

February

2020

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# SWAT NEWS

*Team Pride – Integrity – Dedication – Leadership*



A FULL HEAT OF SWAT MINI-WAVES @ NOVA TECH #3!!!



AA SWIMMERS @ THEIR 1ST MEET OF '20



SENIOR SWIMMERS CRUSHIN' IT IN THE POOL

***“CHOOSE TO DO SOMETHING TODAY  
THAT WILL MAKE YOU BETTER  
TOMORROW”***

## Upcoming Events

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February 1<sup>st</sup> – SWAT  
HOSTED AAA Dev #2

February 12<sup>th</sup> – Nova Tech  
#4 Sign Up Deadline

February 14<sup>th</sup> – 16<sup>th</sup>: AA  
Winter Championships

February 17<sup>th</sup> – Family Day

February 22<sup>nd</sup> – Nova  
Tech Meet #4

February 24<sup>th</sup> – SWAT  
Team Fundraiser

March 5<sup>th</sup> – 8<sup>th</sup> – David Fry  
Provincial Champs

March 25<sup>th</sup> – Wednesday  
Night @ the Races

March 28<sup>th</sup> – AAA LCM #3  
Meet

March 30<sup>th</sup> – April 5<sup>th</sup> –  
Olympic Trials - Toronto

## Staying Engaged: The Pathway to Success

Written by Dina Rogers

Staying engaged is one of the fundamental pillars of success in any sport, but in swimming it is especially important. It may seem increasingly arduous to hold focus for every single meter in the pool; however, it is pivotal in an athlete's success. Swimming is a sport that requires a delicate balance between the technical and the intense. This balance results because the athlete is continuously moving through a substance that is three hundred times denser than air. In our sport, there exists a misconstrued ideology that in order to swim fast you need to swim as many meters as humanly possible in the pool. When in fact this leads to what is colloquially known as "garbage meters": unfocused swimming.

Engagement creates mental resilience that will lead to a swimmers success in the water. If a swimmer shows up to workout and is not focused, then the result after that training session is identical to if the swimmer had not shown up at to train at all. Swimming more meters on "autopilot" only succeeds in a mindless motion which does not progress the swimmers abilities or skills. There should ALWAYS be a focus no matter how small. For every meter, every rep, every set and every practice. As soon as the mind switches off, the maximal benefit that can occur from training decreases significantly.

Consequently, if every meter has a focus, whether it is time based (a specific pace) or technique based (dolphin kicks off the wall/catch in freestyle etc.) it catalyzes the formation of good habits. These habits then serve as the building blocks to success. It has been proven repeatedly in swimming that being mentally resilient trumps physical strength. This stems from the widely accepted notion that race day performance is ultimately 90% mental and 10% physical. Every athlete standing behind the blocks has put in the training necessary to swim a phenomenal race. The true variable is the mental resilience the athlete has developed day in and day out in training. Staying engaged for every workout and every meter results in the ability to not be intimidated by other athletes' skill level and speed. It provides the athlete with the advantage of mental toughness. From consistent engagement, the athlete has acquired the ability to focus on only what is in front of them at that given moment. Furthermore, those habits and skills that have been developed as a result of the engagement are then easily translated into the pool on race day.

One of the core philosophies of success in swimming is that an athlete must train the way they want to race. This applies to all aspects of the sport: technique, pace and mentality. Staying engaged is the key basis to this philosophy. If a swimmer is to be unintimidated, mentally resilient and in the prime position to swim their best race; the absolute key is to stay engaged daily in their training. This engagement results in excellent habits and excellent habits lead to an elevated performance and rate of success.

# FEBRUARY SWIMMER OF THE MONTH CRITERIA

This season, we will be doing swimmer of the month for each group! SWAT coaches have created special criteria for each month, that highlights certain things we think are important in our sport.

## February Criteria: Mental Toughness

This swimmer never gives up and understands that sometimes the pathway to your goals is not a straight line. Sometimes in order to reach your ultimate goal there may be small setbacks. This swimmer recognizes each experience (positive or negative) is a stepping stone to success and an opportunity to learn something new. This swimmer continuously grinds it out in workout, during swim meets, and never gives up during the hard sets even when it hurts. This swimmer doesn't take the easy way out and knows how to make the most out of every opportunity to ensure they continue to grow and improve.

## January Swimmer of the Month

Theme: Time Wizard!!

### Senior Groups – Ash Tomlik



Ash always makes sure to arrive on time (usually quite early) to each of her workouts. She is always prepared for Dryland or Activation, coming on deck before Dryland to ask what equipment will be needed. She is also a leader in the Senior 2 Group with Activation, as she makes sure to be one of the first on deck to complete this important skill. This season Ash has taken on the challenge of leading the Senior 2 lane on many occasions, making her become more accountable to reading the clock and knowing her pace times! All of these extra skills are pushing Ash towards what will be a VERY exciting AA Champs in 2 weeks.

### Junior – Eugene Legge

The Junior swimmer of the month for January is Eugene Legge for his dedication to following pace-times. However, Eugene is an athlete that knows how valuable time is in and out of practice. He ensures that he stays on top of rolling out his muscles when they are feeling sore and stretching when appropriate. This is a beneficial aspect in all sports and well bode well through all aspects of life. It is not about finding time; it is about making the time.



### Novice/Winter Maintenance – Owen Newsome



The Novice swimmer of the month for January is Owen Newsome for his commitment to pace-times and staying on top of the set in all practices. Not only has Owen mastered the art of pace-times he is on time to practice majority of the time and ensures that he completes a full activation prior to getting into the pool. It is important to remember how valuable time truly is.

### Mini Waves – Maggie Donnelly

The Mini Waves swimmer of the month for January is Maggie! Maggie is always on time for practice and prepared. She never hesitates to get in the pool and understands the importance of leaving on the right interval! Maggie understands that leaving on the right interval is essential to having enough space in the pool so that she does not run into her teammates and can perform her skills correctly. Way to go Maggie





## SWAT Record Breakers – Dal VS Next Gen Tri Meet



## David Fry Provincials Merchandise Order Info

T-shirts will have the names of all teams participating in the provincial championship meet listed on the back of the T-shirt in white lettering.

Please send your order to Zoe by February 10<sup>th</sup>.



## Sobeys Gift Card Order

Submitted by Lisa Jardine

### NEXT SOBEYS GIFT CARD ORDER IS DUE FEBRUARY 20<sup>th</sup>

A reminder that Sobeys gift cards are an easy way to save money towards swim fees. Orders are placed monthly for Sobeys gift cards in \$100 increments. The gift cards can be used at any Sobeys location (also at Fast Fuel, Needs, Lawtons, Foodland) and can also be used to buy any gift cards available at Sobeys for restaurants, gas stations, retail, NSLC, etc. Air Miles are earned when using the cards for purchases when applicable.

To participate, families write a monthly cheque made out to SWAT for the total gift cards they would like to purchase for the following month. For every \$100 purchased, a percentage (usually 5%, dependent on order size), less \$0.25 cost recovery fee, goes to your cost recovery account.

If you are interested in ordering cards for March, please let Lisa Jardine (lisajardine@swatswim.ca) know and provide her with your cheque by Friday, February 14<sup>th</sup>. Please email her to arrange for pick-up of your cheque.

Key dates for the next two orders are as follows:

Order Month	Payment & Order Details Deadline	Cheque date	Card Distribution (estimated)
March	February 14	February 20	First week of March
April	March 13	March 20	First week of April

## Swim NS Partners with Head to Head

We're thrilled to announce that Olympic Medallist Brittany MacLean will be running a Head to Head Swim Clinic in Nova Scotia this March!

Head to Head promotes mental resilience and physical wellness, by teaching healthy habits and inspiring confidence through pool and classroom sessions; **for swimmers Aged 10 – 16 Years Old.**

### Halifax Clinic Information and Registration

<https://www.eventbrite.ca/e/halifax-head-to-head-swim-clinic-with-olympic-medallist-brittany-maclean-tickets-88704763335>

### Saturday March 21<sup>st</sup> at Dalplex Pool, Halifax, NS

- 3:00-5:00PM Pool
- 5:00-6:00PM Classroom



## Waves in the Community – January

**Name:** Tristan Singh

**Age:** 11 years old

**Event:** The Halifax Boys Honor Choir

The Halifax Boys Honour Choir is an auditioned choir of boys with unchanged voices from elementary and junior high schools in the Halifax Regional Centre for Education.

Every year the group performs in many different concerts throughout Halifax and in the spring they travel within Canada. The boys sing a wide variety of genres of music. The Halifax Boys Honour Choir a first class performance choir, and as such, all rehearsals and performances are mandatory for every member.

**We asked Tristan S a few questions to learn more about this experience:**



**1. What is your favourite part about being in the choir?**

I joined the Halifax Boys Honour Choir because I enjoy singing and the rehearsals are really fun! But my favourite part is performing. The choir has given me the opportunity to sing with Heather Rankin and Symphony NS, and one of our Christmas concerts was recorded for TV. Some of us were invited to sing Oh Canada! at the U Sports Men's Basketball National Championships in Halifax where we got to stay for the game and we met the players!

**2. What has been the coolest experience you've had because of the choir?**

It's hard to pick just one! I think the coolest experience was singing for the NATO Parliamentary Assembly. There were representatives from 28 countries there. Our parents weren't even allowed in the building because of the security. And I really liked the music we sang - traditional Nova Scotia folk songs.

**3. Where do you see yourself in 3-5 years because of participating in the choir?**

When my voice changes I want to join an adult choir, the Royal Nova Scotia International Tattoo choir.