

May

2020

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SWAT NEWS

Team Pride – Integrity – Dedication – Leadership



FLASH BACK TO SWAT REGISTRATION NIGHT @ THE STADIUM



TRAINING LOOKS A BIT DIFFERENT NOW
JUNIOR & NOVICE GROUPS



SENIOR GROUP

“A better mindset shows you failure is rarely fatal and that adversity is an opportunity, not a stop sign”

SWAT YOGA UPDATE

Thank you to everyone who responded with your preference on time for the SWAT Saturday Yoga.

Based upon the replies, we have decided to go **with 9:30AM on Saturday AM's**. These sessions will be emailed out to those who have declared interest & consent on Friday PM's through a Zoom Invite to a password protected platform.

If anyone who has not responded would like to be included (now or at any point), please let me know and I'll include you in the email distribution list.

Please note all SWAT Swimmers and their families are able to attend these sessions!!

SWAT Saturday AM Yoga will start at **9:30AM on May 2nd and run for 7 weeks, finishing on June 13th, 2020.**

I look forward to seeing everyone and hope to have even more of our SWAT members jump onto our SWAT Saturday Yoga Sessions.



Message From the Coaches

Hi SWAT Families,

Your coaches have been keeping busy over our time away from the pool. We've been making sure to stay active, keep connected to our friends & family, and try to learn something new each day. We miss our time at the pool with SWAT and wanted to touch base with everyone!

Dina: In such an odd time I have been missing the pool and the SWAT family a lot. Despite the unusual situation, I believe that the hard work and success the swimmers have had will be a driving force when we return to the pool. The SWAT family is resilient and fun; while we can't be in the pool we can be active and outdoors while we practice social distancing! When I am not doing schoolwork or coaching modules I find myself out often for walks around the neighbourhood to get fresh air especially because I am fortunate to live next to a trail system. In everyday busy life, the beauty of nature and the world surrounding us can sometimes be lost in the hustle and bustle. I have recently enjoyed having the time to cook and learn dishes (especially yummy treats) from all cuisines including trying to master my Yiayia's recipes from my Greek background. Of course, I also have loved receiving emails and videos from my swimmers when they do anything cool or want to talk about how they're doing!

Grace: During self-isolation I have kept active by completing circuits every morning. It is important to maintain a routine even when you do not have the luxury of leaving your home. I have found that this approach to quarantine has helped me significantly as it allows for a feeling of normalcy. During these challenging times it is can be easy to fall into self-pity. However, it is essential to remember we are all in the same position and need to stay strong. As you all know, the steps we take outside of the pool are just as important as the time spent training in the water. Although we do not currently have access to our primary training facility, we still have the ability to become both mentally and physically stronger outside of the pool. Try to remember when you may feel discouraged, that the harder the battle is, the sweeter the victory! "The difference between the impossible and the possible lies in a person's determination" (Tommy Lasorda).

Madi: Hello SWAT swimmers! I've missed all of you and the pool so much, but there are positives to this isolation. I've officially finished high school (yay!), so with no school work I have a bunch of free time now. I have started reading more books for fun and my dog is in the best shape of her life as she has gone on so many walks! I also have made the goal for myself that I want to be more flexible, who knows, maybe I'll get my splits by the end of this! I want you all to remember to look for the positives during this isolation, look for something to be grateful for everyday and find joy in the small moments (for example, yesterday I found a \$75 lululemon gift card during my big clean, that's pretty awesome!!!!). Just keep smiling! :)

Natasha: I hope you are all well and keeping as active as possible. With the sudden changes to our season, I know I have faced the challenges of keeping healthy and active with as open a mind as I can. The past few weeks have been challenging to find a new routine, which now includes helping my boys complete grade 4! Fun fact, I have ten year old twin boys and they are in separate classes. One of my favourite subjects to teach is art class, we've made some papier mâché piggy banks and other fun things. I'm not sure about any other schools, but theirs has done a fantastic job given the circumstances of "home schooling" and I really am enjoying being a part of my boys learning. One of my personal goals during this time was to learn how to ride a bike. This may sound silly, but it's been many, many years since I rode a bike and I can proudly say I managed. This plays into my summer goal that I had since last summer of trying to complete a short/sprint

Fun Workouts to Try From the Senior Virtual Training Group

SWAT *thursday senior circuit*

WARM-UP (~20 mins)

HR 1: (:30JJ, :30 SKIPPING, :30 KNEE HIGH, :30 BUTT KICK)

EXTERNAL ROTATIONS 3x10
 SA SCAP REACHES 12 EACH
 SL SUPER MAN REACH 12
 SCAPTION W/ BAND 12 EACH
 THORACIC SPINE TWIST 10 EACH
 WIPERS W/ MED BALL :45 SEC
 SHOULDER TAP + ARM RAISE 8 EACH - 2 SEC HOLD
 BIRD DOG :45 SEC - 2 SEC HOLD
 KNEE HUG / LEG CRADLE 5 EACH - 2 SEC HOLD
 BACKWARD LUNGES 10 EACH > CONTROL
 SL DEAD LIFT 10 EACH
 BAND WALK 4x (3 STEPS → +4)
 ATHLETIC HOLD 10
 MAX HEIGHT JUMP 3x (:20 SEC HOLD)
 BURPEE TO SL 8x
 PLANK JACKS 20x
 SINGLE LEG V SITS 12x

CIRCUIT (~40 mins)

- 40 MOUNTAIN CLIMBERS
- 35 SQUATS
- 30 LUNGE SWITCHES
- 25 BICYCLE CRUNCH
- 20 SPEED SKATER LUNGES
- 15 PUSH UPS
- 10 BURPEES
- 5 LEG LIFT TO TOE TOUCH.

PLUS PLANK TIL TIME UP.

R1: @1 min #1
 R2: @2 min #1+2
 R3: @3 min #1+2+3
 R4: @4 min #1+2+3+4
 R5: @5 min #1+2+3+4+5

R6: @6 min #H2+3+4+5+6
 R7: @7 min #H2+3+4+5+6+7
 R8: @8 min #1+2+3+4+5+6+7+8
 *15 min rest between rnds.

triathlon. I have also started to run again, slowly... but I am getting there. Lastly, I have been baking lots with my boys. I've learned how to make cinnamon buns, and they are so tasty! At this time the item I can't seem to make enough of is my mock made good double chocolate granola. My boys went through 2kg of vanilla yogurt in 3 days because the boys couldn't get enough of it! Hayden misses his mini waves mates, and can't wait to get back to the pool. I know I miss everyone tremendously and am excited to get back to the pool as well. But I am happy to take a step back and learn some new skills for now. Stay safe, stay happy and see y'all soon!

Zoe: Well, what an opportunity we have right now to explore parts of ourselves which may have been shifted to the side in the busyness of day-to-day life. I certainly have discovered that I enjoy reading. I've always struggled with reading, but now that I have time to sit down, open a book and read at my own pace, I've discovered that it's a great escape. I also have been trying to maintain some sort of workout routine with a combination of home workouts, runs, bikes & walks. It's been fun to explore around my neighborhood and really look at things – there is soooo many houses that I would LOVE to live in!!! (maybe one day!). Definitely the hardest part has been the incredibly reduced amount of time that I get to spend with all the swimmers, and the fact that I haven't been at the pool in 5 weeks. This is the longest time I've spent away from a pool in my 20 years involved with the sport – crazy!! Keep up all the great work swimmers and soon enough we will all be grateful to get to back at the Sackville Sports Stadium.

See you very soon,
 Zoe, Grace, Dina, Madi & Natasha

Swimming Canada Updates

Over the past month, there have been a lot of new developments in regards to how the end of this season, and the beginning of next season will begin to take shape. Some provinces have begun to enact a "Safe Return to Sport" in a multi-phase plan, but as of right now, Nova Scotia remains unchanged in our directives.

Swimming Canada Best Practices

Swimming Canada has lots of resources available to swimmers and their families, but here is an overview of their encouraged "best practices":

- Get into a routine that is planned but flexible.
- Athletes should aim to purposefully workout the same # of times per week they did before covid-19, including their dryland and in pool sessions in that total. (This said, it is also encouraged that everyone spend time outside each day, so for the younger swimmers, you may actually be active a bit more!)
- Athletes should maintain a normal bedtime and wake up schedule.
- Use this time to refocus on your goals, the timeline may have shifted, how can we take new steps to reach our goal?
- Focus on healthy eating and mental health/skills.

Swimming Canada National Meets / Swim NS Provincial Meets

There have been a couple modifications made for the 2020-21 National Calendar. First, Olympic Trials have been moved from 7 days, to 5 days and will take place on April 7th – 11th, 2021. Additionally, Easterns/Westerns has been moved to a virtual format for 2021. This means that throughout the month of March, all swimmers who are qualified for Easterns will have their results from their respective Provincial Championships put into a database to determine final rankings/results as would happen at Easterns. This gives our province the flexibility to hold Provincials a bit later in the month of March. Finally, Canadian Junior & Canadian Sr Championships will be combined into one meet, which will be held in Calgary in July 2021.

For provincial Meets, we are working to have our schedule finalized in June so

SWAT *WORK OUT WEDNESDAY*

Swim style

WARM-UP

2x
 5 THORACIC SPINE TWISTS (each)
 5 CAT COWS - FULL ROM
 10 SPIDERMAN PLANKS
 5 LUNGE W/ STRETCH (each)
 10 PLANK TO TOE TOUCH

PREP SET

20 BICYCLES > W/ BAND
 20 BEETLES
 20 RUSSIAN TWISTS W/ WEIGHT OR ROLLER

2x
 20 2 PT PLANK
 20 FLUTTER K W/ STATIC CRUNCH
 20 PELVIC LIFTS W/ BAND
 20 SL BACK UPS

MAIN SET

10 x "200" @4 - BEST STROKE !!
 [:35 ON / :10 OFF]
 +1 MIN REST

SR 1 + P
 FR: 1: SPIDERMAN W/ TWIST
 2: 2 PT PLANK

BY
 1: POWER STEP UP
 2: FLUTTER K W/ STATIC HOLD

BR
 1: BROAD JUMP W/ SHUFFLE
 2: PELVIC LIFT W/ BLOCK

FL
 1: 6'9" + HOLD LOW PLANK
 2: SL BACK UPS

WARM-DOWN

GROUP LEAD STRETCH
 - EACH PICK YOUR FAV.

May Team Challenge



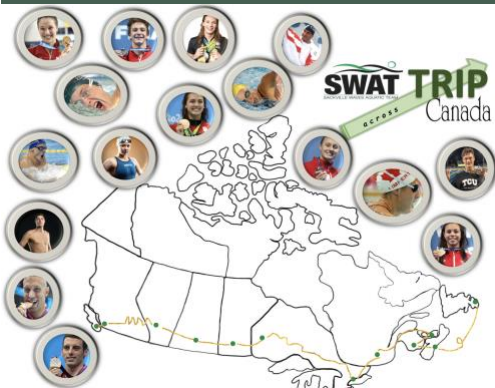
Join us in a trip across Canada, where swimmers will complete daily challenges during "Travel Days", and then on "Site Seeing" Dany read advice, learn about current & past National and Junior National Team Members from each province, and then complete a dryland challenge inspired by that athletes most favorite dryland exercise.

Swimmers like

**Kylie Masse,
Cole Pratt
Marianne Limpert &
Brent Hayden**

will be featured, along with a ton of other talented swimmers!!

Who's ready to pack their bags for this virtual tour of our amazing country??



(more info @ end of newsletter)

that clubs can begin to bid on meets and then we can communicate to our membership where events will be held. More info to come.

SWAT End of Season Plan

As we begin to look forward to what would be the end of our season, there are a few things to consider:

1. Junior and Novice will end their season on June 13th, 2020 (which would be 1 week after AA Champs were scheduled)
 2. Mini Waves season is effectively over. However, Mini's are strongly encouraged to participate in the May Team Challenge, and to participate in our Team Yoga on Saturday AM's from May 2nd – June 13th.
 3. Senior Swimmers – TBD, depending on how events unfold over the next few weeks, will determine when we take our summer break - stay tuned.
- Please reach out if you have any questions or concerns. This is definitely not how I expected our season to wrap up, and I wish we could all be together at the pool to celebrate all the great successes and accomplishments from our swimmers. I look forward to seeing each and every one of you back on deck in the fall, and many of you via virtual training over the next few weeks.

May Virtual Training Schedule

May 2020



April '20							June '20						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	1	2	3	4	5	6	
12	13	14	15	16	17	18	7	8	9	10	11	12	13
19	20	21	22	23	24	25	14	15	16	17	18	19	20
26	27	28	29	30			21	22	23	24	25	26	27
							28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 12PM SWAT Senior Check In	28	29 5PM SWAT - Junior 6 PM SWAT - Senior	30	1 Day 1 of SWAT Trip Across Canada Challenge	2 9:30AM SWAT Yoga
3 10:30AM SWAT - Senior	4 12PM SWAT Senior Check In	5	6 5PM SWAT - Junior	7 4PM SWAT - Senior	8	9 9:30AM SWAT Yoga
10 10:30AM SWAT - Senior	11 12PM SWAT Senior Check In	12	13 4PM SWAT - Senior 5PM SWAT - Junior	14	15	16 9:30AM SWAT Yoga
17 10:30AM SWAT - Senior	18 12PM SWAT Senior Check In	19	20 5PM SWAT - Junior	21 4PM SWAT - Senior	22	23 9:30AM SWAT Yoga
24 10:30AM SWAT - Senior	25 12PM SWAT Senior Check In	26	27 5PM SWAT - Junior 6 PM SWAT - Senior	28	29	30 9:30AM SWAT Yoga
31 10:30AM SWAT - Senior	1	Notes Running all May - SWAT's "Trip Across Canada" Dryland Challenge. I encourage everyone to participate, it will be loads of fun REMINDER: to participate in any online training, you must have given written consent for your swimmer to attend.				

Virtual Training Guidelines

1. Show up prepared in proper athletic gear (including water bottle & running shoes)
2. Perform Virtual Activity in an open, observable place in your house with enough space for all activities.
3. Parent supervision is encouraged, especially in the younger age groups.

Nova Tech Graduates

Participation

Elyse Daniels
Joel Phillips
Samantha King
Jesstine Suewirotnanakun
Olivia Young

Level 1

Emily Gaudet
Elyse Daniels
Owen Newsome

Level 2

Emily Gaudet
Ben Phillips
Medrick Ouellet
Elyse Daniels
Will Carter

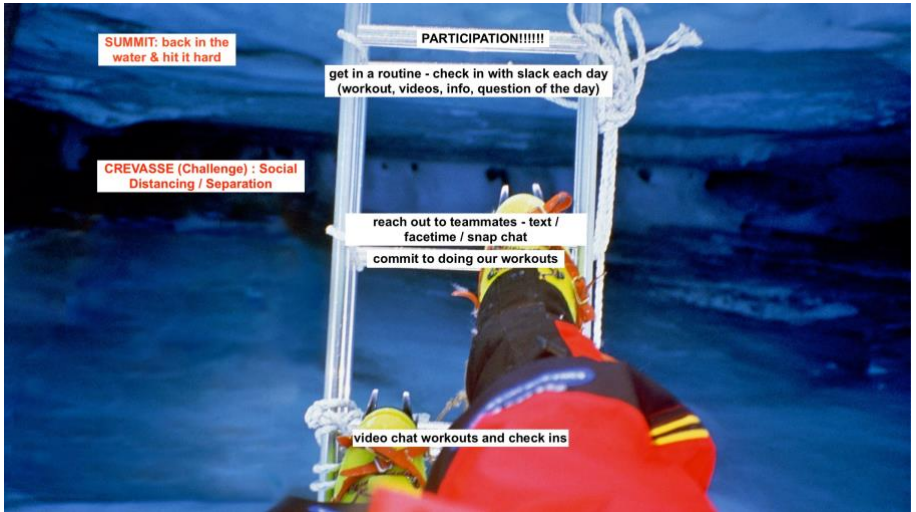
Usually we would celebrate our NT Graduates at the end of season banquet. However, this season is a tiny bit different so I wanted to ensure all our Nova Tech Graduates were recognized. It is a huge accomplishment to move from each level and then into the age group program.

We will make sure that our graduates receive their certificate and graduation medals as soon as it is safe to do so!

Keep up the AWESOME work Swimmers.



summit!). I encourage you all to print out this picture and give it a shot. Here is one the Senior Group did to help us during our time apart:



2. The Ten Foot Goal Exercise

Find 2 objects, and place them 10 feet apart from each other (these could be anything!!). Then stand at one object, facing the second object. The object you are currently standing on is where you are, right now, today. It is all of the little and big things that have happened in your life to bring you to this exact moment in time. Your focus should be on the second object, the one that is 10ft. away. That is your goal – that is where we want to end up eventually. Take a couple minutes to visualize your big goal. Then complete each of these steps, always resetting back to “when you are today” before restarting your journey to your goal.

- 1) Take the biggest steps possible to reach your goal.
- 2) Take one big set forward, and one small step backward until you reach your goal
- 3) Take one tiny step, pause and count to 5, then repeat until you reach your goal.
- 4) Do ANYTHING you want to reach your goal – walk / run / somersault / log roll, etc!
- 5) Stand completely still. You cannot move. Focus on your goal. Does it get closer??

Hopefully by the time you're through these 5 exercises, you've realized that 4 of them allow you to reach your goal, albeit, at different paces and with different pathways. Sometimes it is a straight line (1), sometimes there are setbacks (2), sometimes we have plateaus before we are able to move a tiny bit closer (3), and sometimes we need to switch things up and try a different way (4). However, the ONLY one that did not move us closer to our goal is when we did nothing at all (5)!! This is a big lesson for everyone, especially when it seems our original pathway set out to achieve our goal is now not possible. If each day we wake up with purpose and try and do one small thing to move us closer to our desired outcome, that is awesome! If yesterday we might have moved a little bit further away, that's ok. Have the courage today to get back up and chose to do something that sets you back to moving closer to your goal!

I hope together as a family, or individually you have found these activities helpful. I think that learning how to set goals, but then breaking down and acknowledging the pathways to achieve them, or what to focus on is a vital skill for all aspects of life. Happy goal setting, and I can't wait to see what everyone is able to achieve with a little bit of hard work and creativity.

MAY CHALLENGE INFO

Challenge Intro:

<https://www.youtube.com/watch?v=t9tKIHZ56Vs>

All the information documents are attached to the email you received with this newsletter, linked below, and available on our website!

There are 27 days of activities, which span from Newfoundland to Victoria, BC. That means if swimmers need some “off days”, they’ll still be able to complete the challenge during the month of May.

My hope with this challenge was to ensure the swimmers have an avenue to connect to their team and teammates, to motivate the swimmers to stay active in a creative and unique way, and to increase the swimmers knowledge of their sport.

Each day, you can read about the swimmer who lives in that area, complete the dryland challenge, and read the words of advice the Canadian Swimmers want to share with SWAT. There are also some videos that some Canadian Swimmers sent in so that you can see and hear their words of wisdom!

I also included a “resources” page at the end, which has demonstrations for some of the days which the exercises may be unfamiliar to the swimmers.

I encourage everyone to participate – get your whole family involved in travelling across Canada from the comfort of our own homes.

Don’t forget to send in quick video clips or photos of you completing these challenges! It will be fun for the team to see where each of their teammates are during this challenge.

Bon Voyage !!

<https://www.teamunify.com/team/caswatt/page/teamfeed2/swat-trip-across-canada>

Great Swim Resources to Explore

Swimming From Home Interviews

Indiana University Head Coach Ray Looze <https://swimswam.com/swimming-from-home-ray-looze-on-best-comeback-hes-ever-seen/>

Olympian Elizabeth Beisel <https://swimswam.com/swimming-from-home-talk-show-elizabeth-beisel-on-finding-the-silver-linings/>

Olympian Lia Neal <https://swimswam.com/swimming-from-home-lia-neal-on-getting-to-know-swimmers-outside-the-pool/>

Articles to Read

2020 Victor David Award Recipients <https://www.swimming.ca/en/news/2020/04/29/double-world-junior-medallist-among-victor-davis-award-recipients/>

Missy Franklin on Self Confidence <https://swimswam.com/missy-franklin-self-confidence/>

7 Kobe Bryant Quotes to Inspire Your Swimming <https://swimswam.com/7-kobe-bryant-quotes-to-inspire-your-swimming-career/>

Amazing Canadian Races to Watch

Annamay Pierce 2009 World Record – 200Br <https://www.youtube.com/watch?v=zsbQjxntis8>

Kylie Masse 2017 World Record – 100Bk <https://www.youtube.com/watch?v=icqlcmfnlTI>

2017 World Junior Record – 4x100 Medley <https://www.youtube.com/watch?v=D8vSOgKmaEU>

