GOLD  
MEDALIST***

## CONTACT US

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### Coach Contacts

Head Coach – Senior  
Coach

Zoe Miles

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Junior & Novice Coach

Grace Myers

[grace@swatswim.ca](mailto:grace@swatswim.ca)

Mini-Waves Lead  
Coach

Madi Slack

[madi@swatswim.ca](mailto:madi@swatswim.ca)

### Lines of Communication

1. Email **your group coach first** with any questions!
2. Email Head Coach second if you need more clarification.
3. Email the Board Member or Volunteer in charge of “out of the pool” things.

## Swimming Canada #SwimAgain Challenge

The Junior athlete's participated in Swimming Canada's #swimagain challenge, allowing athletes the opportunity to re-connect with the sport and remember what it is like to work hard and race fast! Over six weeks, there were six different challenges. Swim coaches submitted results all across the country in an attempt to bring Canadian swimmers together! SWAT had fifteen athletes participate in this challenge over the six weeks. Each week a different age group is put into a random draw for fun prizes, and in week six, SWAT's own Landon Arbeau won the Para Athlete draw!

The majority of SWAT athletes ranked in the middle of the pack, which is impressive, considering 1000 11-12-year-old athletes and 2050 13-14-year-old athletes participated in this challenge! I am proud to announce that the 100 IM that was swam in weeks two and six showed 100% improvement from the SWAT swimmers! The #swimagain challenge was a fantastic opportunity, and all of the SWAT coaches are incredibly proud of everyone's accomplishments! GO TEAM!!

### Athletes who Participated:

Gabe Anderson  
Landon Arbeau  
Murray Briand  
Will Carter  
Emily Gaudet  
Eugene Legge  
Ben Levit  
Alana Mercier  
Owen Newsome  
Ben Phillips  
Matt Power  
Audrey Sharples

## Volunteer Points

A reminder to please send your volunteer points to Staci Brocklehurst after you complete a volunteer job, such a timing at a in house Time Trial. Please send to [stacibroocklehurst@yahoo.com](mailto:stacibroocklehurst@yahoo.com) . Staci will keep track of your volunteer points throughout the season.

## Equipment Orders

Thanks to everyone who has ordered equipment or team gear from SWAT. We are still waiting for the second order to come in (returns / some additional ordered items). Our clothing order is still being processed and shipped. We will let you know when we have more info on arrival times for all SWAT Gear! Thank you for your patience during these times.

## UP COMING EVENTS

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November 28<sup>th</sup> – SWAT  
Distance Time Trial (Jr &  
Senior)

December 5<sup>th</sup> – RACE DAY  
(Novice & Mini-Waves)

December 19<sup>th</sup> – Last day of  
Training for Mini-Waves &  
Novice. \*\*Jr & Sr last day  
TBD.

## NOVEMBER SKILL OF THE MONTH

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### Mini Waves

Skill: Breaststroke (Flexed feet in breaststroke kick, 3 steps of breaststroke kick, gliding between each kick, no pulling past shoulder in pull, 2 hand touches)

### Novice

Skill: Maintain a strong, steady kick in Free and Back

### Junior

Skill: Maintain a strong, steady kick in Free and Back

### Senior

Skill: Cross Over Turns – legs, performs them across all IM type sets / warm-up / warm-down, etc.

## October Skill of the Month Winners!

These swimmers are being recognized for their dedication to their group's skill of the month!! This year we are doing "Skills of the Month" rather than Swimmer of the Month. Our overarching team goal is dedication, so we want to call out athletes who are showing extreme dedication to learning and applying skills each day in practice!! Congratulations to all of our October winners.

**Mini-Waves:** Alina Young, Nicholas Harnum, Victoria Humphreys, Gavin Holman and Madelyn Doucet.

Skill: Pace Clock & Backstroke. Knows all the colors of the SWAT pace clock, knows the terms "on the top/bottom", can go 5 seconds apart independently, chin up in backstroke, knows backstroke count into the walls, touches on back!

**Novice:** Joel Phillips

Skill: Activated Streamline off of every wall.

**Junior:** Matt Power & Morgan Lewis

Skill: Activated Streamline off of every wall.

**Senior:** Katharine Dawson

Skill: Stroke Count: Always know your stroke count, trying to put together cookie cutter 25's / 50's. Working to maintain consistency and know what is good, and what is not efficient.

## Virtual Swim League Match #2: Results

On Saturday, October 24<sup>th</sup>, SWAT raced in the 2<sup>nd</sup> match of the Virtual Swim League Season. This Match was a combination of backstroke kick and breaststroke swim races. We had some of our relays increase their placings from Match 1, and Juliette M placed in the Top 20 for her 100br, finishing 18<sup>th</sup> overall. This is our best result of the Series so far, tied with Eugene L's 18<sup>th</sup> place finish in the 50 Dolphin Kick in Match 1.

### Top 20 Relay Performances

Girls 10&U 200 Breaststroke Relay – 20<sup>th</sup> (Madelyn D, Maria L, Haley P & Claire H)

Boys 10&U 200 Breaststroke Relay – 17<sup>th</sup> (Reece F, Jude L, Oliver K & Nick H)

Boys 11 – 13 400 Breaststroke Relay – 11<sup>th</sup> (Ben L, Matt P, Gabe A & Murray Br)

Girls 14&O 400 Breaststroke Relay – 12<sup>th</sup> (Juliette M, Ella D, Caitlin T & Lucy J)

Boys 14&O 400 Breaststroke Relay – 15<sup>th</sup> (Ron L, Tom T, Nelson D & Trevor R)

### Top 20 Individual Performances

Girls 14&O 100 Breaststroke – Juliette M: 18<sup>th</sup>

### Top Place in each event went to:

Girls 10&U 50 Breaststroke – Madelyn Doucet: 71<sup>st</sup>

Boys 10&U 50 Breaststroke – Reece F: 56<sup>th</sup>

Girls 11 – 13 100 Breaststroke – Emily Gaudet: 44<sup>th</sup>

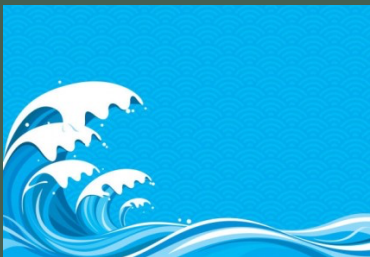
Boys 11 – 13 100 Breaststroke – Ben L: 33<sup>rd</sup>

Girls 14&O 100 Breaststroke – Juliette M: 18<sup>th</sup>

## DO YOU MAKE WAVES? OR KNOW SOMEONE WHO DOES??

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Many of our SWAT Swimmers are also doing BIG things in our community. Whether that be volunteer, academic achievements, or other athletic endeavors, it is great to celebrate our swimmers achieving big things both in and out of the pool. Each month we will highlight one athlete in our community. If you know someone who should be nominated, please contact Zoe at [zcmiles1@gmail.com](mailto:zcmiles1@gmail.com)



Boys 14&O 100 Breaststroke – Ron L: 57<sup>th</sup>  
 Girls 10&U 25 Back Kick – Haley P: 21<sup>st</sup>  
 Boys 10&U 25 Back Kick – Reece F: 65<sup>th</sup>  
 Girls 11 – 13 50 Back Kick – Alana M: 51<sup>st</sup>  
 Boys 11 – 13 50 Back Kick – Ben L: 45<sup>th</sup>  
 Girls 14&O 100 Back Kick – Lucy J: 69<sup>th</sup>  
 Boys 14&O 100 Back Kick – Trevor R: 63<sup>rd</sup>

For Match #3, our athletes will swim their races individually within their practice groups to allow everyone to get a taste of the Virtual Swim League Spirit. Team scorers will be announced shortly.

Congratulations to everyone for their results. There are lots of really fast swims across the country – how is SWAT going to answer in Match #3???

## SWAT Distance Time Trial Info

**When:** Saturday, November 28<sup>th</sup>, 2020

**Where:** Sackville Sports Stadium

**When:** 1:15PM - ~5:30PM

**Who:** Senior & Junior Athletes.

\*\*Please make sure to declare if you will be attending online at [www.swatswim.ca](http://www.swatswim.ca) so that your swimmer is included in the heat sheets.

We will be racing the 400, 800, or 1500m Freestyle events. This is an opportunity to see how much you have improved across some of the longer distances raced in swimming!


Activation begins at 1:15PM, and warm-up will be from 1:30 – 2:45PM. Racing to begin @ 2:45PM. All swimmers are asked to treat this opportunity like any other swim meet. Please be on time, in team gear, and ready to cheer for your teammates. Athlete will remain on deck until the end of the session unless there are extenuating circumstances discussed with a coach.

Senior Swimmers – please come ready to race in your best race suit, especially if distance is one of your focus events! We are ready to be FAST. GO SWAT!!

### **Event Order:**

Mixed 400 Free  
 Mixed 800 Free  
 Mixed 1500 Free

## Virtual Swim League Match #3 Racing Team

		Virtual Swim League: Match #2 SWAT's Racing Squad	
Girls		Boys	
Maria Legge	10&U	Reece Flynn	
Madeline Doucet		Oliver Knowles	
Haley Pothier		Frederik Lang	
Gabby Bailey		Jude Lang	
Emily Gaudet	11 - 13 years old	Gabe Anderson	
Alana Mercier		Ben Levit	
Morgan Lewis		Murray Briand	
Audrey Sharples		Eugen Legge	
Juliette Mercier	14&O	Ron Levit	
Ella Brocklehurst		Ben Power	
Lucy Jardine		Tom Taylor	
Abby Lewis		Trevor Rollin	
Notes	Swam with in workout with your group Events: 10&U 50Bk & 25 Br K. 11-13 100Bk & 50 Br K. 14&O 100Bk & 100Br k.		

Congratulations to the swimmers chosen to represent SWAT in the 3<sup>rd</sup> Match of the Virtual Swim League.

This time, the format will look a little bit different. The swimmers will complete their races within their practice time with their groups. The results will still all go together to be submitted for our SWAT entries into the VSL. So far we have had a lot of fast swims and best times in practice, which I expect to continue on throughout these next races!

Races will take place over the next week and a half! GO SWAT!!

## GREAT LINKS FOR SWIM PARENTS

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Here are some awesome links to keep up to date with everything you'll ever

want to know about swimming (and some stuff you didn't even know you wanted to know!)

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

Swimming Canada Website

[www.swimnovascotia.com](http://www.swimnovascotia.com)

Swim NS Website

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

SWAT's Website

[www.swimswam.com](http://www.swimswam.com)

Swimming News from around the world

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