



# SWAT NEWS

Mid January Update

*Team Pride - Integrity -  
Dedication - Leadership*

## SWAT NSLC Survivor

Submitted by Shannon Millward

If any of you have ever participated in a wine survivor then this is the same thing, only with gift cards instead of wine bottles. In lieu of individual tickets each family will have a form for you to fill out with your participants. Each entry is \$10 + a \$10 gift card to the NSLC, (participants are also allowed to pay cash for the gift card and we'll pick it up for them if that's easier.) They are also allowed to purchase up to 3 "immunity's" at \$5 apiece, meaning if their name is drawn they are put back in. We will wrap it all up at Finbars on February 24<sup>th</sup>, where we will draw all the names until we have our 3 winners! (More details to follow on our Finbars event.)

Prizes will be as follows:

- 1<sup>st</sup> Prize 50% of all gift cards,
- 2<sup>nd</sup> Prize 30% of all gift cards and
- 3<sup>rd</sup> Place 20% of all gift cards.

All entry sheets will be due back to Shannon **no later than 6pm on Saturday February 22<sup>nd</sup>** to make sure I have everyone ready for the draw on the 24<sup>th</sup>!

If you have any questions at all you can reach me at [shannonmillward@outlook.com](mailto:shannonmillward@outlook.com).

Good luck to everyone and get ready to Outwit, Outlast and Outplay!



## AAA LCM Dev #1 Results

SWAT had 16 Athletes participate in the first Long Course (50m) Development Meet this past weekend. Swimmers did an awesome job supporting each other and implementing great race plans/skills.

### Life Time Best Times

45 new life time best times

**Session 2:** 100% Faster in ALL swims than January 2019!!

### 100% Best Times

Jack Br. Murray Br. Eugene L & Trevor R.

**Swim of the Session:** Day 1 - Aline P's 200IM

**Swim of the Session:** Day 2 - Jack Br's 200fly

### Top 3 Placings

1st: Ella D - 800fr, Ryan J - 800fr

2nd: Ella D - 400fr, Ryan J - 400fr, Jack Br - 200fly

3rd: Nelson D - 200br, Michael S - 100fr & 400fr, Meg B - 800fr

## January Important Dates

January 17<sup>th</sup> – Sign Up Deadline AAA #2

January 18<sup>th</sup> – Mini-Waves Parent Meeting!

January 18<sup>th</sup> – 19<sup>th</sup>: AA Dev #1 @ Dartmouth

January 25<sup>th</sup> – NT #3 @ Centennial

January 27<sup>th</sup> – Novice Parent Meeting

January 29<sup>th</sup> – Junior Parent Meeting

February 1<sup>st</sup> – SWAT Hosted AAA #2 Meet.



## AA Provincial Champs - Merchandise Order

Please note that PHAST is accepting merchandise orders until January 31<sup>st</sup> through the following online store:

<https://aajuniorfestival2020.itemorder.com/sale> for AA Winter Champs.

If your swimmer is attending and you are interested please order from the link above.

## Equipment Order Deadline

Submitted by Dan Dobson

This is a reminder that the last equipment order for the year will be going in on the 16<sup>th</sup>. That means let Dan know by the 15<sup>th</sup> what you would like ordered. Things that can be ordered are fins, paddles, swim bags etc. The equipment requirements for each group is posted on our website. Please let me know if you have any questions.



SWAT Swimmers @ Dalplex New Years Eve Skills Training!