



# SWAT NEWS

Mid December Update

*Team Pride - Integrity -  
Dedication - Leadership*

## SWAT Fundraising Information

Submitted by Shannon Millward

The second Team Fundraiser is almost finalized!! I'm planning on having a wrap party to give swim families a chance to enjoy a night out together while raising funds for our team! I have two locations in mind, but because of capacity I need to get some information from families ahead of time. Below is a link to a survey in regards to the evening and I'd really appreciate everyone taking the one minute to fill it out so I can make our booking.

As mentioned in the survey, the fundraiser is mandatory but attending the wrap party is not. At either of the locations I'm considering we get a percentage of sales back so in that regard either one is fine. If you could please complete the survey by Sunday December 15th that would be greatly appreciated.

<https://www.surveymonkey.com/r/SY2N3DK>

## Sobeys Gift Card Orders

Submitted by Lisa Jardine

**SOBEYS GIFT CARD ORDERS DUE DECEMBER 13<sup>th</sup>**

If you are interested in ordering cards for January, please let Lisa Jardine ([lisajardine@swatswim.ca](mailto:lisajardine@swatswim.ca)) know and provide her with your cheque by Friday, December 13<sup>th</sup>. The order date is a week earlier than usual; however, cheques can be dated for January 1, 2020.

## THANK YOU VOLUNTEERS!!

Thank you to all SWAT parents and athletes who volunteered their time last Saturday at the Nova Tech swim meet. The meet was very successful and it was amazing to have so much engagement from our team parents as officials, timers & working the hospitality room. It was also awesome to have so many swimmers from Junior & Senior come out to help marshal, time, and support our Mini-Waves. This event really showed how strong of a team we can be when everyone is involved.

Special thank you to our Meet Manager Kristy Legge & our Officials Chair Steven Taylor!

GO SWAT!!

## December Important Dates

Last Day for MiniWaves: December 13<sup>th</sup>  
Last Day for Novice: December 13<sup>th</sup>  
Last Day for Junior: December 15<sup>th</sup>  
Last Day for Sr 2 AAA: December 15<sup>th</sup>  
Last Day for Sr2AAA/Sr1/SrP: December 22<sup>nd</sup>

Senior Christmas Camp Starts: December 27<sup>th</sup>  
Junior Christmas Camp Starts: December 28<sup>th</sup>  
Novice Christmas Camp Starts: January 2<sup>nd</sup>

Regular Schedule Begins: January 6<sup>th</sup> for ALL Groups

*\*\*Winter Maintenance, please refer to December Calendar for your workouts this month.*

## Congratulations to our Grand in the Hand Winner Paula Gaudet of Hammonds Plains!

Make sure to stay up to date with all of SWAT's Fundraising and Cost Recovery Initiatives – a little bit of time can translate into big savings for you, and great resources for our growing team!

**QUESTIONS???** Contact Shannon Millward: [shannonmillward@outlook.com](mailto:shannonmillward@outlook.com)

## Nova Tech #2 Meet Results

Congratulations to all of our Novice and Mini-Waves athletes who attended our first Nova Tech meet on December 7<sup>th</sup>. It was awesome to see how much the swimmers skills have improved over the last month!

### 25 Kick Time standards:

Jesstine S – 28.40

### Level 1 or Level 2 swimmers 100% personal best times:

Elyse D  
Will C  
Owen N  
Jack Bu

### Graduates

Elyse Daniels into Level 2!!  
Emily Gaudet into Age Group!!

## AGD #3 Meet Results

Our third AGD Meet in Greenwood was a fantastic weekend of first. Lots of first time heat winners, first time top 3 places and first time AAA qualifiers! Congrats to everyone on a great Dev Meet Fall Season.

### 100% Best Times

Gabe Anderson  
Landon Arbeau  
Murray Briand  
Eugene Legge  
Matt Power  
Trevor Rollin

### New Qualifiers

Gabe Anderson – Fully  
AAA Qualified!!

### Top 3 Finishes

1<sup>st</sup>: Grant G: 200IM, 100Bk & 100Br, Katharine D: 400Fr, Tom T: 200Br, Juliette M: 100Br.  
2<sup>nd</sup>: Juliette M: 200Br & 400IM, Caitlin T: 50Fr, 100Fly, 200Fly & 1500Fr, Aline P: 400Fr, Grant G: 50Br & 200Bk, Katharine D: 200Fr.  
3<sup>rd</sup>: Grant G: 400fr, Juliette M: 50Br, Caitlin T: 400IM, Tom T: 400IM, Aline P: 200fr & 1500fr.

## CAMO Noel Meet Results

Our first Team Travel Meet of the season was a huge success with all athletes racing to at least 1 top 12 finish against some pretty big competition! We got to swim in the Water Polo Venue for the 1976 Montreal

Olympics, which is a 10x50m pool, alongside a 25yard dive tank! What a great experience for SWAT.

### 100% Best Times

Jack Briand

### New Qualifiers

Ella Brocklehurst – Eastern Canadian Champs

### Top 3 Finishes

Ella D: 2<sup>nd</sup> 200Br, 3<sup>rd</sup> 400IM & 400Fr  
Meg B: 3<sup>rd</sup> 400IM

## Wednesday Night @ the Races

On December 4<sup>th</sup>, SWAT held their second Wednesday Night @ The Races. This event was a ton of fun for swimmers from Mini-Waves straight through to Senior. All of our athletes had the opportunity to swim 2 races, in a low stress, high fun environment. We had Christmas Chocolates for Heat Winners, and Candy Cane Prizes for everyone after the completion of their second race. Throughout the entire afternoon, we had our Senior Swimmers split between 6 groups as “Group Leaders” and then made sure that athletes from all groups were mixed together as a team builder! At the end of the races, the groups worked together to make sure that our Mini Waves and Novice Swimmers had the best breaststroke skills possible for the weekend’s Nova Tech Meet! Overall I’d say it was a huge success. At the end of the evening we had some coach awards to hand out to the swimmers based on awesome skills we saw. Congratulations to the following swimmers who won **Green Cap Awards:**

Ash T – for amazing fly race skills & pushing through to the end of a gutsy 100fly.

Alana M – for using her BIG kick she’s been working on in practice for the entire 50fr.

Michael S – for crushing the :30 sec barrier for the 1<sup>st</sup> time in 50bk.

Haley P – for having the best streamlines ever in her races and always having a smiley face.

Ryan Y – for maintaining stroke technique and doing flipturns!

Elyse D – for strong flutter kicks and awesome streamlines in all her races.

We also gave out **4 Green Shirt Awards:**

Congrats to Phoebe B & Maggie G who were our winners for completing their FIRST EVER swim races!!

Congrats to Trevor R & Oscar C who went above and beyond with their great leadership and interactions with swimmers from all groups throughout the night.

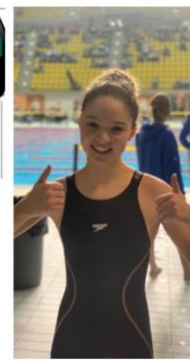
## CLUB RECORD BREAKERS – DECEMBER 1<sup>st</sup> – 12<sup>th</sup>, 2019.



Juliette Mercier  
200Br SCM - 2:45.71



Caitlin Taylor  
1500 Free SCM



Ella Brocklehurst  
200Bk LCM - 2:33.5



Ella Dobson  
200Fr LCM - 2:15.63



Ella Brocklehurst  
200Bk SCM - 2:29.54



Ella Dobson  
400fr SCM - 15&O



Ella Dobson  
400IM SCM - 5:18.57

### Wednesday Night @ The Races Team Photo

