

2021

JANUARY

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# SWAT NEWS

*TEAM PRIDE - INTEGRITY - DEDICATION - LEADERSHIP*



Mini's Back @ The Pool in December



Senior Jeopardy Game



Race Day for Novice and Mini Waves

**“TO UNCOVER YOUR TRUE  
POTENTIAL YOU MUST FIRST FIND  
YOUR OWN LIMITS AND THEN YOU  
HAVE TO HAVE THE COURAGE TO  
BLOW PAST THEM”**

## CONTACT US

### COACH CONTACTS

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### 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.

## SWAT's 2020 Year in Review!

2020 was a strange year for our team, but it was definitely not without it's huge successes. Take a look over the last 12 months at some of the amazing things our team has done:

**January:** We started the new decade of swimming with a combined Junior and Senior Skills workout @ Dalplex to work on using the backstroke wedge as well as learning to better use the wedge on the back of the starting blocks to produce more power when you dive. It was a great way for our team to gear up the year ahead. There were successful swims in our AA / AAA Dev Meets, and we had 2 more Novice Swimmers graduate out of Nova Tech Meets into the Age Group Program!

**February:** SWAT Raced incredibly at AA Provincials in Antigonish. Some might remember that Grace was supposed to be at this meet, but due to a (small) concussion, Zoe ended up going instead. Our Sr 2 and Jr swimmers handled the adjustment in coaches phenomenally and every single person left that competition with a medal. SWAT saw Matt Power qualify for AAA's for the first time, and many other swimmers achieve their first AAA Qualifying Standard. In February our last 3 Novice swimmers also qualified out of Nova Tech into Age Group, and our first ever Mini-Waves swam the 100IM. Joel, Jesstine, Olivia and Sammie all achieved their Level 1 qualifying standard moving them into the novice group!

**March:** Our team came 3<sup>rd</sup> overall again at David Fry Provincial Champs behind two teams with double the amount of swimmers we had. Our first ever 13&U boys relay team was entered in the meet, and 18 new club records were set. We had multiple medalists, and even swept the 13-14 girls 800freestyle. We had our first ever Swim of the Day Trophy passed around, and our first Junior Swimmer earn an individual medal at a provincial championships. We also had new swimming add their name to national championships rosters with Meg Bateman achieving her Easterns Standard in the 1500fr. Based on the results of the swim meet, we had 3 swimmers of Canada Games Age named to the Eastern Prospects Team; Ella Brocklehurst, Aline Potvin and Nelson Daniels. This is also the month our team got shut down due to Covid-19, and we moved our training Virtual! Our first team challenge of “Out of the Water Swimming” was super fun and had great participation.

**April:** In what would have been 2020 Canadian Olympic Trials Month we celebrated our 4 Trials Qualifiers: Ella Dobson, Lucy Jardine, Ryan Jardine and Natasha Sexton. Our small team had the most Olympic Trials Qualifiers of any Team in Nova Scotia, which shows the dedication and quality of athletes SWAT has. While we were not able to travel to Toronto for Trials, our four athletes were rewarded with their specially ordered Olympic Trials swag. Our entire program also remained committed and engaged throughout our Virtual Training and BINGO Challenge.

**May:** The best challenge of the year was SWAT's Trip Across Canada Challenge. It was 27 days of workout activities, mixed with learning

## GREAT LINKS FOR SWIM PARENTS

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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

about and hearing advice from some of Canada's current and former national team members. Our athletes got personalized messages from Olympic Medalists Ryan Cochrane, Penny Oleksiak and Chantal Van Landeghem, as well as World Junior Champions Jade Hannah and Gabe Mastromatteo. This was also the first month we had some brave souls hop in the lakes for the first time. We were definitely missing training in a pool, but could see the end of the tunnel because of the lakes starting to warm up.

**June:** In June we had 3 Senior Swimmers Graduate High School, Ryan Jardine, Meg Bateman and Michael Smith. All 3 swimmers headed to DAL in the fall, with Meg training with SWAT and the boys training with the Dalhousie Varsity Team. In June our first Senior swimmers were able to slowly and socially distanced participate in Dryland together as well as structured workouts in the Lake. We swam in 3 different lakes; Paper Mill, Lake Banook and Springfield Lake. Our athletes even got to use Lake Lines (lane ropes made for the lake) so that they could mix up their training and work on their skills.

**July:** In July, even though we hadn't raced since March, the Nova Scotia Next Gen Performance Team Nominations were made public. SWAT had 7 swimmers selected to this team for Spring / Summer 2020. Congratulations to Ella Brocklehurst, Ella Dobson, Isabelle Dearnaley, Lucy Jardine, Ryan Jardine, Juliette Mercier and Michael Smith. This was the most athletes SWAT has ever placed on this performance team in the club's history.

**August:** We were finally allowed to be back in the Stadium! It was an exciting moment for all of our team, with our entire program from Novice – Senior Performance back in the pool for an August Training Camp. All of the athletes and coaches were super pumped to be back in our home pool, and excited for the season to come. In August we also announced new coaching staff for the 2020 – 2021 season. We added 3 incredible coaches to our Mini-Waves Program: Madi Slack, Jayne Belliveau and Jack Briand. Additionally Grace returned in her position as the lead coach for Junior and Novice, and Natasha returned as assistant coach with Mini-Waves for the second season.

**September:** There was so much interest in our program, that despite the pandemic, our membership increased and we had the biggest mini-waves contingent yet!! There are currently 25 amazing little swimmers in our Mini-Waves program, with some returning for the second season and some brand new to our team. The weather was still warm so there was lots of time to do activation and dryland outside as we all continued to get used to the new provincial health orders. Our team was back in Full Swing and we were excited to be in the pool.

**October:** In October, our team got invited to participate in the Virtual Swim League, which was created from teams across Canada and England. We were the only team East of Ontario invited and our athletes did amazing across the matches we were able to compete in. Unfortunately the VSL did get shut down amid the second wave of the pandemic, however, it was a great team building opportunity as athletes from Miniwaves through to Senior got to race together. Our Performance athletes headed back to the Canadian Sports Centre for their land

## KEN DEMCHUK VIRTUAL CHAMPIONSHIPS

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This Fall Swimming Canada created a double elimination championship for all of the Para Swimmers across Canada. The Ken Demchuk Virtual Championships is a fun opportunity for swimmers to race against each other from the comfort of their own home pool! Our Senior Swimmer (and Mini-Waves Assistant Coach), Natasha has been representing our team with pride.

In round 1, Natasha raced 100bk and won her pairing, moving her into the “undefeated side” of the bracket. Natasha beat a former national team member en route to round 2. The Round 2 results were submitted on December 30<sup>th</sup>, where Natasha raced a 50Free. We are confident her swim will score her enough points to move her onto round three. Way to go NSQ!!

Stay tuned on SWAT’s social media to keep up to date with Natasha’s progress.

training which was also incorporated into all of our Senior Swimmers Land Training Program. The Fall Next Gen Performance Team was announced, Congratulations to Lucy Jardine, Ella Dobson, Ella Brocklehurst, Isabelle Dearnaley and Juliette Mercier for being names to the team again, and special mention to Ryan Jardine for also being named, despite him now representing DAL and SWAT. October saw our athletes get back to some fast racing as we had 3 unofficial club records in an unofficial time trial. Way to go Isabelle D, Ella B and Lucy J. Our Mini-Waves also swam their first ever races and we had 14 swimmers achieve their 25 kick time!!! This is so incredible.

**November:** The second wave finally arrived in NS, which meant our sport sector was put on pause again. Fortunately due to our amazing Meet Manager Kristy Legge, our Officials Chair Stephen Taylor and many amazing parent volunteers, we were able to hold a last minute time trial for our Age Group Program. It was awesome to see everyone come together in less than 24 hours to try and take advantage of a bad situation. It definitely set our swimmers on their way for remaining engaged and excited throughout the break. We had 3 swimmers qualify for AAA’s in the time trial, Alana M, Ben P and Tom T. Way to take advantage of every opportunity to race.

**December:** With the year winding down, our athletes completed the final Team Challenge of the season; 12 days of winter workouts. It was a lot of fun to see the pictures rolling in from our athletes at all levels completing their workouts to stay in shape for swimming. We had a draw for everyone who completed the 12 days, and had 3 winners! Congrats to Jack Burton, Alana Mercier and Haley Pothier for winning. Your prize is a DAL Varsity Swim Cap, and you can pick it up from Zoe at your next workout! We also were able to end the season together, in our favorite place, the Sackville Sports Stadium! All the athletes on our team were able to hit the water before Christmas, and then geared up for Christmas Training Camp.

It was an eventful season, but our swimmers showed dedication, Team Pride and above all else, incredible resiliency at every turn. We are definitely not “out of the woods” yet, but I am excited to see what our team accomplishes in 2021.

All the best to all of our Swimmers and Families on SWAT. Thank you for your continued support and patience during the Covid-19 Pandemic.

### RETURN TO TRAINING – JANUARY

Our goal remains to be as close to our October / November schedule as possible after January 11<sup>th</sup>. Unfortunately at this time, the public health directives in which sport can only have 25 people training in a group at one time is our deciding factor as to how our group training will be structured Jan 11<sup>th</sup> onwards. At this time, the Sackville Sports Stadium is planning to do lessons, and that means we will move down to our reduced training availability. At this time, SWAT has NOT confirmed it’s training schedule past January 10<sup>th</sup>. Our hope is this week the Premier will expand the athletic bubble back to 50 people. We will communicate the January 11<sup>th</sup> schedule as soon as it is confirmed. Thank you.

## COACH SELECTION TO NATIONAL INITIATIVES

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This season, our head coach Zoe Miles has been selected for two exciting Professional Development Opportunities.

Zoe was selected as the Assistant Coach for the Swimming Canada National Team Camp focused on 400m + events, which will run January 17<sup>th</sup> – 24<sup>th</sup>, inclusive. This is a virtual camp, which brings together the top National and Development National Team Members. Zoe has been responsible for weekly meetings with the Canadian Open Water and Distance Swimming Head Coach along with the camp Head Coach as well. Together with these coaches, Zoe has created targeted education sessions and group activities along with a weekly template of key training sets for the athletes and their coaches across the country.

Additionally, Zoe was one of 3 Coaches across all sports in Canada to be named as part of the inaugural Commonwealth Games / Sport Canada Mentorship Program. This is a 6 month program where Zoe will be mentored by one of the top coaches in Canada, and then have access to grant money to further her education in a National or International Championships Opportunity.

To read more about these opportunities, follow the links to the right:

## Swimming Canada #SwimAgain Challenge

As we continue to navigate the waters of our Covid-19 Swim Season, our governing body, Swimming Canada, has come out with its newest initiative for swim teams across the country to virtually compete and encourage all of the members to #RaceAgain.

The Speedo #RaceAgain Challenge is a virtual competition open to all registered Swimming Canada club members. Initially, an Introduction to the Speedo will be held over a 1 month period, and the balance of the challenge will be held across 3 stages, finishing with the final leaderboard rankings. The Introduction to the Speedo #RaceAgain Challenge will take place over a 1 month period from December 11<sup>th</sup> – January 10<sup>th</sup>, 2021. This is an opportunity for swimmers to get up on the block and #RaceAgain. Much like the #SwimAgain Challenge (Which Junior Participated in), the intro will offer an independent ranking of each event, over the different age groups and genders. At the end of Stage 1, 2, and 3 a leaderboard will be published for all participating clubs and swimmers across Canada. Each age group will have its own leaderboard. The Top 10 swimmers at the end of Stage 3, in each age group and multiclass will receive awards. All ages are as of December 31<sup>st</sup>, 2021.

Each swim club is responsible for running their own events, these can be sanctioned or unsanctioned. The target dates are as follows:

Introduction: Dec 11<sup>th</sup> – Jan 10<sup>th</sup>, 2021.

Stage 1: Jan 29<sup>th</sup> – Feb 7<sup>th</sup>, 2021.

Stage 2: Feb 26 – Mar 7<sup>th</sup>, 2021.

Stage 3: April 9 – 18<sup>th</sup>, 2021.

For the introduction, swimmers will race in 50's of each stroke and the 100IM. For each of the 3 stages, all events are open and possible to race. Coaches will choose which events and how many events they want the athletes to race. Most likely this will all be done in workout time (unsanctioned), but we will still have lots of fun racing against the rest of Canada.

The age groups are as follows: 10&U, 11 – 12, 13 – 15, & 16&O for women. For the men, it will be: 11&U, 12 – 13, 14 – 16, & 17&O. Para will be scored multi-class.

If a swimmer reaches the Eastern Canadian Qualifying Standard (SCM or LCM) during this period, they will be rewarded with Certificate of Achievement and the opportunity to purchase a 2021 #RaceAgain East/West Qualifier T-Shirt!

Let's go SWAT!!!

### National Team Camp:

<https://www.swimming.ca/en/news/2020/12/30/swimming-canada-to-host-six-national-virtual-stroke-camps/>

### Commonwealth Sport Canada Mentorship

<https://commonwealthsport.ca/news/featured/commonwealth-women-coach-internship-program-launched-canada.html>

# JANUARY SKILL OF THE MONTH

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## Mini Waves

**Skill:** Dolphin Kick: neutral head position, undulation, feet pointed and together, belly-bum movement.

## Novice

**Skill:** Flip turn for every free transition and back transition

## Junior

**Skill:** Maintain steady kick tempo in butterfly + breathe every 2 strokes

## Senior

**Skill:** Has mastered the art of the negative split. Capable of swimming controlled and then increasing speed across all distances, pull, kick, swim, etc.

## SWAT Skill of the Month

It was short and sweet in both November & December for training time, but it's still important to acknowledge those swimmers who are really working hard to improve their skills.

## November Winners!

**Mini-Waves:** This month's skill focus was on breaststroke, specifically having flexed feet during the three steps of the breaststroke kick ("Up, Out and Around") and having a glide in between each kick. The winners for this skill of the month are **Gabby, Reece and Phoebe**, who all had huge efforts during breaststroke sets and consistently focused on making sure they did all three steps of the kick, keep up the great work!

**Skill:** Breaststroke: Flexed Feet, The 3 steps of breaststroke, 2 hand touches:

**Novice: Jesstine** maintained steady kick in both freestyle and backstroke throughout the entirety of November practices! She made sure to always check in and ensure that she was kicking in her strokes! Way to go!

**Skill:** Maintain activated glide in breaststroke

**Junior: Gabe and Emily** demonstrated exemplary steady kick in both freestyle and backstroke. Both athletes learned the importance of moving the water in both directions in their kick and practiced this skill throughout the month of November! Congratulations!

**Skill:** Maintain strong, steady kick in Free and Back

**Senior: Juliette Mercier.** Juliette has worked super hard to achieve always legal cross-over turns, and there is never an IM set that goes by (or transition from Backstroke to Breaststroke) without her doing a crossover turn! It's a tricky skill to master, but Juliette has committed to it!

**Skill:** Cross Over Turns: Legal, performs them across all IM type sets / warm-up, warm-down, etc.

## December Winners!

**Mini-Waves:** This month's skill focus was on dolphin kick, a fundamental skill in swimming. The Mini Waves were specifically focusing on keeping their feet together and pointed during the kick, while maintaining a neutral head position (looking at the bottom of the pool) and undulation (otherwise known as having the "belly bum" movement in their kick). The winners for this skill of the month are **Maria, Gryffin and Vita**, who all demonstrated huge improvement in their dolphin kick.

**Skill:** Dolphin Kick: neutral head position, undulation, feet pointed, belly-bum motion:

**Novice: Sammie** has demonstrated strong skills in training regarding proper touches on every wall for all four strokes! This is a skill that can take a lot of practice, but Sammie has stayed dedicated to mastering this essential technical aspect of swimming! Great work!

**Skill:** Proper touches on EVERY wall

**Junior: Will Carter** has ensured to maintain proper touches on every wall for each stroke! He understands the importance of this skill at all levels; beginning with mini-waves and practiced all the way into senior performance! Will is building a habit of proper touches by practicing this technical skill in every practice! Awesome job!

**Skill:** Maintain strong, steady kick in Free and Back

**Senior: Natasha Sexton Quillan:** Natasha is always trying to get the most out of her arms and really working on getting into that catch position in freestyle. Way to go NSQ!!

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

## Elf on the Shelf Entries and winner.

Congratulations to all of our participants for their Elf on the Shelf contest. We had swimmers from all groups and ages participate, and come up with some fun ideas. Congratulations to Reese F for his funny and creative submission. You can check our Instagram to view all of our Elf on the Shelf entries!



Mini Waves Virtual Training!!!