



THE NEXT WAVE

December 2025

DECEMBER FOCUS: FINISHING THE YEAR STRONG

December is shaping up to be an exciting month for our swimmers! We're proud to be hosting the **32nd MJB Law Classic** right here at our home pool — always a fun and motivating experience for the team.

This will be our **first large, three-day meet of the season**, and the pool will be buzzing with energy as swimmers prepare for their races. Unlike our Fall Festival, this meet is structured with **prelims in the morning and finals in the afternoon** each day. Spectators will enjoy action on both ends of the pool, making it a lively event for families and fans.

Swimmers **11 years and older** may qualify for finals, which is a new and exciting format for many of our younger athletes. Racing at home gives our swimmers the chance to feel comfortable, confident, and supported by teammates and family.

Don't forget to stop by the **raffle tables** and visit the "t-shirt guy" for official MJB Law Classic merchandise. Each swimmer will also receive a **bag tag** to commemorate their participation in this special event.

We look forward to seeing everyone at the pool and celebrating another memorable meet together!

Alongside meet preparation, we're focusing on **steady improvement in practice**: stronger turns, better underwater work, solid pacing, and maintaining good technique even when tired. Building these habits now ensures swimmers feel ready and confident heading into their races.

We'll also be holding **combined practices this month**, giving athletes the chance to connect, learn from each other, and enjoy some fun team moments as we wrap up the year.

A huge thank-you to all the families and volunteers who make our home meet possible and support the club. December is a time for us to come together, work hard, and celebrate everything we've accomplished so far. Let's finish the year strong!

GO KCS!

KAJ Fall Classic – November 21–23

Our Tier 1, Tier 2, and Tier 3 swimmers delivered an outstanding weekend of racing at the KAJ Fall Classic! Across all three days, athletes achieved impressive personal bests, showed grit in challenging races, and demonstrated the confidence and technical growth we've been building this season. It was inspiring to see swimmers step up, support one another, and reflect how much progress has been made in such a short time.

The atmosphere throughout the weekend was full of team spirit — from great racing to fun and competitive relays that brought lots of smiles, cheering, and energy to the deck!

A special shout-out goes to **Maci Dixon, Sawyer Nabozniak, and Molly Brookes** for qualifying into the IM Eliminator race — an exciting achievement that recognizes both performance and versatility. We also had some excellent results in the **1500 freestyle**, showcasing strong pacing, discipline, and endurance improvements.

We want to extend a sincere thank-you to all parents for your encouragement, flexibility, and presence throughout the meet. Your positivity and support help create a strong and connected team environment, and they truly make a difference for our swimmers.

VKSC Fall Invitational & Jamboree - November 7-9

We had an exciting weekend of racing as our team participated in both the Vernon Fall Invitational and the Jamboree! Across all groups, swimmers showed strong effort, excellent sportsmanship, and meaningful progress early in the season.

VKSC Fall Invitational

Our competitive groups delivered a fantastic series of performances in Vernon, with many athletes achieving new personal bests and several closing in on Divisional and Provincial qualifying times. Coaches also observed encouraging technical improvements, including smarter pacing, stronger underwaters, and more confident race execution — clear signs that the skills we've been focusing on in practice are translating into competition.

VKSC Jamboree

Congratulations to all our amazing Jamboree swimmers!

It was a wonderful afternoon of racing, learning, and celebrating progress for our newest competitors. We're incredibly proud of the effort, courage, and growth shown by every swimmer who stepped onto the blocks.

A special thank-you goes out to our older athletes who volunteered their time to help marshal our youngest swimmers through the process. Their leadership, patience, and team spirit

GO KCS CONTINUED!

ensured that everyone found their heats, stayed organized, and enjoyed all the excitement of their first meet — without missing a race.

Your support truly made a difference and helped create a welcoming, memorable event for our newest KCS racers.

Celebrating Our Swim Skills Beginners: Confidence in Every Splash

As we wrap up our Swim Skills fall session, we want to recognize our youngest and newest swimmers for a wonderful season of learning and growth. This beginner group took on the challenge of developing foundational skills — from getting comfortable in the water to practicing proper body position, kick technique, and smooth breathing.

We are so proud of the confidence these swimmers gained each week. Many have become more independent in the water, learned how to follow simple sets, and started applying the basics of streamlines, glides, and safe push-offs from the wall. Watching them discover the fun of swimming and celebrate small victories has been a highlight of the session.

To all our Swim Skills beginners: well done! Your curiosity, effort, and excitement made the pool a joyful place to learn. We hope you carry that enthusiasm forward, and we look forward to seeing many of you continue your swimming journey next session!

Where Are My Results?

We're still missing some meet results in Pool Queue and are working to get these updated. In the past, results were automatically imported from Swimming Canada. With the introduction of REMS, that access was removed, so we now need to manually enter results from previous meets.

Once all past results are entered, we'll ask you to check your swimmer's record and let us know if anything is missing. We'll do our best to update any gaps quickly.

Thank you for your patience as we complete this transition!

COACHING AND PROGRAMMING UPDATES

We welcomed our new Head Coach, Shane Downey, to the deck starting Monday, December 1! Over the first few weeks, Shane will be observing, learning about KCS, and getting to know all of our athletes and their families. Please watch for invitations to parent meetings that will take place during the first two weeks of December. These meetings will provide an opportunity to connect before MJB, meet Shane, and discuss what to expect as we move into the holiday break and prepare for the long course season.



IMPORTANT

We're looking at the possibility of offering **optional training** during the week of December 29 for our athletes in AG1, AG2, Tier 1, Tier 2 and Tier 3, depending on swimmer interest. If your swimmer is available and would like to join, please let us know by completing this [survey](#) **by December 7th**. Once we see how many swimmers are interested, we'll share the training plan with everyone.

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

Group	Coach(es)	Email(s)
Head Coach	Shane Downey	headcoach@swimkamloops.com
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	coachberke@swimkamloops.com, coachabby@swimkamloops.com
Swim X	Abby	coachabby@swimkamloops.com
Masters	Isabela	coachisabela@swimkamloops.com

BEHIND THE BLOCKS: VOLUNTEER & OFFICIALS SPOTLIGHT

★ Reminder - MJB Volunteers Still Needed

We are still in need of volunteers for MJB for all positions. If you have not yet signed up, please do so by December 7th. If you have any questions or need assistance, please email volunteers@swimkamloops.com and we are happy to help.

★ Upcoming Officiating Clinics - IT & JoS

We are hosting a Judge of Stroke clinic in-person on Thursday, December 4th. Register online through LMS on your [Sportlomo account](#). The clinic will be run by Chris Cameron and Steve Meredith in the classroom beside the KCS office. Thank you!!!!

★ Bring Your Skills to the Table – Join a Committee!

Our Board committees keep the club strong, transparent, and collaborative — and we'd love your involvement. Whether your strengths are in governance, finance, HR, fundraising, event planning, or team spirit, there's a place for you. We are still looking for a Summer Provincials Chair!

Standing Committees

- Policy & Governance (Chair: Tyrone McCabe)
- Finance (Chair: Alison Gregory)
- HR & Conflict Resolution (Chair: Devon Graham)

Operational Committees (2025/26)

- Fundraising & Sponsorship (Chair: Danielle Wittal)
- Volunteers & Officials (Co-Chairs: Alison Gregory & Jessica Greenwood)
- Team Spirit & Celebration (Chair: Amber Dixon)
- Competition & Meet Management (Chair: Lisa Sears)
- Elementary School Swim Meet (Chair: Amber Dixon)

Ad Hoc Committees

- Information Management (Chair: Jessica Greenwood)
- 2026 Summer Provincials (Chair: TBD)

If you have time, energy, and skills to contribute, we'd love to hear from you! Share your info [\[here\]](#) and a committee chair will connect with you about priorities, time commitments, and opportunities to get involved.

TEAM SPIRIT AND CELEBRATION

Club-Wide Team-Building Event – Saturday, December 6th!

All groups — Novice, Swim X, Junior, AG1, AG2, Tier 1, Tier 2, and Tier 3 — are invited to a fun team-building morning starting at **6:00am**. Swimmers will take part in on-deck activities and pool clinics led by our senior swimmers, followed by a quick **“Winter Warmer” gift exchange** (wrapped gift valued around \$15; cozy items like socks, mitts, scarves, or a hot chocolate set are perfect — no breakables). Afterward, everyone is welcome to the mezzanine for a festive **Christmas breakfast feast** filled with laughs and chocolate milk! The festivities wrap up around 10am.

DIVE IN. GIVE BACK. SHINE ON!

Fundraising: Raffle Baskets for the MJB Swim Meet

As we get ready for our upcoming MJB Swim Meet, we’re putting together raffle baskets to help support the club and we need your help!

Please have your swimmer bring an item that matches their group’s theme to the KCS office by December 8, and place it in the baskets on the back counter.

Novice – Movie & Games 🎬🍿
Junior – Coffee & Tea ☕
AG 1 & AG 2 – Candy Basket 🍬
Tier 1, 2 & 3 – Spa & Relaxation 🧖‍♀️🌟

If it’s easier, you’re also welcome to send a monetary contribution instead, and I’ll purchase items on your behalf for your group’s theme. Please text Jenna McCabe (250-318-7614) to coordinate for this option.

Thank you so much for helping make our raffle baskets a success! Your support goes a long way in making this meet a memorable one for our swimmers. 💙🏊‍♀️

Sponsorship Opportunities

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 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!

November 30, 2025 - Swim Skills Winter Session Registration Opens

December 6, 2025 - Christmas Breakfast and Team Clinic

December 12 - 14, 2025 - MJB Law Classic Invitational

December 19, 2025 - Fall Session Ends - Competitive

January 5, 2026 - Winter Session Starts - Competitive, Masters and SwimX

January 5, 2026 - Winter Session Starts - Swim Skills

OPPORTUNITIES WITH KCS

Senior Swimmers Interested in Swim Skills Coaching or Volunteering?

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:

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

Interested in receiving High School Credit for your swimmer’s role as an official, athlete or coach?

Click the link to check out what you need to do:

<https://swimbc.ca/swimmers/high-school-credit-letter/>

OUR CLUB CULTURE IN ACTION

It's been inspiring to see so many parents, guardians, coaches, and swimmers modeling respectful, supportive communication this session. That encouragement and trust are creating the kind of environment where athletes and coaches feel proud to belong.

At the same time, we know that gossip or negative talk can still surface. When it does, choosing silence allows it to linger. Speaking up respectfully helps us protect the positive culture we're working hard to build - and shows our swimmers that accountability matters.

If you have questions or concerns about programming or coaching, please connect directly with your swimmer's coach or our Club/Coach Development Advisor and Head Coach at kcsfeedback@swimkamloops.com. This ensures your feedback is heard in the right space and leads to constructive dialogue.

Together, let's keep proving that positivity isn't just our goal - it's becoming the everyday culture of our club.

See you on deck!



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