



Issue 5; July 2025

PATRIOTS NEWS

Official Newsletter of the Calgary Patriots Swim Club

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COACH’S MESSAGE

Hear it directly from the source....your Coach!



Rest, Recharge, Return Strong

By Marit Anderson, Senior Lead Coach and Silver Squad Coach

As we head into summer, I often get asked, what can I do this summer? Whether it’s to stay in shape or get a head start on the next season, this is the number one question that I get asked.

The number one thing that you need to do over the summer is relax. Swimming has a long and intensive season, so it’s important to maximize the limited breaks that we get. You want the summer to be a time to unwind and reset so that you are refreshed and ready to hit the ground running in September.

While it is important to stay in shape over the summer, it’s mostly just by being active. Touch some grass. Get outside, go for a walk, a bike ride, or a light paddle around a lake or a body of water. If you are desperate to do more, try 100 push-ups a day (spread out) or walk to a park and try to hit as many pull-up reps as possible. Most importantly, be a kid, have some fun, and come back ready to focus in and train hard for September.



Congratulations to Patriot Award Recipients

The Calgary Patriots Swim Club extends its sincere congratulations to all recipients of the 2024–2025 Patriot Awards. These honours recognize individuals who have demonstrated outstanding performance, dedication, sportsmanship, and commitment to the values of our Club throughout the season. A complete list of this year’s award recipients is available [here](#).

We commend all award recipients for their exceptional contributions and thank our entire community for a successful and memorable season.

SAVE THE DATES

Registration for 2025-26 season

Wednesday, July 2nd (returning members)
Monday, July 14th (new members)
Register online

[VIEW REGISTRATION INFO HERE](#)

Upcoming Meets & Events

Sign into your Patriots account to see upcoming meets! [VIEW NOW](#)



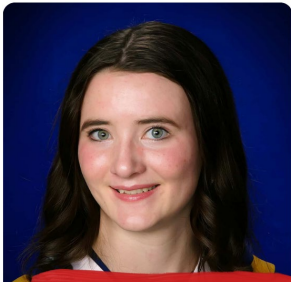
HAVE AN IDEA OR RECOMMENDATION FOR THE NEWSLETTER?

We want to hear from you! Email your ideas or recommendations to communication@calgariypatriots.com. If you wish to contribute content, we will welcome the assistance.



CONGRATULATIONS 2025 GRADUATES

Best of luck in your future pursuits in and out of the pool



Sunnie Leishman



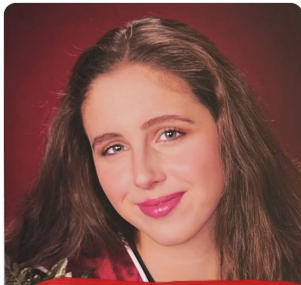
Erika Robinson



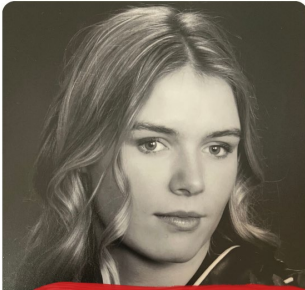
Owen Jamieson



Morgan Zhang



Izzy Marengo



Fara Wachtler



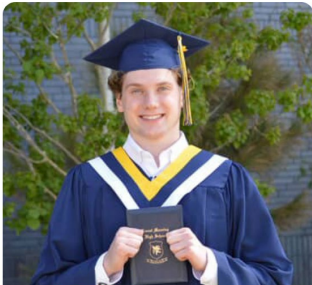
Reese Kanuit



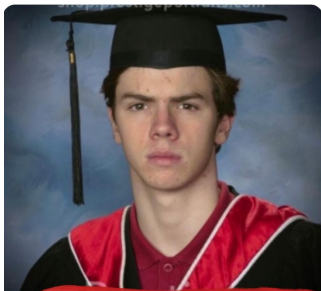
Ellie Green



Atticus Leung



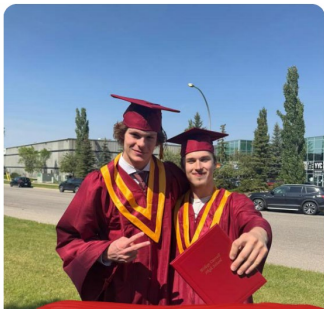
Cole Steranka



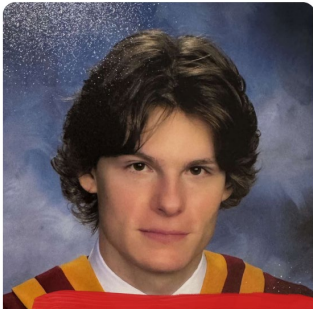
Michel "Mickey" Jean



Jocelyn Evans



Alex Adam



Daniel Dennison



Celebrating Our 2025 Grads

As another season draws to a close, we take this opportunity to recognize a very special group within our club — our graduating swimmers. This milestone marks the end of one chapter and the exciting beginning of another, and we couldn't be prouder of all you've accomplished both in and out of the pool.

Throughout your time with the Calgary Patriots Swim Club, you've demonstrated the values that define our team: commitment, resilience, teamwork, and passion. Whether it was pushing through early morning practices, leading by

example at meets, or supporting your teammates through tough sets, your contributions have shaped the positive culture we're so proud of.

Graduating from high school is no small feat, and now you will be continuing your journeys into post-secondary studies — exploring new academic fields, athletic pursuits, and personal growth. We are excited to see where your path takes you, and we have no doubt that the discipline and work ethic you developed as a swimmer will serve you well in every aspect of life.

Please know that you will always be a part of the Patriots family. Your presence on deck, your leadership, and your laughter will be missed — but your legacy will continue to inspire the younger swimmers following in your footsteps.

On behalf of the entire club — coaches, board members, parents, and fellow swimmers — congratulations on your graduation, and best of luck in your future endeavours. We look forward to seeing all the amazing things you will achieve!

CALGARY PATRIOTS PHOTO GALLERY



A big thank you to our talented parent volunteer, Stephen Sauder, for capturing so many incredible moments from the Summer Classic! Click [here](#) to view the photo gallery. If you have photos of your own which you'd like to share, please send them to pictures@calgarypatriots.com. We love seeing the event through your lens!



MESSAGE FROM THE BOARD

Communication and insights from our Board of Directors



Summer Greetings from the Board of Directors

By Dave Sweeney, President

As the summer season approaches, we are filled with anticipation for the wonderful adventures that lie ahead. On behalf of the Board of Directors of the Calgary Patriots Swim Club, we would like to extend our warmest wishes to all our members for a fun, happy, and safe summer.

This time of year, is perfect for relaxation, exploration, and making cherished memories with family and friends. Whether you are planning to travel, enjoy local attractions, or simply unwind at home, we hope that your summer is filled with joy and laughter.

For our dedicated swimmers, summer is also an excellent opportunity to continue honing your skills and staying active. We encourage you to take advantage of the beautiful weather and engage in outdoor activities that complement your swimming training. Remember to stay hydrated, protect yourself from the sun, and prioritize safety in all your endeavors.

Parents, we appreciate your unwavering support and commitment to your children’s swimming journey. Your encouragement and involvement play a crucial role in their development and success. We hope you find time to relax and enjoy the summer, knowing that your efforts are valued and recognized.

As we look forward to the upcoming season, we are excited about the events and activities we have planned for our club. Stay tuned for updates and announcements and be sure to participate in the fun and engaging opportunities that await.

In closing, we wish you all a fantastic summer filled with happiness, health, and unforgettable moments. Thank you for being a part of the Calgary Patriots Swim Club community and contributing to another successful year.

Good luck to our swimmers at Trials and Champs this summer!

Warm regards,

The Board of Directors Calgary Patriots Swim Club

Thanks to Outgoing Board Members and Staff

As we wrap up the 2024–2025 season, we extend our sincere thanks to several individuals who are stepping down from their roles after years of dedicated service.

Dave Sweeney, Club President, has been on the board for the past six years. He has led with vision and commitment, helping guide the Patriots through continued growth and success.

Martina Lee, who resigned as VP Swimming on June 17, 2025, has been a strong advocate for athlete development and coaching support for two seasons.

Sherri Gibbons served as Officials Coordinator for five years, playing a key role in building a knowledgeable and reliable officiating team.

Rikki Hanley, Meet Manager for the past three seasons, brought energy, precision, and a welcoming spirit to every event.

We also thank Tara Gilmour for her contributions as Team Administrator. Her behind-the-scenes work kept the club running smoothly and efficiently.

Finally, we’re pleased to welcome Martina Lee into the role of Team Administrator. Her experience and dedication will be a great asset in this new position.

Thank you all for your service—your impact on the Patriots community is deeply appreciated.

TRAINING RECOGNITION PLAQUE

At the end of a swimmer’s first season with the Calgary Patriots, they are presented with a Training Recognition plaque and a personalized bar featuring a special message from their coach. For each additional year with the club, another bar is added—commemorating their continued growth and progression through the Calgary Patriots Swim Club.



CONGRATULATIONS TO BRENT DODGINGHORSE!

Brent was the recipient of the Willie O’Ree Community Hero Award! This prestigious honour is awarded to individuals who have made a lasting and meaningful impact in their community by championing inclusion, leadership, and social change through the power of sport. We were proud to feature Brent as a contributor in our February 2024–2025 newsletter, which can be read [here](#). Well done, Brent — your achievements continue to inspire us all!



Patriots Poolside Chronicles

A section dedicated to the swimmers!



A Season of Growth, Dedication, and Achievement

As the 2024–2025 swim season comes to a close, we take this moment to reflect on everything our swimmers have accomplished—and what an incredible journey it has been. From the first dive into the pool in September to the final races of the season, your dedication, perseverance, and love for the sport have shone through.

We extend our heartfelt congratulations to all our swimmers. Your commitment to training, your willingness to push beyond limits, and your support for one another have been nothing short of inspiring. Whether it was setting personal bests, reaching new qualifying standards, or earning spots on the podium, each achievement has contributed to a season marked by progress and pride.

Beyond the competition results, this year has been a celebration of teamwork, resilience, and shared goals. The friendships built on deck, the encouragement offered during hard sets, and the pride of representing the Calgary Patriots are all integral to what made this season so special. You’ve not only grown as athletes but as individuals, and your journey continues to shape the spirit of our club.

We also want to acknowledge the tremendous support of our coaches, parents, volunteers, and community partners. Your time, energy, and encouragement make all of this possible—and we are truly grateful.



RECENT MEETS SUMMARY

Swim Meet	Swimmers	Personal Bests	Podium Places	Club Records
2025 Summer Provincial Trails	21	59	21	0
Steven Brown Memorial Classic 2025	24	48	11	0
2025 Summer Festival	20	98	12	0
2025 Bell Canadian Swimming Trials	8	3	0	1
2025 Summer Classic	162	468	224	2
CSI 2025: Singapore Sling	58	122	37	6
2025 KAJ Persist Oil & Gas Invitational	36	95	16	1
CCCSC Fast and Fierce Invitational	39	174	59	0
Maverick Spring Tsunami	64	182	53	0
2025 KSC LC Invitational	21	15	19	0

NEW CLUB RECORDS

Event	Age/Gender	Member	Time
200 Free LC	16 M	Levi Hildebrand	1:56.93
800 Free	10 M	Nolan Curtis	12:23.18
200 Free LC	15 M	Levi Hildebrand	01:56.75
50 Free LC	15 M	Levi Hildebrand	00:24.35
400 IM	13 F	Isla Curtis	05:42.19
400 Free	13 M	Noa Josh Burger	04:37.50
50 Fly	14 M	William Cameron	00:26.14
400 IM	14 M	William Cameron	05:00.41
200 IM	14 M	William Cameron	02:20.30





FLIP TURN THOUGHTS

A space where swimmers, parents, coaches, even other swim clubs can submit anonymous (or not) messages.

Keep it respectful and have some fun. Be warned, the editor may provide some unsolicited commentary if warranted. Submissions can be made to ftt@calgarypatriots.com

"Congratulations to all our graduating swimmers! We're proud of everything you've accomplished and wish you the very best in your post-secondary journeys and future endeavors."

- The Patriots Community

"Lauren, you've laid the groundwork so perfectly that Brent's going to look like a rockstar next season! "

- The Black Squad Kids

CALL FOR BOARD NOMINATIONS

We are currently accepting nominations for the Calgary Patriots Board until Thursday, July 24, 2025. Following the close of nominations, a special meeting will be held to form the Board for the 2025–26 swim season.

The following board positions are open for nominations (click the links below for detailed role descriptions):

[President](#)

[VP Finance](#)

[VP Swimming](#)

[Meet Management](#)

[Officials Coordinator](#)

[Communications Coordinator](#)

If you're interested in one of the open roles or would like more information, please contact Dave Sweeney at president@calgarypatriots.com. To be considered, please submit a cover letter and résumé prior to the nomination deadline.

LANE LEADERS

Our club is supported by an active, dedicated and engaged parent community

No Goggles, No Problem: Be a Squad Parent!

By Brit Curtis, Black Squad Parent



Coming from a parent who had exactly zero experience with the world of competitive swimming, I can confidently say: it can feel a little overwhelming at first. From deciphering meet schedules to understanding time standards, the learning curve is steep—and you're not alone in feeling that way. But here's the good news: one of the easiest and most rewarding ways to get involved and feel connected is by becoming a Squad Parent.

You don't need to know how to calculate splits, understand heat sheets, or explain IM transitions. This role isn't about technical swimming expertise—it's about creating connection, supporting your swimmer's squad, and helping our club community thrive. And the best part? You're never in it alone. There's a whole network of friendly, experienced parents ready to help guide you.

What does a Squad Parent do?

The responsibilities are simple, meaningful, and above all, social:

- Organize a holiday party and a year-end celebration for the squad
- Maintain a WhatsApp chat to keep parents connected and informed
- Act as a casual liaison by passing along parent questions, suggestions, or concerns to coaches or club leadership
- Help organize small thank-you gifts for coaches at key points in the season
- Be a friendly face to new parents who are just as confused as you once were (or might still be!)

Being a Squad Parent gave me a hands-on way to support my children's love for swimming. It helped me meet other parents, understand how the club operates, and feel more invested in the season. Most of all, it gave me a stronger sense of community—and it made all the early mornings and poolside hours that much more rewarding.

If you're wondering how to get involved next season, this is the perfect place to start. You'll meet great people, learn a lot, and be a valued part of making our swim club a better place for everyone.

If you are interested in being a squad parent next season email office@calgarypatriots.com.



UPDATE ON UCCMS ADMINISTRATION

Effective April 1, 2025, the Canadian Centre for Ethics in Sport (CCES) has taken over from Abuse-Free Sport as the administrator of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS). The CCES is now responsible for receiving and responding to reports of prohibited behaviour, helping ensure a safer and more respectful sport environment. To learn more, visit: <https://cces.ca/report-safe-sport>.