

THE WEEKLY SPLASH REPORT

HELLO OLYMPIANS!

We look forward to having an exciting 2025 – 2026 swim season! Please review our website to become familiar with our swim programs and how competitive swimming works. Please feel free to communicate and contact us via email if you have any questions. thank you.

Olympians Swimming Coaching Staff

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LEARN TO
SWIM THE
OLYMPIAN
WAY!

WEEKLY CHALLENGE (10&UNDER SWIMMERS)

For all our 10&U swimmers, go to page 07 and complete the activity! Once you finish, bring it to your next practice to win a treat!

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CLICK THE 🔔 TO RECEIVE
REAL-TIME UPDATES DURING
MEETS AND EVENTS



1. STRENGTH AND CONDITIONING DEVELOPMENT

This year, our program is placing a stronger emphasis on strength and conditioning to enhance performance in the pool and support overall athletic development. Coaches have noted that these sessions represent a significant step forward for the club. Great work, athletes—keep building on this momentum!



This is the panoramic photo I captured with Insta360 X4. Swipe to view it from different angles. Check it out!

2. SWIM PRACTICES

Now that fall is here the kids are working hard toward our upcoming meets in the pool. All around the lower mainland one common goal: to be 1% better everyday.



3. TECHNOLOGY AND TOOLS

We've made some exciting upgrades this season to give our athletes even more tools for success. Technology and structured feedback are now part of daily training, helping swimmers take ownership of their progress and refine their skills.

These steps are already making a big impact, and coaches see this as a major leap forward for our club. Proud of the effort our athletes are putting in every day!



UPCOMING MEETS

OCTOBER

OCTOBER 11 OS DISTANCE TIME TRIAL OS WALNUT GROVE (SCM)

OCTOBER 18 OS PASS MEET OS WALNUT GROVE (SCM)

OCTOBER 18–19 PSW FALL INVITATIONAL SURREY (SCM)

OCTOBER 23–25 WORLD CUP SNC TORONTO (SCM)

OCTOBER 25–26 LMR SPOOKARAMA RICHMOND (SCM)

GEAR & MERCHANDISE



REGISTRATION GEAR INCOMING THIS WEEK:

Hello Olympians Swimmers & Families, We are excited to announce that we are ready to distribute registration gear!

LANGLEY SWIMMERS:

Your gear can be picked up at the Walnut Grove Community Center in Room #4. The open pick-up dates and times are:

Monday Oct 6th from 3:15 PM – 6:15 PM WG Room #4

Thursday Oct 9th from 3:15 PM – 5:15 PM WG Room #4

Simply provide your swimmer's first and last name at the check-in table to receive the items outlined in your starter package.

BURNABY SWIMMERS:

Your gear can be picked up by YOUR coaches on wednesday, October 8th.

simply provide your swimmer's first and last name at the check-in to receive the items outlined in your starter package.

ABBOTSFORD SWIMMERS:

Your gear can be picked up by YOUR pool head Pearl by the end of the week

simply provide your swimmer's first and last name at the check-in to receive the items outlined in your starter package.

VOLUNTEER INITIATIVES

Get Involved This Season! 🙌🏠♂️

This season, we'll have multiple opportunities for both parents and swimmers to volunteer and support the club as we continue striving for the winning standard we all believe in.

Volunteering is a vital part of our success — from team events to meets and club activities, your support helps build a stronger, more united team.

Upcoming Volunteer opportunities:

Help handout out team gear at the Walnut Grove Community Center in Room #4. The open pick-up dates and times are:

Monday Oct 6th from 3:15 PM – 6:15 PM WG Room #4

Thursday Oct 9th from 3:15 PM – 5:15 PM WG Room #4

Sign up link: [HTTPS://FORMS.GLE/IGCDCUWVRBNOR6QC8](https://forms.gle/IGCDCUWVRBNOR6QC8)

Let's make this season our best yet — together! 💙💪





PARA WORLDS IN SINGAPORE

CONGRATULATIONS TO TEAM CANADA MEMBER FERNANDO LU

Congratulations to Fernando on representing Team Canada at the Para Swimming World Championships in Singapore! He delivered an outstanding performance on the international stage, placing 6th in the 100m Butterfly (S10) with a time of 58.45, and finishing 7th in the Men's 200m Individual Medley (S10), setting a personal best of 2:16.73 in the heats. We are incredibly proud of Fernando's achievements and the way he represented both Canada and our club. Welcome back, Fernando!



NATIONAL GROUP

ANNUAL INTER-SQUAD CUP - NATIONAL GROUP

Annual Intersquad Cup – National Group

Organized by Coach Andrew, our annual Intersquad Cup is underway! This year's format mixes fun challenges with racing opportunities, giving athletes a chance to compete, test themselves, and build team spirit.

Events range from trivia games and capture-the-flag to swim challenges like 100m & 400m kick, 200 Free, 200 IM, relays, and a 1500 Free time trial. Each practice will feature an average of three events, ensuring a balance of fun, variety, and focus on different energy systems.

Scoring is based on team results, with points awarded for placement in each event. Leaderboards will be updated regularly to add intensity and keep the competition exciting.

This meet is a great way for athletes to push themselves, support their teammates, and celebrate all-around development in and out of the pool. Good luck to everyone competing!



Oven	Pineapple Pasta	Yellow Snow	A & W	nder Ground Mango	Para Olympians
Luke Stewart-Beinder	Matteo Savigni	Sander Crooijmans	Danny Park	Justin Jung	Alex Velicico
Adam Graham	Owen Turnacliff	Mark Aistov	Deron See	Jinsei Yamamoto	Fernando Lu
Pietro Deandreis	Joshua Kim	Shae Murtha	Cale LeCorre	Oleh Kameka	Savo Kostic
Declan Murtha	Scott Hunter	Joad Wood	Tai Stroud	Allen Wu	Gui Dwyer
Rebecca Haigh	Maddex Auchter	Ken Stroud	Jaden Gu	Kevin Wei	Tudor Cadis
Kaegan Gielty	Carolyne Jia	Vivienne Lin	Kayla Thai	Kaede Takai	Maiysa Montakhab
Ella Uhle	Edward Xu	Paige Mumford	Sabine Neilson	Emma Qu	Emma Croston
Sophie Carter	Sofie Heilwagen	Elsa Chen	Mackenzie Jung	Manizha Loo	Sophie Smith

WEEKLY CHALLENGE

For 10 & Under Swimmers The Weekly Challenge

Complete the I Spy Challenge to get a treat!



Count the objects and write the number in the correct box.



SPONSORS



THANK YOU TO OUR SPONSORS

WE ARE INCREDIBLY GRATEFUL TO OUR SPONSORS FOR SUPPORTING OUR CLUB AND EMPOWERING OUR ATHLETES TO PURSUE THEIR ATHLETIC GOALS AND ACCOMPLISHMENTS.

INTERESTED IN BECOMING A SPONSOR?

WE'RE CURRENTLY ACCEPTING SPONSORSHIP INQUIRIES VIA EMAIL. PLEASE REACH OUT TO US AT:
OLYMPIANSSWIMMING@GMAIL.COM

THANK YOU FOR HELPING US BUILD A STRONGER COMMUNITY THROUGH SPORT!

Olympians Swimming



WHO WE ARE

A COMPETITIVE SWIM CLUB THAT VALUES HARD WORK, GOOD CHARACTER AND EXCELLENCE THROUGH TEAM WORK AND DEDICATION.

WHAT WE OFFER

THE OPPORTUNITY FOR YOUR CHILDREN TO TRY OUT COMPETITIVE SWIMMING AND ENHANCE THEIR SKILLS IN A REPUTABLE, FUN AND SAFE PROGRAM.

REGISTER NOW

[HTTPS://WWW.LANGLEYOLYMPIANS.COM/PROGRAM-INFO](https://www.langleyolympians.com/program-info)



**Back to
school?
How about
back to
swimming...**

CONTACT US

REGISTRATION@LANGLEYOLYMPIANS.COM