

March

2020

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# SWAT NEWS

*Team Pride – Integrity – Dedication – Leadership*



GRADUATED ATHLETES FROM PARTICIPATION TO LEVEL 1!



AA RELAY GOLDS IN THE 4X100 FREE RELAYS! GO SWAT

*“Adversity builds champions”*

## Upcoming Events

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

AAA #3 Sign Up Deadline

March 15<sup>th</sup> – 22<sup>nd</sup> – Junior /  
Novice / Mini Waves /  
Winter Maintenance OFF  
for March Break.

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

April 8<sup>th</sup> – NT #5 Sign Up  
Deadline

April 16<sup>th</sup> – 19<sup>th</sup> Eastern  
Canadian Champs –  
Windsor ON.

April 18<sup>th</sup> – Nova Tech #5

## Culture: What we strive for, and how it is the most important aspect of sport.

My overarching goal for year two with SWAT was Team Culture. I wanted to create a culture that made a presence on pool deck, and made all swimmers interested in what our team was all about. I aimed to stress from all levels; Mini-Waves to our Senior Performance Athletes how important it is to create an environment where all athletes can succeed, and where all athletes feel supported. Team culture has been shown to be a huge predictor in sustained team performance, as well as a huge contributor to overall happiness and longevity of the athletes.

Team Culture is more than having a Team Vision Statement on the wall. It is creating a sense of unity, shared core values, and then having the BEHAVIOR to back it all up. This season we published our new Team Vision, Mission & Core Values; Team Pride, Dedication, Integrity & Leadership. Arguably, if our swimmers are able to move towards intrinsically modelling these Values on a daily basis, we have set ourselves up with the best team culture a sports team could ask for. Not only will this continue to add to our team's ultimate success, building a strong team culture means we are building a team of individuals with amazing character traits that will allow them to succeed far beyond their years in the pool.

I've seen a definite shift in the energy around the pool deck, at all levels. I think that swimmers started the season by making conscious efforts to model some of these Core Value behaviors, and now, 6 months in, all the coaches are seeing these behaviors modeled more frequently, and with less reminders! This is a huge accomplishment which truly shows what a great bunch of swimmers we have on our team.

I was told a story this week, which I think perfectly sums up everything I hope this comes to be known for in terms of team culture:

This week, one of my swimmers got her braces taken off; she has had them on since before I knew her, so it has been quite a while. She was so excited to be allowed to finally eat popcorn again when she got home from workout that night. Two of my other swimmers knew this, so after they ate dinner, all three made popcorn at their own house and "video-chatted" with each other so that they could all eat popcorn together and be excited for her.

While this seems like it might not have anything to do with swimming, it was a story that made me understand how much these athletes are turning into a family. They showed up for their teammate, and every action outside of the pool, builds the foundation for the actions and behaviors that will drive our team culture.

At the end of the day, that's what sport is all about; building those friendships and supports, and driving our team culture in and out of the pool. There is nowhere to go but up, and SWAT is on the rise!

# MARCH 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.

## March Criteria: Always Prepared

This swimmer has great attendance making sure they are at all of their committed workouts. This swimmer is always prepared for workout without coach reminders. They always bring their water bottle, dry land clothes and other swimming gear. This swimmer comes prepared for workout each day, making sure they are on deck in time for activation and ready to try their best each day.

## February Swimmer of the Month

Theme: Mental Toughness

### Senior Groups – Ella Dobson



Ella D is the Senior Group's February Swimmer of the Month. Ella seldom misses a metre in workout and has become one of the most consistently bad-ass trainers in the bunch. Ella always lifts her effort to make sure she's hitting goal pace, or reaching new "firsts" in practice. This month Ella grinded out some speedy 800's in workout and has been working to up her training in the gym. Ella isn't a loud leader in workout, but she definitely leads by her determination and pure training grit, never backing down from a double workout day or a tough distance workout.

### Junior – Ryan Yang

Ryan Yang has been selected as the Junior swimmer of the month for February for his mental toughness! Ryan took on swimming at the age of 16 which can be extremely intimidating. Swimming is both a technical and endurance-based sport that can take a long time to grasp. Ryan, however, has entered into the new challenge with ease and continues to conquer new milestones in the pool each day! This athlete understands that growth takes time and patience and knows that every practice is one step closer to his goal!



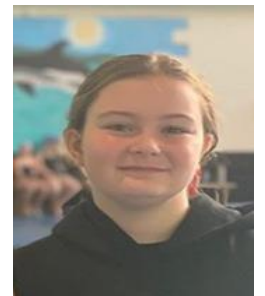
### Novice/Winter Maintenance – Medrick Ouellet



Medrick has been selected as the Novice swimmer of the month for February for his mental toughness! Medrick understands that achieving goals in swimming can be challenging, but each practice is a stepping stone that brings him closer to his goals! Medrick continues to thrive in the pool during both training and competition which has resulted in him becoming fully age group qualified on February 22<sup>nd</sup>! This is a prime example of how mental toughness both in and out of the water can result in success!

### Mini Waves – Sammie King

Sammie is the Mini Waves Swimmer of the Month for February. Sammie is always ambitious and ready to try new things. She never backs down or complains about a challenge. Her positive energy and mental toughness is contagious throughout the group. Sammie is always eager to try new things and embraces new skills with enthusiasm even if they are daunting. Way to go Sammie!



## Nova Tech Graduates (February)

Congratulations to the following Nova Tech Swimmers who have hit their graduation standards to move into the next level of competition!!! You should be so proud of yourselves, swimmers.

### Graduation into Age Group

Medrick Ouellet  
Will Carter  
Elyse Daniels

### Graduation into Level 1

Joel Phillips  
Olivia Young  
Jesstine Suewirotnjanakun  
Sammie King



## SWAT's Amazing Swim Meet Results!!

### AA Provincial Championships

#### 100% Best Times

Alana M, Emily G, Tristan S, Ben P, Tom T, Sylvie A, Audrey S, & Landon A were 100% best times this weekend!!!

#### Swim of the Day

Day 1: Sylvie Anderson for her gutsy 1500Free, where she achieved her 13 year old AAA Time by taking more then 60 seconds off her best time, to also win the event!

Day 2: Thomas Taylor for his speedy back-ended 200 Breaststroke where he came from behind on the last 75m to touch first and also destroy the 3 minute barrier by 3.5 seconds for the first time! Such great racing.

Day 3: 13-14 Girls 4x100 Medley Relay!!! Congrats to Adrianna, Sylvie, Ash & Audrey who finished our meet on such a high. Relays are the backbone of any successful club and it was so great to see these girls come together at the end of the session and get their hand on the wall 3<sup>rd</sup>. Shout out to Audrey S who anchored that relay in a HUGE best time (by 4 seconds!!) only 1 heat after helping the 12&u girls to a 2<sup>nd</sup> place finish!! Tough Racing Girls!

#### Top 3

SWAT had 31 medal performances this weekend. For a team of 12, that's an outrageous statistic! We had 14 Gold, 6 Silver and 11 Bronze.

#### 1<sup>st</sup> Place Finishers

Tom T: 100 Breaststroke, 200 Breaststroke, 50 Breaststroke, 100 Free  
Emily G: 100 Breaststroke, 200 Breaststroke, 50 Breaststroke,  
Sylvie A: 1500 Freestyle  
Matt P: 100 Fly, 50 Breaststroke  
Morgan L: 800 Free  
Tristan S: 200 Breaststroke  
12&U Girls 4x100Free Relay (Emily G, Alana M, Morgan L & Audrey S)  
15&O Boys 4x100Free Relay (Tom T, Ben P, Tristan S & Matt P)

#### 2<sup>nd</sup> Place Finishers

Matt P: 400IM, 200IM  
Tom T: 400IM, 200IM  
Ash T: 200 Fly  
12&U Girls 4x100 Medley Relay (Alana M, Emily G, Morgan L & Audrey S)

#### 3<sup>rd</sup> Place Finishers

Ben P: 100 Breaststroke, 200 Breaststroke  
Tristan S: 400IM  
Matt P: 200 Free, 100 Backstroke  
Audrey S: 50 Free  
Alana M: 400 Free, 100 Backstroke  
Ash T: 100 Fly  
12&U Girls 4x50 Free Relay (Emily G, Alana M, Morgan L & Audrey S)  
13-14 Girls 4x100 Medley Relay (Adrianna K, Sylvie A, Ash T & Audrey S)

#### Top Point Aggregate Winners

Congratulations to our Top Point Aggregate winners:

1<sup>st</sup> Place 15&O Boys – Thomas Taylor  
2<sup>nd</sup> Place 12&U Girls – Emily Gaudet  
2<sup>nd</sup> Place 12&U Boys – Matt Power

#### New Qualifying Standards

Sylvie A – 13 year old AAA in 1500fr  
Matt P – 12 year old AAA in 200IM \*making him fully qualified for AAA Champs



## 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

## Sobeys Gift Card Order

Submitted by Lisa Jardine

### NEXT SOBEYS GIFT CARD ORDER IS DUE MARCH 13<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](mailto:lisajardine@swatswim.ca)) know and provide her with your cheque by Friday, March 13<sup>th</sup>. Please email her to arrange for pick-up of your cheque.

Key dates for the next order:

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

## Follow SWAT on Social Media!

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### Website:



[www.swatswim.ca](http://www.swatswim.ca)

### Facebook:



Sackville Waves Aquatic Team

### Instagram



[swat.swim](https://www.instagram.com/swat.swim)

## Waves in the Community – February

**Name:** Jesstine Suewirojtjanakun

**Age:** 10

**Event:** Maritime Dance Academy. Maritime Dance Academy is the biggest dance academy in Atlantic Canada. They support and provide opportunity for dancers at any age and skill level to grow their passion for dance! Every year the academy does special events such as recitals, school tours and trips to competitions outside of the country.

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

**What is your favorite style of Dance?**

I really like them all but if I had to pick a favourite it would be tap! I love the music and the footwork is really complex so it takes more skill rather than ballet which is more based in the amount of flexibility a dancer has!

**What has been the coolest experience you've had with the Dance Academy?**

The coolest experience I've had was participating in the school tour. Every year dancers are picked to tour across different schools and perform their routines in front of the students and teachers. It was super fun, especially because we got to do a tap routine and then for lunch the dance group went to McDonalds!

**What do you hope to achieve in dance moving forward?**

I really hope to continue to have fun learning more difficult routines and new moves. It would also be super cool to continue on to participate in more recitals and school tours!



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

Our next Wednesday Night @ The Races is set to be held on Wednesday, March 25<sup>th</sup> from 4:15PM – 7:30PM

This event will be a similar format as our last Event. Swimmers from all groups will be split into teams, and will each get to race 1-2 events. We will also do a short skills session as we did before.

The only difference is this time, we are having a wrap up party! Last event we gave out prizes on deck for swimmers who had the best skills and best team spirit! We want to keep calling out our swimmers who are doing amazing things, and also to use this as an opportunity to bring the team together to recognize our swimmers heading to Toronto to compete against Canada's best swimmers at the 2020 Canadian Olympic Trials. There will be some great food, and a chance to chat with all your teammates.

I encourage all parents to make an effort to attend this event. It's a great team building opportunity, and a way to put faces to the parents and swimmers that your athletes likely talk about at home!

We still are looking for a few donations and volunteers for the evening. If you are able to donate some of the supplied for the wrap up party that would be awesome – or if you are able to volunteer your time on deck as well. You can sign up online when you declare your swimmers availability for the evening!

Sign up deadline is March 11<sup>th</sup> – please make sure to sign up ASAP so we can plan the best team event possible.

## 2019-20 Swim-A-Thon

Please mark your calendars for **Saturday, May 23<sup>rd</sup>, for our yearly swim-a-thon (6 – 8:30AM @ SSS)**. Last year it was an awesome event, and a great fundraiser for our club. This is our final fundraiser of the season, and our Swim-A-Thon Committee has some great events planned.

You will receive more info about this event as soon as we have it available!!! Swim-a-thon is a great confidence booster and an amazing way for the athletes to see how strong of swimmers they have become this season.

All groups: Mini-Waves, Winter Maintenance, Novice, Junior & Senior will attend this fun team event & fundraiser!!