

January

2020

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# SWAT NEWS

*Team Pride – Integrity – Dedication – Leadership*



SENIOR SWIMMERS EN ROUTE TO MONTREAL IN DECEMBER



CANDY CANE CLASSIC RELAY EXCITEMENT

***“SPORTS GIVE YOU A PART OF YOUR LIFE WHERE YOU CAN WORK AT SOMETHING AND YOU LOOK IN THE MIRROR AND YOU LIKE THAT PERSON ”***

***– TERRI MCKEEVER – CAL WOMEN’S SWIM TEAM HEAD COACH & FIRST USA FEMALE OLYMPIC HEAD COACH***

## Upcoming Events

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January 2<sup>nd</sup> – Novice  
Christmas Camp Starts

January 3<sup>rd</sup> – AA Dev #1  
Sign Up Deadline

January 6<sup>th</sup> – Back to  
Regular Schedule

January 10<sup>th</sup> – Nova Tech  
#3 Sign Up Deadline

January 10<sup>th</sup> / 11<sup>th</sup> – AAA  
Dev #1

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

January 25<sup>th</sup> – Nova Tech  
#3

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

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

February 17<sup>th</sup> – Family Day

## Head Coach Message

As any year comes to a close, it is a time to reflect back on the previous 365 days as well as look forward into the upcoming year as a chance to start to chase new goals, set new intentions and open yourself up to so many great things to come.

This year marks a special change in decade also, which is a little bit more exciting for some of us. It's a new chapter in our lives and a fun milestone marker to look back on what has happened in the prior ten years! For some of our younger swimmers, this will be the first time they've experienced "heading into a new decade".

When I was swimming at the University of Calgary, my coach Mike used to get so excited for our New Year's Eve Practice. He would show up every year and say, "This is your last opportunity to make yourself better and do something special this year", and then follow the workout with, "I can't believe I won't see you guys until next year" (classic Dad Joke). I think it's a cool thing that our sport swims through the full "school year", but has this "calendar year" milestone in the middle. It is a great reminder that every workout counts, and everything we do today, sets us up well for tomorrow. We talk with the swimmers all the time about setting process goals. How are they going to break down their "big, huge, almost-out-of-reach-but-not-quite goal"? These process goals are no different then the traditional "new year resolutions" that people set around this time of year.

I encourage all of the swimmers – and swimmer families too – to reflect on their "SWAT Intentions" for the New Year. ***What do you want to be able to add to our team in the New Year?***

Our coaches have been reflecting on their New Year Intentions that they wish to bring to SWAT every day, and I'll share mine with you all now building on my overall #Year2 SWAT Goal of creating a fantastic team culture. In 2020 I will make sure that all SWAT athletes feel supported by their coaches, groupmates and teammates by encouraging even more cross-group participation in our fun events, such as "Wednesday Night @ The Races" or our Sr & Junior Team Building Workout this AM at Dalplex.

I wish all families and swimmers a safe and happy end to 2019, and a great start to 2020. Thank you for everyone who has played a part in making the last 365 days some of the best coaching days I've had.

Zoe

Happy  
New  
Year!!

# JANUARY 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.

## January Criteria: Time Wizard

This swimmer understands that our sport has a lot to do with time, in and out of the pool. This swimmer is always punctual whether it's always being on time to practice, leaving the wall on time or knowing what their pace time is, this swimmer understands the importance of time. Outside of the pool, this swimmer has fantastic time management skills and is able to find a great balance between, school, swimming, friends and home to be successful in all parts of their lives. This swimmer recognizes that some skills that don't seem directly related to the water (like time skills) still matter a lot!

## December Swimmer of the Month

Theme: Best Possible Team Mate

### Senior Groups – Caitlin Taylor



Caitlin is the Senior Group's December Swimmer of the Month. Caitlin is always seen with a smile on her face and she is ready to help out a teammate and especially ready to cheer and support her team at meets. Caitlin always stays during the distance races at meets to help count for swimmers when she is asked to, and she could probably list off all 60+ swimmers on our team by name because during team events she is always making sure everyone is included. SWAT is extremely lucky to have such a great leader on their team like Caitlin.

### Junior – Landon Arbeau

Landon is always asking about the improvement of others and ensures that he supports his teammates throughout all levels! He has taken action to congratulate the other athletes after their races and cheer for every SWAT swimmer while they are in the pool! Landon demonstrates incredible sportsmanship and is being recognized for his dedication to be the best team mate possible! Congratulations Landon!

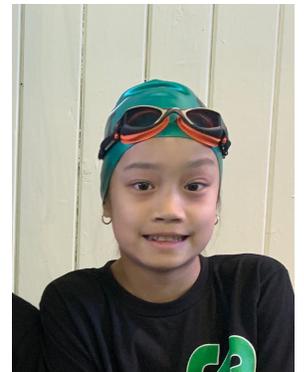


### Novice/Winter Maintenance – Elyse Daniels

Elyse has taken it upon herself to ensure that she is always positive on the pool deck! She continues to support her teammates and cheer for her fellow athletes at swim meets! Although she has found great success over the past four months, she understands the importance of recognizing other's capabilities in and out of the pool! This makes for a great teammate! Congratulations Elyse!

### Mini Waves – Jesstine Suewirotjanakun

Jesstine is the Mini Waves swimmer of the month! Jesstine is always smiling and encouraging fellow swimmers. She is consistently mindful and respectful of her teammates and demonstrates a passion for helping others. Jesstine is the perfect candidate for the best teammate ever because she constantly is going out of her way to help those around her. Way to go Jesstine!



## SAVE THE DATE!!

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### SWAT Fundraising Update

Do you LOVE being part of our team?

Do you want the opportunity to meet (and surpass) your second Fundraising Commitment of the season?

Do you want to build connections, have fun, and participate in a full team activity?

We've got the PERFECT event for you!!

Our next Mandatory Team Fundraiser is scheduled for Monday, February 24th, 2019. There will be lots of details to come within the next few weeks, but you will not want to miss this exciting new event our Fundraising Chair has been planning. It will be sure to be an evening you won't forget!

We will need engagement from all SWAT Families to make this the greatest team event & fundraiser this year!

## SWAT Hosted Swim Meet in February

Submitted by Kristy Childs (SWAT Meet Manager)

Our 2<sup>nd</sup> SWAT Hosted meet will be on February 2<sup>nd</sup>, 2020. This meet will be held at Dalplex Pool and is a AAA Qualified Level Swim Meet. As with our Nova Tech Meet, we need all families to help officiate or time at the meet to make sure it is a success for our athletes as well as all the other swimmers in Nova Scotia. This will be our last SWAT Hosted meet of the season, and we would love to have it run as smoothly and with as much parent engagement as our Nova Tech Meet.

Job Sign-Up will be the same as it was in November for the Nova Tech Meet, and should be available to you within the first week of January. This meet will run in 2 session (1 in the AM, 1 in the Mid-Afternoon), each for approximately 4 hours.

*If you are new to the sport of swimming, this would be a great opportunity to help out at a higher level meet to see some of the best swimmers in Nova Scotia, and get a look into the future of your swimmers journey with SWAT.*

This is a great way to get involved with the SWAT Community. If you have any questions, please email [kristinalegge@hotmail.com](mailto:kristinalegge@hotmail.com). Thanks!

## Volunteer Points - Reminder

Submitted by Staci Brocklehurst

Our volunteer points for the season have been finalized by the board and are available on the website under Member Info. Volunteer points will be tracked each month by each individual family. At the end of the month, families will have 7 days to report their volunteer points for the month to Staci B ([secretary@swatswim.ca](mailto:secretary@swatswim.ca)). If volunteer points are not received within the first week of each month, you will not get credit for your volunteering from the previous month. We suggest that you put a reminder in your phone or on your calendar to email your points monthly.

For Example: Your December volunteer points are due to Staci B on or before January 7<sup>th</sup>. If you have any questions, please reach out to Staci.

## Final Equipment Order

Submitted by Dan Dobson

If your swimmer has lost any of their training gear, or you would like to order any additional equipment, Dan Dobson will be submitting one final order in the New Year. Watch for Dan's email in the coming days. Please double check with your swimmers if any of their training gear is broken / lost and needs to be replaced.

## SWAT Record Breakers – Candy Cane Meet



## Waves in the Community – December

**Name: Nelson Daniels**

**Age: 14 years old**

**Event:** FIRST LEGO League (FLL) is an international competition that introduces kids to real-world engineering, robotics and scientific challenges by building LEGO-based robots on a game table. In August, FIRST LEGO League introduces a challenge theme for the season. This year the theme is City Shapers and we need to explore how to build and design better cities for everyone to live in.

The robotics part of the competition involves designing and programming a LEGO Mindstorm robot to complete challenges. There is also a project we have to complete where we identify and implement a workable solution to a real world problem. We are also evaluated on our coding and robot design and our ability to display values such as team work, cooperation and professionalism.

At the tournament we attended in December, there were 16 teams from around HRM representing different schools and community groups. Our team won the Champions Award for having the highest score overall. We also won a second award for the best robot performance. We earned a spot at Acadia University in February, where the top teams in Nova Scotia and from other Maritime provinces compete for a spot at the World Championships.

**We asked Nelson D a few questions to learn more about this experience:**

**What is your favorite part of working with robotics with your team?**



I like being able to work as a team with my friends and challenge each other to do better and learn more every time we get together. We have learned about each other's strengths and weaknesses and how to become a better team and grow our skills. I especially like building the robot and figuring out how to solve the challenges.

**What are you most looking forward to in February at the Provincial / Atlantic Championships?**

I am most excited to see what all the different teams have been able to do with their robots. It's really fun to see

the robot designs and how people have solved the challenges. It's exhilarating to be at Acadia, in the gym packed with other kids, competing against each other and doing our best. I'm also quite pumped to see if we can win in February, so we can move on to the world championships.

**Can you talk a bit about the E Bike Pilot Program you've been working on with Ecology Action Centre and HRM?**

We realized that most other cities have more access to active transportation than we do in Halifax and we started looking at how we could change that. After meeting with HRM Transportation Department and the Ecology Action Centre, we decided to see if we could get an e-bike share program launched on the Halifax peninsula. They have this already in most large and mid-sized cities and we think Halifax would benefit from having one too. We are in the beginning stages of implementing this, and are partnering with the EAC to write a grant proposal to start a pilot E-Bikes share targeting university aged students and people that work at the hospitals or nearby areas.

## SWAT Record Breakers – Cont'd



## Correlation Between Attendance and Success

Written by Grace Myers

As an athlete it is important to trust the process, even if it appears to be moving slowly, you are always moving forward. One variable that strongly correlates to reaching goals in swimming is attendance. There is a positive correlation between an athlete's attendance and their overall success in the pool. When an athlete attends over 90% of required practices, they will usually receive the full benefit of the program. Some days it may be tougher to get out of bed and make it to the pool purely due to factors such as fatigue, soreness, etc. However, humans are creatures of habit, the more you repeat an activity the easier it will become, this is the same with waking up early!

Studies have shown that an effective way to increase attendance is by keeping an exercise log. Each logbook will look different dependent on the swimmer. Some may record the goals of the practice and what they achieved; others may purely place a check mark next to the day as a reminder that they attended that practice. This is a great way to stay on top of your own attendance and become self-motivated to make it to the pool!

Training plans are designed by the coach with the intention that athletes will attend as many practices as they can, and they will only receive the full benefit of the program if they stay consistent with their attendance throughout the season. This said, there are times when you should miss practice! If you are suffering from an illness, if a coach tells you take to take a rest day, or if you are injured and are unable to do a modified practice.

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