

THE NEXT WAVE

January 2026

JANUARY FOCUS: SKILL ENHANCEMENT FOR LONG TERM SUCCESS

December was a fun and exciting month for KCS! With the addition of our new Head Coach Shane Downey, our excellent Christmas Breakfast & Team Clinic and with KCS hosting our 32nd annual MJB Classic Invitational, the month was filled with exciting changes and club events!

We are SO proud of what our KCS swimmers accomplished during MJB. In total KCS won 13 gold medals, 5 silver medals and 8 bronze medals. As a club we achieved over 500 personal best times and achieved many new time National and Provincial time standards!

New Time Standards

Canadian Open: Sawyer Nabozniak = 1 new standard

Best of the West Fest (Westerns): Sawyer Nabozniak, Ryder Crichton, Maci Dixon, Quinn Meredith & Mia Wittal = 16 new standards

BC Provincial Championships: Molly Brookes, Mia Wittal, Elise Percy, Quinn Meredith, Haolin Li, Sawyer Nabozniak, Maci Dixon, Tenley Post, & Ryder Crichton = 28 new standards

BC Divisionals North & Interior: Myla Canaday, Amy Campbell, Amri Belomon, Alice Evans, Molly Brookes, Misty Hayes, Yan He, Kenna Fraser, Dylan Steele, Elise Percy, Aurora Armstrong, Laurenz Haane, Isobella Norman, Quinn Meredith, Nash McCaleb, Faith Bouwmeester, Blake Steele, Isabel Matthews, Haolin Li, Jordyn Stokes, Lola Cameron, Sawyer Nabozniak, Stephanie Sears, Elijah Tayebwa Mukuru, Maci Dixon, Tenley Post, Brooklyn McCabe, Ryder Crichton & Paige Stoudt = 112 new standards

200m IM Under 4:00.00: Hazel Smith, Jonathan Mongeon, Lily Brunner, Jack Weeres, Dahlia Kitura, Eric Williams, Dania Calisaya Paz & Charlie Dilling = 8 new standards

New Club Records

Congratulations to Mia Wittal (12) on breaking the KCS girls SCM 100m butterfly club record with a time of 1:05.97 and the girls SCM 200m freestyle club record with a time of 2:12.30! = 2 new SCM club records

WAY TO GO SWIMMERS!!! 🏊‍♀️🔥🏆

As we move into 2026, we will be prioritizing enchainning our swimmers' skills for long term success. Across the entire club we have seen great improvements and to ensure this continues, the KCS coaches will be working on teaching the skills necessary to develop the swimmers' strokes, starts, turns while building their overall capacities. We can't wait to see what our KCS swimmers will be able to achieve at future competitions.



We would also like to give a **special thank you** to Coach Elyssia McClean and to Bona Odian (Operations Manager) for everything that they have brought to KCS as they move onto new endeavours. Coach Elyssia is currently a full-time student so she will not be able to be a regular KCS coach, but she will be on deck in the future as a fill-in coach. Bona's last day with KCS will be Friday January 16th, 2026.

GO KCS!

Our MJB Meet was a huge success, welcoming 10 swim clubs to the pool for an exciting three-day competition. With 398 athletes in attendance, the Canada Games Pool was buzzing with energy and outstanding performances, including many thrilling swims from our KCS swimmers.

Congratulations to the KISU Swim Club for earning the highest overall team points and being awarded the MJB Team Trophy!

For the first half of the competitive swim season, swimmers participate in short course meets. With only a few events remaining before Winter Divisionals, excitement is building as the championships take place in Penticton from February 20–22.

We are thrilled for all swimmers who have already achieved their divisional qualifying times this season and encourage everyone to bring strong energy into these final meets. This is the last push to reach those personal goals and earn a spot at Divisionals in February.

Winter Provincials will be held in Victoria from March 5–8. Congratulations to the athletes who have achieved provincial qualifying times and will be representing KCS at Provincials!

For the second half of our competitive swim season, athletes will now be training for long course meets. For those new to competitive swimming, a long course meet takes place in a 50-metre pool and involves fewer turns and more open-water swimming. As a result, athletes will focus more on pacing and endurance compared to the faster-paced, turn-heavy short course season.

With the second half of our season underway, our club is already preparing for the School District Swim Meet, which will take place on **Wednesday, April 15**. This exciting event brings together multiple schools within SD #73, with Grade 4–7 swim teams competing in an energetic and fun-filled morning of racing.

If your child is in Grade 4–7 and interested in participating, please encourage them to speak with their school's teacher in charge of sports to see if their school has a swim team training for this enjoyable meet!

Our next home meet will take place on **Saturday, April 25**, with the KCS dual chase meet. For this exciting event, our club will be split into two colour teams—**Red vs. White**—creating a fun and competitive team atmosphere.

The **Pratt's Spring Fever Meet** is a fast-paced and unique format where swimmers begin their races and are then “chased” down the pool as the next heat starts, adding extra excitement and challenge to each event.

We look forward to seeing our swimmers continue to work hard, set goals, and achieve new personal best times in their long course events this season.

Go KCS! 🏊🏆

COACHING AND PROGRAMMING UPDATES

KCS is excited to start the new year with our coaches moving into more specific group assignments. In collaboration with Chad Webb (consultant coach & Swim BC employee) the club has decided to adjust KCS groups by removing AG2 and moving those swimmers up into Tier 1 to create better swimmer to coach ratios and to better utilize the pool space we currently have. Please see below for the updated coach contact information.

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

Group	Coach(es)	Email(s)
Tier 3	Shane Downey	headcoach@swimkamloops.com
Tier 2	Berke Ikican	coachberke@swimkamloops.com
Tier 1	Abby Bushell	coachabby@swimkamloops.com
Age Group	Isabela Goncalves Dias Facci	coachisabela@swimkamloops.com
Junior	Berke Ikican	coachberke@swimkamloops.com
Novice	Abby Bushell	coachabby@swimkamloops.com
Swim X	Abby Bushell	coachabby@swimkamloops.com
Masters	Isabela Goncalves Dias Facci	coachisabela@swimkamloops.com
Swim Skills	Isabela Goncalves Dias Facci	lessons@swimkamloops.com

BEHIND THE BLOCKS: VOLUNTEER & OFFICIALS SPOTLIGHT

Thank you to Dianah Nuwamanya, Anna Steele and Dani Wittal for joining the Volunteers & Officials Committee!

Thank you to everyone who volunteered at the Christmas Breakfast and at the MJB Law Classic swim meet! We had 427 volunteer spots that were filled during the meet, and many officials trying out positions. Large events like this help bring in almost \$30,000 each, which plays a big role in helping us continue to keep our club fees reasonable. We're incredibly grateful for the time, energy, and community spirit that make this possible.

At the club's home meets, gift cards are given to two volunteers each session as a token of appreciation. This draw wasn't completed during the meet, so without further ado, the winners are:

Friday Prelims - Samantha Meredith & Tyrone McCabe
Friday Finals - Russ Tulloch & Marcus Decker
Saturday Prelims - Clement Yeh & Janis Post
Saturday Finals - Alison Gregory & Karl Brunner
Sunday Prelims - Shane Vincenzi & Penny Nabozniak
Sunday Finals - Chris Cameron & Diana Nuwamanya

Congratulations to all the winners! Alison, our Volunteer Coordinator, will be in touch to arrange delivery of the gift cards.

Volunteer points will be updated for all accounts to reflect any volunteering completed since September. Anyone who has completed online clinics or believes they are missing points is encouraged to email volunteers@swimkamloops.com so the appropriate updates can be made.

Clinic Offerings

- **Inspector of Turns** - January 10, 2026 @ 9:00am-11:15am by Zoom out of Vernon (Facilitator: Robynne Ouchi & Ian Johnstone)
- **Judge of Stroke** - January 15, 2026 @ 7:00pm-9:00pm by Zoom out of Kelowna (Facilitator: Sandra McDonald)
- **Inspector of Turns** - January 19, 2026 @ 6:00pm-8:00pm by Zoom out of Kelowna (Facilitator: Allison Mailey)

Sign up through [Sportlomo](#) -> Log in to LMS -> ClinicsInformation from Volunteers and Officials

Co-Coordiators

Alison Gregory - volunteers@swimkamloops.com

Jessica Greenwood - officials@swimkamloops.com

TEAM SPIRIT AND CELEBRATION

Welcome Anna Steele and Jacqueline Ellis to the Team Building and Spirit Committee.

We're excited to have them join the team and help bring fun, connection, and positive energy to KCS. We welcome more members at any time—if you have an experience in event planning or helping build team spirit, come and join the fun. Extra hands are always helpful and appreciated.

We're looking forward to announcing **exciting team-building events throughout the season**, designed to bring our athletes and families together. If you'd like to be part of the planning or support these events in any way, we'd love to hear from you. Please reach out to adixon@swimkamloops.com to get involved.

DIVE IN. GIVE BACK. SHINE ON!

Welcome Misaki Bertram, Jenna McCabe and Anna Steele to the Sponsorship and Fundraising committee. We welcome more, if you have an interest in Fundraising and Sponsorship. Come and join the fun, extra hands are always helpful and needed.

We're looking to launch new KCS team fundraisers this Spring. If you have great ideas or would like to be part of the planning, we'd love to hear from you.

We are actively seeking a sponsor for our June Meet. This meet brings in over 600+ athletes and families from across BC, Alberta and Saskatchewan. If you know of a business or organization interested in supporting KCS, we'd love to connect. Please reach out to fundraising@swimkamloops.com to explore sponsorship opportunities.

MARK YOUR CALENDARS!

Jan. 23 - 25th - [KAJ Snowfest Invitational](#) - KCS entry deadline has passed
Jan. 30 - Feb. 1st - [Williams Lake Frost Fest Invitational](#) - KCS entry deadline Jan 16th, 2026
Feb. 6th - 8th - [2026 Askew's Shuswap Splash Meet](#) - KCS entry deadline Jan 23rd, 2026
Feb. 20-22nd - [Winter Divisionals in Penticton](#) - KCS entry deadline Feb 7th, 2026
Mar. 5-8th - [Winter Provincial Championships in Victoria](#) - KCS entry deadline Feb 16th, 2026
Apr. 15th - School District Swim Meet @ home for Grade 4-7 students attending with their school teams
Apr. 25th - [Pratt's Spring Fling Meet \(home\)](#) - KCS entry deadline Apr 6th, 2026

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?](#)”

[Community Sport Coach Course](#) 15yrs+

Course #1 - February 7, 2026 @ 12pm-4pm; February 8, 2026 @ 9am-1pm, virtual, cost - \$125.00

Course #2 - March 7, 2026 @ 12pm-4pm; March 8, 2026 @ 9am-1pm, virtual, cost - \$125.00

[Swimming 101 Course](#) 16yrs+

Course #1 - March 26, 2026 @ 6-9pm; March 27, 2026 @ 6-9pm; March 28, 2026 @ 12-6pm, virtual - cost \$350.00

[Making Ethical Decisions \(Home study Course\)](#) 16yrs+ - cost \$73.50

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

Over the last few weeks, we have received inquiries from KCS families on how their swimmers' can advance to the next level within the club. Please see below for a brief description on the step-up/move-up process. If you have any questions regarding your swimmers group placement, please reach out to your swimmer's coach.

GROUP MOVEMENT (STEP-UP & MOVE-UP)

In the development of a swimmer, it is necessary to advance a swimmer from one group to another. Our approach is to provide a transitional period of time where the swimmer is asked by the KCS staff to move up to the group above and swim a handful of workouts per week in the new group, this is called a “step-up”. This allows for a proper assessment by the coaching staff as well as an adjustment period for the swimmer and parents to the commitment level, training intensity, practice times, peer group, higher level competitions, etc. Once the coach feels the

swimmer is ready to be part of that group full-time, he/she will be formally “moved-up”. Email notifications will be sent out to the families who are being approached for step-up/move-up.

In most cases, the step-up period will typically last a month before fully moving the swimmer into the new group fully. The use of this strategy is at the discretion of the KCS coaching staff. Movements are based on the swimmers’ level of development, performance, attitude and commitment. If you ever have questions regarding the advancement of your swimmer, we strongly recommend parents to reach out to their swimmer’s coach.

See you on deck!



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