



SWAT NEWS

Mid November Update

*Team Pride - Integrity -
Dedication - Leadership*

Grand in YOUR Hand

Submitted by Shannon Millward



In the last week we've reached just over 150 tickets sold so we're more than halfway there! I will be at the pool next Saturday morning (November 17th) so you can pick up tickets at that time

There are 300 tickets at a price of \$10 each. The draw will be held Saturday November 30th and the winner takes home \$1000 cash just in time for the holidays!

This is a cost recovery initiative and therefore it is not mandatory, but tickets will be given on a first come first served basis. This is easily shareable via social media and I will be posting something on our Facebook page that you can share if you'd prefer not to make your own post. If you prefer to sell door-to-door please make arrangements with me to pick up some tickets. If you do take tickets you need to ensure that you either sell them all or they are returned in time for someone else to sell them. If you are selling primarily online go ahead and sell without your tickets but keep me posted on how many you've sold so I can keep track as we get closer to selling out. Assuming all 300 tickets are sold the breakdown will be as follows: \$3.33 to the winner and \$6.67 to the swimmers cost recovery account per ticket sold.

Officiating News

Our Officials Chair Steven Taylor will be hosting a Level 1 Officials Clinic very soon. This will be a great opportunity for new parents to be able to have their certification to time on deck at Nova Tech Meets! Please check your emails in the coming days for the Date & Time of this Clinic.

Want to Watch FAST Swimming??

This weekend, November 15th – 17th, the AUS Kemp-Fry Invitational is taking place at Dalhousie University. This swim meet brings together the FASTEST University Athletes from Montreal → East for a 2.5 day competition where swimmers are trying to Qualify for the University National Championships in Victoria, BC in February. Two SWAT Alumni, Victoria MacDonald and Jonathan Taylor will be competing for DAL this weekend. Prelims start at 10:00AM each day, with Saturday Finals at 5:00PM, and Sunday at 4:30PM. I encourage you all to try and check out a session of FAST swimming to get excited about this amazing sport!

COST RECOVERY: Sobeys Gift Cards

Submitted by Lisa Jardine

If you are interested in ordering cards for December, please let Lisa Jardine (lisajardine@swatswim.ca) know and provide her with your cheque by Monday, November 18th. Please email her to arrange for pick up of your cheque. The program will run until June 2020. Details were provided in the September and October newsletters. There is no requirement to participate every month, you can opt in or out any month. For anyone planning to participate regularly, it's easiest to provide Lisa with post-dated cheques for future months, dated for the 20th of each month.

Order Month	Payment & Order Details Deadline	Cheque date	Card Distribution (estimated)
December	November 18	November 20	First week of December
January	December 13	December 20	First week of January

Nova Tech #1 Meet Results

Congratulations to all of our Novice and Mini-Waves athletes who attended our first Nova Tech meet on November 2nd. It was a lot of fun and there were so many positive swims that happened!

25 Kick Time standards:

Sammie King - 34.87
 Haley Pothier - 32.80
 Joel Phillips - 27.87
 Elyse Daniels - 26.40
 Olivia Young - 29.14

100IM standards:

Elyse Daniels - 2:02.97

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

Emily G
 Will C
 Ben P
 Owen N
 Medrick O

Graduates

Elyse Daniels into Level 1! Way to go Elyse!!



Upcoming & Important Dates

November 18th – Sign Up Deadline, Nova Tech #2
****SWAT HOSTED EVENT**

November 30th / December 1st – AGD #3, Greenwood

December 2nd: Sign Up Deadline for Candy Cane

December 4th – Wednesday Night @ the Races #2 –
ALL SWAT SWIMMERS!!!

December 7th – Nova Tech #2 – SWAT Hosted.

December 13th – Last day of Novice & Mini-Waves!

December 13th – 15th: Candy Cane Meet – Truro.

December 14th – 27th, inclusive: SSS is closed for maintenance.

AGD #2 Meet Results

Our second Age Group Meet is in the books and all of our swimmers did a FANTASTIC job representing themselves and our team. The coaches were very proud of our athletes exhibiting examples of our team values all weekend.

100% Best Times

Jack Br
 Nelson D
 Katharine D
 Adrianna K
 Abby L
 Juliette M
 Matthew P

New QT Times

Gabe A – 12&U 200br
 AAA – 3:36.06

New Club Records

Ella D: 15&O 400fr – 4:43.42
 Ella D: 15&O 400fr – 9:34.61
 Juliette M: 13 – 14 200br – 2:46.72

Top 3 Finishes

1st: Ella D – 400fr & 800fr, Ryan J – 400fr & 800fr,
 Michael S – 100fly
 2nd: Ryan J – 200br, Michael S – 100fr
 3rd: Ella D – 200IM & 200fly, Juliette M – 200br,
 Michael S – 400IM




Job Sign-Up for Nova Tech Swim Meet: We need your help!

It's almost time for SWAT's first hosted meet of the year! We are hosting Nova Tech #2, which is run at Centennial Pool on December 7th, 2019. In order for this to be a successful event for our Club, our Mini-Wave & Novice Swimmers, and all other Nova Tech Athletes in the HRM, we lots of volunteers.

I have set up our "Job Sign-Up" on our Website. You sign up for a position in a very similar way as you declare your swimmers intent to race at a meet! Once you log onto the website, search on the home page for the event titled "Nova Tech #2 - SWAT HOSTED". You will see a button "Job Sign-Up", and now when you click it, you'll see there are TONS of positions to sign up for! We also are using this as a way to collect / confirm donations of food for our Canteen & Officials Food. You'll see its pretty similar to the Meal Train Website used in the past, but now it's all on one convenient place - our team's website!



REFER A FRIEND

-  Earn \$100.00 off your next month Swim Fee's if your "Refer A Friend" join SWAT before January 1st, 2020!
-  Refer ANY Friend - they do not need to be the same age or ability as your own swimmers!
-  When you "Refer A Friend", your friend gets 1 Free Assessment with Zoe to determine skill ability, and then 1 FREE WEEK TRIAL with the appropriate Group!



(Promo Runs until December 31st!)