

THE NEXT WAVE

November 2025

NOVEMBER FOCUS: BUILDING THROUGH RACING

November marks our second month of racing, and the momentum is in full swing! After an exciting start to the season in October, swimmers are now gaining confidence and learning how to apply their training to competition settings. Each race offers a new opportunity to practice strategy, refine technique, and build mental toughness, important steps as we prepare for our big meet in December.

This month, we'll focus on race-specific skills such as starts, turns, underwater work, pacing, and strong finishes. Coaches are emphasizing the importance of consistency and effort both in practice and in meets. Swimmers are encouraged to set small goals for each race, learn from their experiences, and celebrate their progress along the way.

We're also excited to have dryland training back in our routine! These sessions play a key role in developing overall athleticism. Building strength, coordination, balance, and core stability - all of which translate directly to better performance in the pool.



Once a month, our Age Group 1–2 and Tier 1–3 swimmers will come together for a special Saturday practice! These joint sessions are designed to build team spirit and strengthen connections across all levels. Swimmers will enjoy fun relays, station work, and team challenges, while learning from and encouraging one another. It's a great opportunity for our younger and older athletes to train together, cheer together, and grow as one team both in and out of the pool. Watch for this in the training calendar!

November is always an exciting time of growth and momentum. Thank you to all our swimmers and families for your continued commitment and enthusiasm. Let's keep working hard, racing smart, and enjoying the journey as we head into the final stretch of the year!

GO KCS!

Our swimmers kicked off the season with a fantastic start at the KISU Penticton Pentathlon! Both our younger and older athletes took to the pool with great enthusiasm and energy. For many, this was the first meet of the season, and it was a wonderful opportunity to get back into racing mode while reconnecting as a team.

Sunday's Jamboree session gave our developing swimmers - those still working toward their 4:00 200 IM time - a chance to gain valuable race experience in a fun, supportive environment. It was incredible to see our younger athletes learning from their older teammates and showing such great effort and sportsmanship. The meet was filled with smiles, cheers, and strong performances, making it a great early-season confidence boost for everyone.



Following that, we hosted our very own KCS Fall Festival at our home pool! The excitement was high all weekend as swimmers cheered each other on and celebrated every achievement - whether it was a new personal best, a first sub-4:00 200 IM, or simply showing improvement and determination in each race. Our team spirit shone through in every session, with team cheers, fun activations, and amazing support from teammates and coaches.

Huge congratulations to Mia Morgan Steele, Mia Bertram, Zoe Vince, Sophia Michaud, and Siena Vincenzi for achieving their 200 IM qualifying time! You're now eligible for regular/invitational meets. Amazing work!



We're also proud of all our swimmers for their effort, team spirit, and so many new personal bests. Both meets were not only great racing opportunities but also incredible moments for team bonding and growth. The energy, sportsmanship, and enthusiasm shown by all our swimmers made us proud. We're excited to carry this momentum into the rest of the season—Go KCS!

After all that racing, we made some time for fun! Our Halloween Swim was a splash of fun and team spirit! Swimmers showed great energy in the water and brought lots of creativity with their costumes. It was an awesome way to celebrate the season and keep building our team community!

COACHING UPDATES

We're thrilled to welcome **Carson Tomalty** to the deck! You'll see him on Mondays and Wednesdays, working with Coach Berke and Coach Abby to support our Tier 1 – 3 swimmers.

Hey Team, My name is Carson Tomalty, and I'm excited to be joining the KCS coaching crew! I grew up in Invermere and have been coaching for over 15 years — from the Columbia Valley Swim Club to Queen's University, where I competed in varsity swimming and triathlon and later was a head coach of the varsity triathlon team.

I've also worked to make swimming more accessible — running a national non-profit for children with disabilities, coaching Special Olympics swimmers, and helping bring affordable lessons to all elementary schools in my zone. After some time away from racing (and a brief coaching adventure in Costa Rica with the Olympic surfing program), I'm thrilled to be back in the pool...even if I still complain about backstroke.

When I'm not at the pool, I'm teaching at South Sa-Hali and McGowan Park, doing an outdoor adventure, or out walking my dog. I can't wait to meet everyone and I am looking forward to a great season ahead!



Reminder of who to contact for questions about schedules, meets, training

Group	Coach(es)	Email(s)
Novice Prep	Lia / Abby	info@swimkamloops.com
Novice	Isabela	coachisabela@swimkamloops.com
Junior	Elyssia	coachelyssia@swimkamloops.com
Age Group 1	Isabela (<i>Lia as assistant</i>)	coachisabela@swimkamloops.com
Age Group 2	Elyssia (<i>Mon/Wed/Fri/Sat AM</i>), Isabela (<i>Tue/Thu</i>)	coachelyssia@swimkamloops.com, coachisabela@swimkamloops.com
Tier 1–3	Berke, Abby, Carson	coachberke@swimkamloops.com, coachabby@swimkamloops.com
Swim X	Abby	coachabby@swimkamloops.com
Masters	Isabela	coachisabela@swimkamloops.com

OFFICIALS UPDATE

Most officials have already activated their Sportlomo account. If you haven't done so yet, please follow the steps on the Swim Kamloops website:

1. Go to the [Swim Kamloops](#) website
2. Click on **Resources** → **Officials**
3. Select “**How to Register as a New or Returning Official**” and follow the steps.

Upcoming In-Person Clinics

We are pleased to offer two in-person clinics, held in the **Officials Classroom** beside the KCS office:

Date	Time	Clinic	Instructor(s)
December 2	6:00 – 8:00 pm	Inspector of Turns	Chris Cameron/Steve Meredith
December 4	6:00 – 8:00 pm	Judge of Strokes	Chris Cameron/Steve Meredith

These clinics are recommended for officials who have already completed the **Introduction to Swimming Clinic** and have at least **one session of deck experience as a timer**. A big thank you to Chris and Steve for volunteering their time!

How to Register for the Clinics:

1. Go to the [Swim Kamloops](#) website
2. Click **Resources** → **Officials**
3. Select “**How to Sign Up for Clinics**”
4. Follow the instructions for registering for an **Instructor Led Clinic** through [Sportlomo LMS](#).

*(Reminder: The Sportlomo clinic registration link above is **not** the same link used for activating your Kamloops officials account. You will not be able to activate your account with that link. You can only log-in to sign up for clinics)*

If you have **not** completed the [KCS Officials Survey](#), please do so — this ensures you receive your name badge and any achievement pins based on your level. New officials and those who have recently advanced to a new level will see their name badge and/or pins soon!

VOLUNTEER OPPORTUNITIES & UPDATES

- **Thank you** to everyone who came out and volunteered at the KCS Fall Festival! We had lots of new faces on deck, and everyone did a great job of supporting our swimmers.
- Watch the website for details on how to sign up, Volunteer Policy overview, position details & more!
- Upcoming Volunteer Opportunities:
 - VKSC Invitational/Jamboree, Nov 7-9. If you can help, please contact the [VKSC volunteer coordinator](#)
 - KAJ Fall Classic, Nov 21-23. If you are able to volunteer, please fill out [this form](#)
 - MJB Law Classic Invitational, Dec 12-14th. Volunteer sign-up kicks off Wednesday, Nov 12th. An email will go out once signup is open - there are over 450 positions to fill to run this meet.
 - Christmas Breakfast & Team Clinic, December 6th. Details & volunteer sign-up coming soon!
- Have you volunteered at an out of town swim meet? Remember to send an email with the details to get your volunteer points!
- Questions? Email volunteers@swimkamloops.com with any questions



SWIMMING GEAR AND CLOTHING

Team Clothing Orders Coming Soon!

In the coming weeks, keep an eye out for a link to our **Google Form for Team Clothing Orders!** Don't worry if you missed the original t-shirt order — you'll still have the chance to show off your team spirit at upcoming meets.

This order will include a variety of items such as **sweatshirts, pants, and water bottles** (perfect Christmas gift ideas!). **Parents** are also encouraged to proudly wear our team gear. You'll also have the opportunity to order **officials' shirts** — available in both t-shirt and golf shirt styles, in **red, white, and black**.

Stay tuned for more details — information will be shared widely once the order form is live!

SUPPORT. PROMOTE. SHINE!

Sponsorship spots are still open – join us and be part of something great this swim season! Whether it's supporting a team activity, sponsoring a lane, or having your business name on one of our meets, we have options available! Check out and share our [sponsorship package](#). We are also looking for an energetic and creative individual (or two!) to bring new ideas to our fundraising efforts this season. Reach out to fundraising@swimkamloops.com for more information!

MARK YOUR CALENDARS!

AGM: November 5

We're excited to share that bios for all **board nominees** are now available on the **Kamloops Classics website**. This year, **8 candidates** are running to fill **6 open positions**.

Please take a few minutes to **review the [candidate bios](#) before the AGM** to make an informed vote and help us maintain a well-balanced board with the skills and experience our club needs.

You'll also find bios for the **three standing members** who will continue their terms next year.

Visit our website to preview all bios and get to know the individuals shaping the future of the Kamloops Aquatics Club!

VKSC Invitational: November 7 - 9

The **Nolan's Pharmasave Fall Invitational** swim meet will be hosted by the Vernon Kokanee Swim Club from **November 7–9, 2025** at the Vernon Aquatic Centre. Swimmers of all ages will compete in a variety of races, from short sprints to longer events like the 800m freestyle, with relays adding a fun team element. It's a great opportunity for swimmers to gain race experience, track progress, and enjoy a supportive, competitive environment.

VKCS Jamboree: November 9

The **Nolan's Pharmasave Fall Jamboree** takes place on **November 9, 2025**, at the Vernon Aquatic Centre and is hosted by the Vernon Kokanee Swim Club.

This meet is designed for **developing swimmers** who are still gaining experience and have not yet achieved a 4:00 time in the 200 IM. Swimmers will race in a variety of short events and relays, all in a fun and supportive environment. It's a great opportunity for newer athletes to practice racing skills, build confidence, and enjoy being part of a team meet experience.

KAJ Fall Classic Invitational: November 21 – 23

Our Tier 1, 2, and 3 athletes will be attending the **2025 KAJ Fall Classic**, hosted by the Kelowna Aquajets at the **H2O Adventure & Fitness Centre**. This is a fun and competitive mid-season meet featuring timed finals for all events and mixed-gender racing.

Swimmers aged 12 and under through senior levels will compete in a full range of events, including the exciting **IM Eliminator Challenge**, where top swimmers race head-to-head until one champion remains!

Sessions run **Friday through Sunday** (Nov. 21–23). It's a great opportunity for our athletes to gain race experience and enjoy a weekend of fast swimming and team spirit in Kelowna.

BUILDING OUR COMMUNITY

Kamloops Classic Swim Team WhatsApp Group Etiquette

To help keep our team communication organized and effective, please follow these simple guidelines when using our WhatsApp groups:

1. **Use the right group for your question.**

Each group has a purpose — please post questions specific to your swimmer's group in that chat. This helps ensure the right people see your message and keeps information relevant for everyone.

2. **Be mindful of the General Chat.**

Messages sent in the General Chat go out to over 200 parents and members. Before posting or replying, please consider whether your message is relevant to the whole team. Scroll back to see if your question has already been answered.

3. **Check your emails first.**

Many updates and answers are shared through official email communications. Please read all team emails before asking a question in the chat — the information you need is often already there!

4. **Keep messages concise and respectful.**

Short, clear, and positive communication helps everyone stay informed and connected.

Thank you for helping us keep team communication smooth, respectful, and efficient — your cooperation makes a big difference!

Stay Connected on Social Media!

Don't forget to follow us on social media to see amazing team-bonding moments and celebrate our athletes' achievements! Make sure to add **Grandma and Grandpa** too — they'll love keeping up with all the excitement.

 **Find us on Instagram:** [@swimkamloops](https://www.instagram.com/swimkamloops)

 **Join our Facebook Group:** [Kamloops Classic Swimming](#)

When joining our **Facebook group**, you'll be asked which group your swimmer is in — this helps us keep our community safe and free from scammers. Please share this info with family members before they request to join!

OPPORTUNITIES WITH KCS

Contract Bookkeeper Opportunity

Kamloops Aquatics Club is seeking a detail-oriented, organized Bookkeeper to support our Swim Club's financial operations. This is a remote, contract position ideal for someone with experience in not-for-profit or sports organizations in British Columbia. Visit and share our job [poster](#) to your networks!

Senior Swimmers Interested in Swim Skills Coaching?

Swim BC has introduced updated requirements for anyone coaching or volunteering on deck. If your senior swimmer is interested in coaching in the future—whether for Summer Camps or our Swim Skills program—please review the steps and qualifications.

How to Find the Information:

5. Visit the [Swim Kamloops](#) website.
6. Click **Our Club** → **Opportunities with KCS**.
7. Scroll to the bottom of the page and select:
“[Want to become a Swim Skills/Novice/Junior Coach with KCS?](#)”

This section outlines the training, certifications, and expectations for all new/ongoing Swim Skills coaches.

CULTURE STARTS WITH US

As parents, coaches, and supporters, we each shape the entire culture and success of our club. You also play a role in creating an environment of encouragement and a place where swimmers and coaches want to be. That means modeling respectful communication and supporting our team with trust, positivity and constructive feedback.

When negativity or gossip surfaces, it's disappointing — and even more so if we stay silent. By not speaking up, we become passive participants in something that doesn't reflect who we are or what we want our swimmers to see or be.

If you have concerns about programming or coaching, please reach out to our Club/Coach Development Advisor at kcsfeedback@swimkamloops.com so your feedback can be heard in the right space and lead to meaningful dialogue.

Let's continue to hold each other accountable to constructive, respectful conversations — and build a club culture we're all proud of.

See you on deck!

KAC Board of Directors and KCS Operational Staff



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With gratitude to our newsletter sponsor, Rivershore Ram, for supporting our swimmers and community spirit. Your partnership helps us celebrate progress, share stories, and keep our team connected. [Rivershore Ram Chrysler Dodge Jeep | Kamloops, BC](#)