

2021

# MARCH

## In This Issue:

SWAT's  
Achievements

Links for Swim  
Parents

Being a Prepared  
Swimmer

Ordering /  
Replacing  
Equipment

Upcoming Dates

Skill of the Month  
Winners

SNC #RaceAgain  
Results

Contacting your  
SWAT Coaches



# SWAT NEWS

*TEAM PRIDE - INTEGRITY - DEDICATION - LEADERSHIP*



Senior Pump Up Posters



Mini's Race Day Group 1



Mini's Race Day Group 2

***"ADVERSITY BUILDS CHAMPIONS"***

## CONTACT US

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### COACH CONTACTS

Head Coach –  
Senior Coach

Zoe Miles

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Junior & Novice  
Coach

Grace Myers

[grace@swatswim.ca](mailto:grace@swatswim.ca)

Mini-Waves Lead  
Coach

Madi Slack

[madi@swatswim.ca](mailto:madi@swatswim.ca)

### Lines of Communication

1. Email **your group coach first** with any questions!
2. Email Head Coach second if you need more clarification.
3. Email the Board Member or Volunteer in charge of “out of the pool” things.

## Celebrate SWAT's Achievements

### Sport NS Athlete of the Month

Congratulations to Senior Performance Swimmer Isabelle Dearnaley who won February's Athlete of the Month for Sport Nova Scotia.

Isabelle won for her sportsmanship and dedication to her team.

*“Isa is a natural born leader. She has been instrumental throughout our “Race Week” in supporting athletes from all groups and providing leadership to our senior group. Without being asked, Isabelle will get all the athletes together for a team cheer, she creates an exciting environment during race nights by playing DJ, and she is always on her feet cheering for her teammates. Isa’s energy is contagious and has allowed her teammates to break \*unofficial\* club records, smash best times, and achieve their goals while also staying focused on her own. In workout Isa leads by example, but at meets, Isa leads by elevating our team culture and support.”*

### Swim NS Virtual Challenge Winners

Each month, February – April Swim Nova Scotia has provided it's swimmers with a fun challenge to take part in. For the Month of February it was a 25m &/or 75m of your best stroke for time. Over 500 swimmers competed in the February Challenge, and SWAT had great results. Way to go SWIMMERS!!

### Event Winners

8&U 25 Fly – Maria Legge (by over 12 seconds!!)  
 11-12 25 Bk – Alana Mercier  
 11-12 75 Bk – Alana Mercier  
 15&O 25 Fly – Isabelle Dearnaley  
 8&U 25 Bk – Wyatt Kerrivan (by over 6 seconds!!)  
 11-12 25 Fr – Eugene Legge  
 11-12 75 Fr – Eugene Legge  
 11-12 25 Bk – Murray Briand

### Congratulations to our Mini-Waves who placed top 10 for their age group:

Gabby Bailey – 25 Free – 7<sup>th</sup>  
 Claire Holman – 25 Back – 3<sup>rd</sup>  
 Haley Pothier – 25 Fly – 6<sup>th</sup>  
 Madelyn Doucet – 25 Fly – 8<sup>th</sup>  
 Jude Lang – 25 Free – 5<sup>th</sup>  
 Ethan Mullins – 25 Free – 8<sup>th</sup>  
 Gryffin Hamilton – 25 Back – 3<sup>rd</sup>  
 Kai Donovan – 25 Back – 7<sup>th</sup>  
 Frederik Lang – 25 Back – 2<sup>nd</sup>  
 Oliver Knowles – 25 Back – 3<sup>rd</sup>  
 Nick Harnum – 25 Back – 5<sup>th</sup>  
 Reece Flynn – 25 Fly – 4<sup>th</sup>

## GREAT LINKS FOR SWIM PARENTS

Here are some awesome links to keep up to date with everything you'll ever want to know about swimming (and some stuff you didn't even know you wanted to know!)

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

Swimming Canada Website

[www.swimnovascotia.com](http://www.swimnovascotia.com)

Swim NS Website

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

SWAT's Website

[www.swimswam.com](http://www.swimswam.com)

Swimming News from around the world

[www.swimrankings.net](http://www.swimrankings.net)

Best times and progress of your swimmers

[www.alltides.com](http://www.alltides.com)

A great Canadian Site to order new swim gear.

### Congratulations to our Age Group Athletes who placed top 3 in their age group:

Juliette Mercier – 25 Br – 3<sup>rd</sup>

Ella Dobson – 75 Br – 3<sup>rd</sup>

Isabelle Dearnaley – 75 Fly – 2<sup>nd</sup>

Murray Briand – 75 Bk – 2<sup>nd</sup>

Ben Levit – 25 Fly – 2<sup>nd</sup>

Ben Levit – 75 Fly – 2<sup>nd</sup>

And Finally, Congratulations to our Draw Prize Winners who will receive a "February Virtual Challenge" T-Shirt from Swim NS!!

Gabe Cormier, Gryffin Hamilton, Claire Holman and Jude Lang.

## Being a Prepared Swimmer

Part of the Athlete's Commitment to SWAT is to show up prepared and ready for each practice. This shows respect to their coach and their teammates, and is important to learn from a young age.

### What does being a Prepared Swimmer Look Like?

- 2 SWAT Caps in your bag ALWAYS (in-case 1 breaks)
- 2 Pairs of FUNCTIONAL Goggles in your bag ALWAYS (in-case 1 breaks)
  - Extra Swim Suit in your bag (in-case of any sort of malfunction)
- ARRIVE ON TIME!!! (before activation starts – Activation is the beginning of workout, NOT an optional add on)
  - Bring all your gear – both pool and dryland, including: proper dryland clothes (runners, sport pants / t-shirt), Skipping Rope, Thera Band if applicable, Med Ball if applicable, SWAT caps, goggles, water bottle, mesh gear bag with ALL gear inside.
  - Positive Attitude – ready to learn.
  - Great Teammate – Ready to support all teammates.

It is not the coaches responsibility to problem solve or find replacement gear for an athlete. That takes time away from the other athletes who have come ready to train. Please ensure that your athlete has all of their gear (in duplicates where needed). If you need replacement gear or extra SWAT caps, info is at the end of the newsletter

## DO YOU NEED EQUIPMENT??

Did your SWAT Cap Break? Do you need a second as a replacement or extra to be prepared? Do you need a new SWAT Shirt?

We have stock of SWAT Caps and Shirts. Please email [equipment@swatswim.ca](mailto:equipment@swatswim.ca) and we will arrange payment and get the equipment to you.

## UPCOMING DATES

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March 7<sup>th</sup>: Junior / Novice  
March Virtual Challenge Day

March 15 – 19<sup>th</sup>, March  
Break: All groups regular  
schedule training.

March 27<sup>th</sup>: Find out if 25  
person bubble training gets  
expanded.

April 2<sup>nd</sup>: NO SWIMMING –  
Good Friday (pool closed)

April 4<sup>th</sup>: NO SWIMMING –  
Easter Sunday (pool closed)

April 8 – 18<sup>th</sup> Stage 2 SNC  
#RaceAgain Challenge  
(SWAT RACE WEEK #3)

## February Skill of the Month Winners!

**Mini-Waves:** For the month of February, the skill of the month was flipturns. The Mini Waves do flipturns in both freestyle and backstroke, focusing on being in a tight ball and having a fast rotation. **Alina Young** is the athlete of the month, as she consistently attempts her flipturns at every single wall, and along with focusing on the rotation itself, she remembers her tight streamline and dolphin kick off of the wall, way to go Alina!

**Skill:** Flipturns: Keeping head tucked while flipping (no turtling). Fast rotation, tight streamlining off the wall. Flipping one arm stroke away (not too close to the wall). Tight, fast ball

**Novice:** February's novice skill of the month winner is **Olivia** for her activated streamlines after EVERY stroke in breast! She is being mindful of driving her shoulders towards her ears with every streamline and has really stood out this month- she even practices this skill on deck during activation!! Congratulations Olivia!

**Skill:** Maintain tight streamline after every recovery in breaststroke

**Junior:** February's junior skill of the month winner is **Ben Phillips** for maintaining a strong forearm catch in all four strokes! This has been a major focus for the Junior group this month and Ben has definitely worked hard to master this skill!!! Way to go Ben!

**Skill:** Maintain forearm catch in ALL four strokes

**Senior:** This month out Athlete of the Month is Aline Potvin. Aline has great reach on all her strokes, especially when she is pulling. Aline always finishes on a full stroke into her turns which is helping her to improve her turn speed and skills. Awesome Work Aline!!

**Skill:** Swim Through Top of Stroke: Focus on length and extension into top of stroke, through swimming, through walls. Always reaching.

## Coach Zoe Miles Selected to Swimming Canada's 2021 High Performance Initiatives

Congratulations to Zoe for being named to the 2021 Olympic Program High Performance Select Coach Initiative and the 2021 Olympic Program Female Coaches Group.

Since 2014, Swimming Canada has invested in the development of coaches across the country with the strategic aim to develop a sustainable stream of world leading High Performance Coaches. As part of this continued commitment, we will be running three coach development groups in 2021. The Select Coaches Group, which was first initiated in 2014, will once again be offered along with the Female Coaches Group which was first offered in 2018. In addition, we will be introducing a new group for 2021 – Advanced Coaches Group – which will include some coaches who have been on the Select Coach Group for a number of years amongst others.

## MARCH SKILL OF THE MONTH

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### Mini Waves

**Skill:** Dives: Entering in a streamline//squeezing all your muscles while entering. Progression from the side to the block  
Fast breakout after dive

### Novice

**Skill:** Maintain 2-kicks per stroke in butterfly

### Junior

**Skill:** Maintain Extension in ALL four strokes

### Senior

**Skill:** RACE: Challenge to swim fast in workout, always up to challenge yourself and compete against teammates. Puts together Race Pace workouts consistently.

## Swimming Canada #RaceAgain Challenge

### Introduction Stage Results:

SWAT had several 13&U boys place well in the introduction stage of the Swimming Canada #RaceAgain Challenge. We are excited to see how the athletes results from Race Week hold up against the rest of the country!

Congrats to the following swimmers on their Top 10 placings

Eugene Legge: 50bk – 7<sup>th</sup>

Eugene Legge: 50 Free – 5<sup>th</sup>

Eugene Legge: 100IM – 3<sup>rd</sup>

Murray Briand: 100IM – 9<sup>th</sup>

Honorable Mention to Ben Levit, Murray Briand & Will Carter for their top 15 place in one of their events.

**We will update with the new ranking from Stage 1 once it is available! GO SWAT #RaceAgain**

SNC #RaceAgain Stage	Competition Dates	Entry Deadline
Stage 1	February 1 – March 7, 2021	March 8, 2021
Stage 2	April 8 – 18, 2021	April 23, 2021
Stage 3	May 21 – 30, 2021	June 4, 2021

### CONTACTING YOUR SWAT COACHES

A polite reminder to all of our SWAT Families that our coaches do not work around the clock. Our Club is completely shut down on Friday – the only day off in the week for our Head Coach Zoe. Additionally, our Assistant Coaches Madi and Grace are in university and have second jobs / sports as well. Please respect their evenings by not emailing or messaging questions past 7PM.

Before you send an email/text, ask

1. Can I find this information on the Website?
2. Has this email been sent in a prior email I can look back on?
3. Can I ask a teammate to clarify this info?
4. AM I emailing the RIGHT COACH?

We have had an influx of emails / messages / text messages to all coaches between 8:30 – 10PM at night. We would respectfully ask that our SWAT Families try to respect our coaches down time, so that we are able to show up at the pool in the early AM excited and mentally refreshed to coach your athletes.