



EDMONTON
KEYANO
SWIM CLUB

October 2025

The Bear Facts

A Source for all things Keyano!



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Welcome to Our Monthly Swim Club Newsletter!

Each month, our newsletter will keep you updated on upcoming meets, key dates, and club events. We'll also highlight swimmer achievements and provide helpful tips to support your child's development.

You'll find useful reminders and advice to help families navigate the swim season. It's the perfect way to stay connected and stay in the know about everything happening with the team.

We're excited to keep you informed!

Head Coach's Message *By Paul Birmingham*

On behalf of all the staff at Edmonton Keyano, we'd like to warmly welcome our new and returning members to another exciting season.

As our club continues to grow, we want to remind families of a few key points:

- **Performance Pathway:** In the Development Stream (Bronze, Silver, Gold), the focus is on technical excellence and building strong skills. Competing is an expectation for all swimmers, with Bronze athletes starting at in-house Bear Cubs nights before progressing to external meets. In the Performance Stream, training attendance, commitment, and team culture become crucial alongside results.
- **Competition & Participation:** We expect all swimmers to take part in their group's designated competitions. For families, meet hosting is a vital part of our club's success. Keyano runs 8–10 meets each season, and every family contributes through our participation point system. This allows us to host high-quality events and secure valuable pool time for our athletes.

Performance Group Updates

Many Performance group families will have been aware the Swim Canada made significant changes to the national competition calendar which included the abandonment of the Summer Age Nationals as well as the removal of Westerns/Eastern Canadian Championships. There was significant lobbying from large club coaches with the national federation regards the removal of these meets. It looks like we may have been successful as Swim Canada is now looking to add back some version of an Age Nationals in the July of the 2026/27 season. I have just returned from a planning weekend with Swim Alberta in which the Performance Working Group worked hard to try to find a solution to the loss of the Western Canadian Championships. We have made some suggestions to Swim Alberta who will be now communicating with other western Canadian provinces to see if we can come together to put our own version of this meet back on the calendar. Without going to details just yet (as there are quite a few permutations) I believe we are likely to reinstate this meet. Stay tuned!!

Thank you to all our families for your dedication and support. We're excited to see what Season 2025/26 will bring and look forward to celebrating the growth and successes of every swimmer.

President's Message *By Sara Pretzlaff*

Welcome to a brand new season with the Edmonton Keyano Swim Club! A special welcome to all our new members, we're thrilled to have you join the Keyano family and begin this exciting journey with us. Already, our swimmers are showing outstanding commitment and setting the tone for a season of hard work, achievement and high performance. The energy on deck is inspiring, and we look forward to seeing what our athletes will accomplish together.

We also want to highlight how essential parent volunteers are to the success of our club — getting involved is not only vital, but it's also a great way to be part of the action and have fun on deck.

On behalf of the Board of Directors, thank you for your continued support — here's to a successful and rewarding season ahead!

Development Program Lead Message

By Matt Bowkowsky

Our Coaching Team is Ready for the Season!

The Bronze, Silver, and Gold coaches are thrilled to hit the deck this week and welcome both new and returning swimmers to the pool!

Behind the scenes, our coaches have been hard at work throughout September, meeting once or twice a week for professional development sessions. These covered everything from stroke technique and training plans to effective communication, group management, and even tech skills. Many of our coaches also took part in additional workshops offered by Swim Alberta and the Coaches of Canada during National Coaches Week (Sept 15–21), keeping them up-to-date and inspired for the season ahead.

We're especially proud of our first-year coaches, who are currently completing their NCCP coaching courses. While they may occasionally miss a practice to attend training, they'll return equipped with new tools and fresh ideas to help your swimmers grow in a fun, supportive, and positive environment.

Here's to a season full of learning, progress, and great swims! Go Bears! 🐻

Keyano Athletes Shine on the World Stage

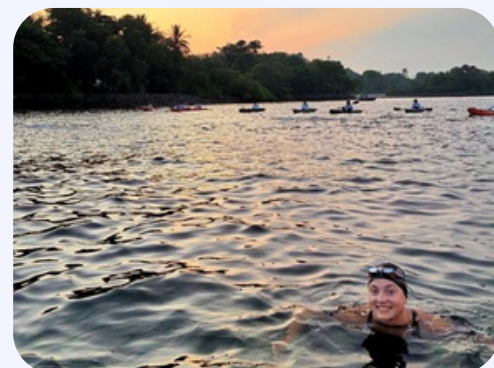
This fall, two of our Keyano swimmers proudly represented Canada at major international championships.

Reid Maxwell competed at the World Para Swimming Championships in Singapore, where he had a breakout performances. Reid set new Canadian records in the 100m freestyle and 100m backstroke, placed 4th in both the 100m & 400m freestyle, and captured a silver medal in the 200m individual medley (SM8) with yet another national record.

Meanwhile, Emma Finlin raced at the World Aquatics Championships in the 5km and 10km open water events. She achieved her best-ever international rankings, finishing 19th in the 5km and 26th in the 10km, marking a new career milestone in distance swimming on the global stage.

We are incredibly proud of both Reid and Emma for their hard work, dedication, and inspirational performances. Their results continue to highlight the strength of Keyano swimmers on the world stage.

Congratulations, Reid and Emma!





Important Updates

DID YOU KNOW?

Team Aquatic Supplies Portal – Open Now! 🧢👙

Portal is now open until October 4th. Families can order official team suits through the portal.

You can also use our team discount code: EDM404TF20 for savings on other TAS items.

Don't miss out - get your suits before the portal closes!

How to Shop at the TAS Portal:

1. Log in to the website.
2. Click on the "ONLINE Store" tab.
3. Select "TEAM AQUATIC SUPPLIES - Team Portal."
4. You will be redirected to the TAS website.
5. Browse and select the items you want.
6. Checkout when ready & all items will be shipped to your house.

Watch your inbox! ✉️

Details for the **Parka & Backpack** ordering portal will be shared in an email early next week.



Past & Upcoming Communication

Weekly Updates Now on the Blog

- Our weekly emails are now being posted on the Keyano website blog—perfect if you ever miss one in your inbox.
- Check them out here: <https://eksc.com/blog>.

Officiating & Volunteering

- Keep an eye out this week for an email from our Officials Chairperson (Stephanie Slee).
- It will include important information on officiating, volunteering at swim meets, and how families can earn points throughout the season.



Upcoming Swim Meets & Deadlines

Date	Meet	Group	Location	Deadline
Oct 18	Octoberfest	Sil +	Edmonton (KSC)	Oct 14
Oct 25 & 26	Poppy Invitational	Sil, Gold, Sn Prov & Jr Prov	Edmonton (KSC)	Oct 2
Nov 8 & 9	Cascade Speed Meet	Jr Prov (qualifiers), Jr Nat, Sr Nat	Calgary (Seton)	Oct 14
Nov 9	OSC 12 & Under	Bronze & Silver	Edmonton (KSC)	Oct 27
Nov 28-30	Candy Cane	Sil, Gold, Jr Prov, Sr Prov, Para	Edmonton (KSC)	Nov 11
Dec 5-7	PSC Xmas Cracker	Jr Prov, Jr Nat, Sr Prov	Victoria BC	Oct 17
Dec 11 - 14	JP Fiset Invitational	Jr Prov, Jr Nat, Sr Prov, Sr Nat	Edmonton (KSC)	Nov 19
Dec 15	Gold Distance Challenge	Gold	Edmonton (EKSC)	Dec 10

From the Office

Keyano Accountant - Temporary Absence

Our accountant, Jie, is away for personal reasons for a few weeks this month and we would ask everyone please allow some patience from our accounting department until her return. We often refer to ourselves as having 'departments', however, we are a small non-profit with only one full time administrative employee, a part time office administrator and a part time accountant. Our efforts double to support the club and each other when needed. For the quickest response to your questions, please check our website and if you cannot find your answer online then email Lindsey at office@eksc.com, who has the answer to most questions and will elevate inquiries to the appropriate person as necessary.



Keyano's Newest Program - Para Swimming

Keyano is proud to announce the start of a brand new program this season - Keyano Para! Many of you will already know that Keyano development and performance programs have included para swimmers, including Paralympic and World Championships medalist, Reid Maxwell, who just returned from a Silver medal in Singapore last week! Until this season, all para swimmers were required to meet the same group criteria as Olympic stream athletes, which limited the level of disability and age range over which interested para swimmers could become involved in our sport. And, to top that off, there are precious few options elsewhere to get involved.

Keyano Para offers dedicated programs for swimmers experiencing disability, ranging from beginners looking for health and routine benefits all the way up to fully competitive para swimmers. The nature of para swimming includes a wide range of individualized needs and goals; and, swimmers benefit like all competitive swimmers from the team atmosphere, pride and growth that comes from the unique benefits of swimming. Keyano is committed to leading swimming in Canada through all three of its program streams: Performance, Development, and Para!

Check Registration Status

Our season is underway and nearly all members are fully registered in the program. It is each member's responsibility to ensure that full registration is in place by checking their account at www.eksc.com. Note, if you paid your registration invoice then you are registered even if there is an error in your group placement online - you can correct group errors by emailing office@eksc.com.

If you registered directly through a YMCA location then an account at www.eksc.com was automatically created for you. Simply go to the Keyano website and select "?Forgot Password" using the same email address as your YMCA account and a link to access your Keyano account will be emailed to you instantly.

Members who do not have a valid registration for the 2025-26 season are not insured and are not allowed in the water. This includes unpaid registration invoices. To resolve unpaid invoices please ensure your payment method is accurate or send us an e-transfer for your balance.

From the Office Continued...

Payment Processing

Keyano's primary payment processing occurs automatically on the 10th of each month. Monthly invoices are created a few days in advance, but are not considered overdue until after the 10th. All members have a 30-day grace period to correct any payment issues. With nearly 400 accounts in the club there are always a handful of expiring credit cards - no worries, please just update your information and allow the payment to process the following month. At the start and end of the season, it is also normal for payment transactions to be swept by the processing system on a weekly basis to allow members to clear any balance.

E-transfers are also accepted to generalmanager@eksc.com using the password: [Keyano](#) Please try to send an amount equal to your invoice(s).

To view your account, simply login at www.eksc.com and go to My Account > Billing. To change your credit card information, simply login at www.eksc.com and go to My Account > Payment Method.



AGM - October 29th, 2025

Keyano's AGM will be on Wed Oct 29 at 5pm in the Kinette Room at the Kinsmen Sports Centre. We welcome every member to attend.

For AGM information please check our [AGM](#) page.

Get to know Keyano

[Keyano Handbook](#)

Did you know Keyano has a quick and easy-to-read [Handbook](#) on our website? We encourage every family to look through it at least once. It answers common questions about policies, bingos, swim meets, and training at Keyano, all in plain language.

Parent Meetings

Parent Meetings will be held at each pool during the first two weeks of the season. These sessions are a great chance to get updates and ask questions. Stay tuned for details from your coach.

New Member Orientation

For our new families, we'll also host a New Member Orientation in November to cover any remaining questions once the season is underway.

 Save the Date: Wednesday, November 19

- 4:30–5:30 pm
- 5:30–6:30 pm
- (Kinsmen, during Bronze training times)

We'll confirm these times soon—but for now, please mark your calendars!



2025-2026 Mental Performance Series

Presented by Swim Alberta

Swim Alberta is pleased to announce the 2025-2026 Mental Performance Series for swimmers, coaches, and parents. These sessions are held in partnership with the Canadian Sport Institute Alberta (CSI-AB).

For more details on each topic visit [Swim Alberta's website](#)

Athlete Session #1 – Monday October 6, 2025 at 6-7pm

- TOPIC: Goal setting & Debriefing
- REGISTRATION: <https://us06web.zoom.us/join/zoom-join-link>

Athlete Session #2 – Tuesday October 28, 2025 at 6-7pm

- TOPIC: Competition Preparation
- REGISTRATION: <https://us06web.zoom.us/meeting/register/psvSiKs2SiCvLtgybjdiTw>

Athlete Session #3 – Tuesday November 18, 2025 at 6-7pm

- TOPIC: Visualization & Relaxation
- REGISTRATION: <https://us06web.zoom.us/join/9tJfKwV7yW>

Athlete Session #4 – Tuesday January 13, 2026 at 6-7pm

- TOPIC: Mental Health & Well-being & Deliberate Practice
- REGISTRATION: <https://us06web.zoom.us/join/register/hyFubkerRoOL9TZf6tbhUg>

Coach Session #1 – Monday October 6, 2025 at 7-8pm

- TOPIC: Leadership & Communication Strategies
- REGISTRATION: <https://us06web.zoom.us/join/zoom-join?from=addon=register&meetingRef=YT1eSh3PTHaDFLhOfMd3rA>

Coach Session #2 – Tuesday November 18, 2025 at 7-8pm

- TOPIC: Open Forum – Ask an Expert
- REGISTRATION: <https://us06web.zoom.us/join/9876543210>

Parent Session #1 – Tuesday October 28, 2025 at 7-8pm

- TOPIC: Emotional Regulation
- REGISTRATION: <https://us06web.zoom.us/meeting/register/psvSiKs2SiCvLtgybjdiTw>

Parent Session #2 – Tuesday January 13, 2026 at 7-8pm

- TOPIC: Event Management
- REGISTRATION: <https://us06web.zoom.us/meeting/register/hyFubkerRoOL9TZf6tbhUg>



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