

PATRIOTS NEWS

Official Newsletter of the Calgary Patriots Swim Club

Issue 4; April 2025

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SAVE THE DATES

Semi-Annual AGM

Saturday, June 21st; 8:00AM Online Meeting

Annual Awards Banquet

Polish Canadian Cultural Centre

UPCOMING MEETS

Sign into your Patriots account to see upcoming meets! <u>VIEW NOW</u>





PROFOUND GRATITUDE TO THE SWIM COMMUNITY

A message from the Blough Family

After 3 weeks in the ICU, Hudson regained consciousness, and the physio therapists encouraged him out of bed. He was walking with a walker and took two small shuffle steps and stopped, he circled his legs out and around one by one. The therapist asked if he needed a break and I assured her that he had stopped to practice his breaststroke kick and not out of discomfort. My eyes filled with tears. This kid is determined to get back to the pool. Competitive sport has taught Hudson how to overcome setbacks, set goals and work hard to achieve them and how to push his body to do incredible things! Every hour spent at the pool is paying off now, in recovery.

We have been so touched by the support of the swim community through this scary time. We would not have made it through without feeling the love and prayers pouring in from all over the city, province and beyond. We have never felt alone and that has kept us strong. God has set us up with the most amazing community to carry us through this.

Hudson has done a flip turn and is into the recovery phase now. Please continue to pray for him as he regains his strength.

With profound gratitude,

The Blough family



To date, over \$16,400 has been raised to support Hudson's ongoing rehabilitation and recovery—an incredible testament to the generosity and compassion of our community. Your continued support is making a meaningful difference—let's keep the momentum going!

Hudson's journey toward healing remains a long and demanding one. While his condition has shown encouraging signs of improvement, the nature of traumatic brain injuries means that recovery must proceed with patience, care, and time. These injuries often unfold in unpredictable ways, and there are still many unknowns that will only become clearer as he continues his rehabilitation.

Every donation, message of support, and act of kindness provides strength to Hudson and his family as they navigate the many physical, emotional, and financial challenges ahead. Together, we can ensure that Hudson receives the care he needs at every stage of this difficult journey.

RALLY FOR HUDSON ate to the Blough Family and support Hudson's r

Donate to the Blough Family and support Hudson's recovery CP-RALLY-FOR-HUDSON.SQUARE.SITE

Excellence is an Attitude



HAVE AN IDEA

If you have a recommendation for the newsletter we want to hear from you! Email your ideas to communication@calgarypatriots.com.

If you wish to contribute content, we will welcome the assistance.



WE'VE PARTNERED WITH SKIPTHEDEPOT

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3

1.Download the app and book a pickup usina https://app.skipthedepot.com/yycpsc

2.Place your bags outside

3.Your donation will assist the Club in offsetting expenses associated with equipment purchases, team travel, special events etc.



Download the app and start donating to us today!



DID YOU KNOW?

COACH'S MESSAGE

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



Using Video Analysis to Improve Performance

By Jamie Connors, Bronze Squad Coach

What a couple of months for the Calgary Patriots! We finished the short course season in excellent fashion and started the long course season even better. Both Provincial meets (Trials & Champs)

Ánd the illustrate the strides Patriot swimmers are making to be the best in Alberta. results from Chinook show all the developing swimmers want to join the party.

Congratulations go out to all individuals that helped make April such a good month for the Club. And special thanks go out to Erin, Rikki and the Chinook crew for putting on an excellent competition. Chinook is a great opportunity to show the swimming community what it means to be part of the Calgary Patriots and a chance for everyone in our club to see the depth and talent of our program.

It was incredible to see over 180 Patriots swimmers competing together throughout the weekend. Looking at the numbers, the club had 1100 splashes this weekend. 330 of those races achieved one of the Provincial standards (Festival, Trials or Champs) and we had approximately 80% best times. The club now has 36 swimmers qualified for Provincial Champs, 46 swimmers qualified for Provincial Trials and 21 swimmers qualified for the Summer Festival. Great job team!

Over the next weeks and months swimmers will be looking to improve their technique and conditioning. One initiative the Club is developing is our underwater video system. Underwater video analysis in competitive swimming offers a detailed, unbiased view of technique, allowing swimmers and coaches to identify and correct areas for improvement that are often unseen from the surface. This visual feedback enhances stroke efficiency, improves body awareness, and supports the refinement of skills like starts and turns.

Here's a more detailed look at the benefits:

1. Enhanced Technique Analysis:

Unseen Details: Underwater video reveals aspects of stroke and body positioning that are difficult or impossible to observe from above the water.

Precision Feedback: This visual feedback allows swimmers to identify subtle inefficiencies in their technique, such as inefficient arm pulls or body positioning, which can impact speed and efficiency.

2. Improved Body Awareness:

Increased Self-Awareness: By seeing their underwater movement, swimmers develop a greater understanding of their body's position and movement in the water.

Enhanced Proprioception: This improved awareness helps swimmers develop a better sense of how their body interacts with the water, allowing for more precise and efficient movements.

3. Targeted Skill Improvement:

Start and Turn Analysis: Underwater video can be used to analyze starts and turns, identifying areas for improvement in speed, technique, and body position.

Stroke Efficiency: By analyzing underwater movements, coaches can help swimmers refine their stroke technique, ensuring that each stroke is as efficient as possible.

4. Performance Improvement:

Reduced Drag: Identifying and correcting inefficient movements can reduce drag, resulting in faster swimming times.

Increased Speed: By optimizing stroke technique and body position, swimmers can achieve greater speed and efficiency in the water.

The above benefits can only be achieved if swimmers are actively involved with the process of using our video system. Our system is designed with a 10-15 second delay and swimmers can view their last few strokes of swimming on the TV. The standard thing I tell swimmers is, when they finish a length, first check the clock for their time, then to take a look at themselves on the TV screen to see the underwater footage.

The FAQs page on the Club's website is great source of information. The page can be accessed under the 'Resources' menu or by following this link. If you think a topic should be added to this section, email your suggestion to communication@calgarypatriots.com.

MESSAGE FROM THE BOARD

Communication and insights from our Board of Directors



Have Your Say: 2024–2025 Club Survey Now Live

By Ryan Thompson, Member at Large Communications

The Calgary Patriots Swim Club's 2024–2025 Member Survey is now open—and we want to hear from you! The

survey will remain active until the end of the day on May 9th, and we strongly encourage all Patriots families to participate. Your input directly shapes our programs, policies, and educational materials, helping us to better serve our membership.

Already, early feedback from this year's survey has made an impact. In fact, the "Stay Informed" sidebar was created in direct response to a survey response highlighting a need for clearer, more accessible information regarding schedule amendments. This is just one example of how your voice leads to meaningful changes.

As we reflect on progress since last season, it's clear that feedback—collected through last year's survey and other channels—has helped drive a wide range of initiatives. While the list below is not exhaustive, it highlights some of the key improvements undertaken by our coaching staff and board of directors this year:

Communication & Engagement

•More consistent updates from squad coaches through regular parent emails.

•Strengthened board-to-membership and coach-to-membership communication through enhanced newsletter content and increasing the number of newsletters issued.

Education

•Created an orientation information package for new families.

•Executed multiple Club hosted in-person officiating sessions.

•Development of wellness resources on nutrition, activation, dryland, and mental preparation—available on our website with links to recommended materials.

•Engaged third parties to provide educational content for the newsletter.

Fundraising

•Identified areas for improvement in the bingo fundraising program, with efforts underway to make participation more accessible in the upcoming season.

Club Development Highlights

•Hired a new Silver squad coach.

•Welcomed a Strength & Conditioning coach to support athlete development.

•Acquired a new video system for training analysis.

•Successfully hosted three meets this season with our fourth scheduled for June.

We're proud of the progress made this season—but there's still more work to be done. With three-quarters of the season complete, we're asking: Where should we focus our efforts for the rest of this year and into next?

Your feedback will help guide the way. Please take a few minutes to complete the survey before May 9th. Survey results will be reviewed and shared at our Semi-Annual AGM on Saturday, June 21st.

Let your voice be heard-help shape the future of your swim club!

Click Here to Access the Survey

FOLLOW US ON INSTAGRAM



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STAY INFORMED Enable Email Notifications for Club and Squad Calendars

To receive email updates when events are added or changed in your subscribed Calgary Patriots calendars (e.g., "Calgary Patriots", "Patriots White Squad"), update your Google Calendar settings as follows:

1.Open Google Calendar.

2.On the left-hand side, find and click the calendar you want to update.3.Scroll to the "Other notifications" section and set your preferred alert type to 'Email' for:

- New events
- Changed events
- Canceled events
- Daily agenda

4. Your changes will save automatically.





2024-2025 JERSEY TIME STANDARDS

The Calgary Patriots proudly upheld a tradition of awarding jerseys to swimmers who achieved a long course national time standard. For the 2024-2025 swim season, in the absence of national-level meets, the Club has introduced a new long course jersey time standard. Additional details are available <u>here</u>.

PATRIOTS POOLSIDE CHRONICLES

A section dedicated to the swimmers!



3 PATRIOTS SELECTED TO TEAM ALBERTA!

Congratulations to Cadence Waldhuber, Samuel Bygrave, and Levi Hildebrand for their selection to Team Alberta for the 2025 Canadian Summer Games! The games will take place in St. John's, Newfoundland and Labrador August 8-24, 2025.



CLUB BURSARY AND GRANT RECIPENTS

Levi Hildebrand and Ivan Dehtiarov were recently awarded the John Currie Amateur Sport Legacy Fund Bursary and the Swim Alberta Newcomer Grant, respectively. Congratulations on the honours.



Momentum and Milestones: The Final Stretch

As we head into the final stretch, we're proud to celebrate the incredible accomplishments of our swimmers. From personal bests to podium finishes, club records to provincial team selections, the dedication and spirit of our athletes, coaches, and families have truly stood out. The energy on deck and in the stands has been nothing short of inspiring. With a number of exciting meets and training opportunities still ahead, let's keep the momentum going and finish the season on a high note—we can't wait to see what our swimmers will achieve next!

Thank you to everyone who has helped make this season a success—your time, enthusiasm, and commitment do not go unnoticed. Together, we're building something truly special.

RECENT MEETS SUMMARY				
Swim Meet	# of Swimmers	PBs	Podium Places	Club Records
Chinook Invitational	190	850	153	1
Speedo Canadian Swimming Open	1	0	0	0
Winter Provincial Championships	39	224	40	19
Spring Invitational 2025	56	155	60	0
RIP Fundamentals Meet	21	67	34	0
2025 Pronghorn Classic	36	251	99	0
Winter Provincial Trials SC	43	147	37	0
WTF 2025 III	25	45	1	0
WTF 2025 I	22	32	4	2
Winter Invitational	19	71	15	0
NCSA Timmerman's Memorial	44	129	75	0
Maverick Madness	66	251	52	1

NEW CLUB RECORDS

Swimmer	Event/Age Category/Course/Time
Will Cameron	50 fly/14 M//LC/00:26.92; 100 fly/14 M//LC/00:59.63; 200 fly/14 M//LC/02:19.99
Federico Martino	100 free/13 M//LC/00:57.33; 400 free/13 M//LC/04:38.49
Hudson Blough	100 breast/15 M//LC/01:08.31; 200 breast/15 M//LC/02:27.58
Levi Hildebrand	100 free/15 M//LC/00:53.82; 400 free/15 M//LC/04:17.27; 50 back/15 M//LC/00:28.43; 100 fly/14 M//LC/00:58.55
Noa Burger	50 free/12 M//LC/00:27.10; 100 free/12 M//LC/00:59.23; 200 free/12 M//LC/02:12.24; 400 free/12 M//LC/04:45.72; 800 free/12 M//LC/09:53.86; 1500 free/12 M//LC/18:44.62
Samuel Bygrave	200 fly/16 M//LC/02:12.08; 200 medley/16 M//LC/02:15.84
Audrey Thompson	100 breast/10 F/SC/01:28.45
William Cameron, Federico Martino, Noa Burger, and Jaden Lee	4x100m free relay/14 M/LC/4:00.49
Federico Martino, Jaden Lee, William Cameron, and Noa Burger	4x100m medley relay/14 M/LC/4:29.36
Veronia Mangubat, Maddyn Rushfeldt, Sophia Rippe, Audrey Thompson	4x50m free relay/10 F/LC/2:28.59/2025-03-15
Sophia Rippe, Esme Hockey, Josie Johnson, Audrey Thompson	4x50m free relay/10 F/LC/2:23.78/2025-04-27
Isla Curtis, Elise Dechant, Stella Pasalic, and Kira Barber	4x50m free relay/12 F/SC/1:58.21
Cadence Waldhuber, Emily Pegg, Hailey Cameron, and Maya Storek	4x100m medley relay/Open F/LC/2:04.57

Maya Storck



FLIP TURN THOUGHTS

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

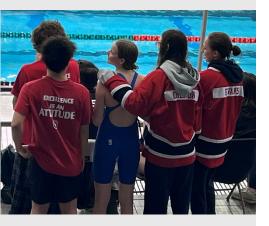
Keep it respectful and have some fun. Be warned, the editor may provide some unsolicited commentary if warranted. Submissions can be made to <u>ftt@calgarypatriots.com</u>

"The Calgary Patriots Swim Club extends a huge thank you to all visiting teams, swimmers, and volunteers for helping make the 48th Chinook Invitational such a success. A special shout-out goes to our Meet Managers, Erin and Rikki, and our Officials Coordinators, Sherri and Rebecca, for their tireless behindthe-scenes work."

- Puggles

"Dad, don't forget to thank the prize table ladies!"

-The note left on my computer (Thanks Tara, Claire, and Lisa. I hope you know how much your efforts are appreciated by the kids)



SWIM ALBERTA MENTAL PERFORMANCE SERIES

Swim Alberta, in partnership with the Canadian Sport Institute Alberta, has designed a multi-year Mental Performance / Mental Health & Wellness curriculum for the current quadrennial. The program will target three streams: age group swimmers (12 – 18 years), club coaches, and parents of swimmers. Full details can be found <u>here</u>.

LANE LEADERS

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

A Weekend of Growth: Chaperoning the Pronghorn Classic

By Gabriella Schroeder

In March, we set off for Lethbridge with a bus full of excited young swimmers. As one of their chaperones, I felt a mix of anticipation and responsibility. This three-day meet was not just about the races; it was a chance for the kids to grow and bond.



Everyone did a great job of making sure they had what they needed for their first session on Friday afternoon. After the session, we headed back to the hotel for check-in and dinner. It felt a little chaotic, but once everyone settled, the kids and coaches shared stories and successes from the day's events and enjoyed their meal together. Despite their excitement, they packed up their snacks for the next day's session and got ready to wind down for "lights out."

Saturday was a busy day. It was an early start, and the kids trickled into the breakfast room in waves. Overall, they made healthy choices, despite the pancake machine and whipped cream being a big hit! After the morning session, we returned to the hotel for lunch and some much-needed relaxation. The kids took this time to unwind, chat, and recharge for the afternoon.

In the afternoon, it was back to the pool for another session. The swimmers continued to support each other, cheering on their teammates and celebrating each other's successes. Their dedication and hard work were evident in their performances.

After the last swim, we returned to the hotel for a late dinner. Despite being tired, the kids patiently waited for their food, sharing stories and laughter. Once dinner was over, they headed back to their rooms for bed, understanding the importance of rest for the final day of competition.

Sunday morning had a similar vibe, although the kids got to sleep in for an extra hour! Between some yawning and stretches, they got themselves fed, gathered their snacks and fuel for the last session and packed all their belongings onto the bus. It turned into another great day of races!

They were all so great at respecting meeting times to load the bus and being on time during all sessions. The swimmers were focused and respectful, following the rules and listening to their coaches. Watching them on the pool deck, they cheered for each other and created a supportive environment. Even though they might not have had enough sleep, their behavior was excellent. Their hard work paid off with some great swims. It was inspiring to see them push through fatigue and give their best. They all showed remarkable independence as they managed their own responsibilities throughout the weekend.

By the end of the three days, it was clear that this meet was more than just races. It was a journey of growth, camaraderie, and resilience. The kids' independence, responsibility, respect, and team spirit were truly impressive. I felt proud and fulfilled on the drive home (and maybe even a little bit tired). It was a joy to witness their growth and success, both as young athletes and individuals.





CP Swim Rankings & Records 2.0

To build on the Top 10 lists introduced on our Club website last spring, we're excited to launch a new Swim Rankings & Records system — now available <u>here</u>! This automated platform will provide an expanded view of individual and club achievements, making it easier than ever to track progress and celebrate success. A special thanks is extended to Patriots member Shaun Phillips for contributing his expertise to this project.

LANE LEADERS (Bonus)

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





Volunteer board members play a vital role in guiding our club to success, ensuring its continued growth and excellence. For the 2025-2026 term, we are seeking passionate individuals to step into key leadership roles as we prepare for the departures of Dave Sweeney (President), Sherri Gibbons (Officials Coordinator), and Rikki Hanley (Meet Management).

If you are interested in being nominated for a board position or would like more information, contact Dave Sweeney at president@calgarypatriots.com.

Further details on all board positions may be found here.



Turn Volunteering into Club Funding

By Natalie Campbell, Secretary

Many organizations support employee giving through charitable donation programs such as those offered through Benevity. These programs are designed to encourage employee engagement in community service, enhance corporate social responsibility, and provide significant support to non-profit organizations such as our Club through both financial contributions and volunteer efforts.

Employer charitable donations programs that link employee volunteer hours to financial contributions by the employer are commonly known as "volunteer grant programs" or "dollars for doers" programs. These programs are designed to incentivize and reward employees for their volunteer efforts while supporting non-profit organizations.

How Volunteer Grant Programs Work:

- 1. **Program Setup:** Employers create guidelines for their volunteer grant program, including which non-profits qualify, how many volunteer hours are required, and how much is donated per hour or milestone.
- 2. Employee Involvement: Employees volunteer with eligible non-profits—such as officiating at our swim meets or other roles within the Club—and track their hours using the company's system or form.
- **3. Verification:** The employee submits a grant request. The non-profit may need to confirm the hours and their eligibility to receive a donation. On Benevity, the Calgary Patriots Swim Club's identifier is <u>50229990</u>.
- 4. Donation: Once approved, the employer donates to the non-profit based on the hours logged (e.g., \$500 for 50 hours). Payments may be processed through a vendor.
- **5. Program Promotion:** Employers promote the program to encourage participation, sometimes offering volunteer time off or organizing volunteer events.
- 6. Tracking & Reporting: Both employees and employers track hours and donations, which may be used for internal reporting and to support corporate social responsibility efforts.



- For Employers: Enhances corporate social responsibility, boosts employee morale and engagement, and builds a positive public image.
- For Employees: Provides additional motivation to volunteer, creates a sense of pride in their contributions, and allows them to support causes they care about more effectively.
- For Non-Profit Organizations: Receives financial support in addition to volunteer labour, which can be crucial for their operations and impact.

Each company may have unique features or additional elements in their program, so it's always best for employees to consult their Human Resources department for details.

If your employer offers a charitable donation program, your volunteering efforts might qualify for monetary grants that can be directed to the Club. Additionally, you may be eligible for paid time off to participate in volunteering initiatives. For more information, please check with your employer or contact any member of our Board of Directors.

Available Bursaries and Grants

Did you know there are grants and bursaries available to help offset the cost of swimming? Programs like Jumpstart, KidSport, and Alberta's sport, physical activity and recreation grant programs can assist eligible families. Visit <u>here</u> for details and application links.

Insights and educational articles to help you navigate youth sport.

Long-Term Athlete Development (LTAD)

A path to advancing athletes, excellence, and the life-long love of sport

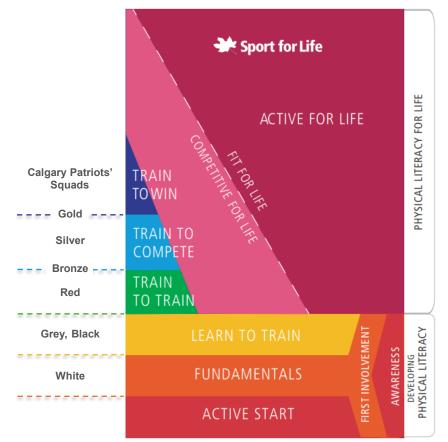
By Natalie Swanson

When athletes of all ages do the right things at the right time, they see achievements in their sport and develop healthy relationships with physical activity. Athlete development strategies have been researched for decades and now serve as the foundation for many sport programs, including the Calgary Patriots.

The Long-Term Development in Sport and Physical Activity Model is a framework for the development of athletes at all levels to achieve optimal participation in sport. Each stage of the model considers factors such as:

- Physical developmentPsychological (mental) skills
- Technical skills
- Life skills

Long-Term Development in Sport & Physical Activity Model



Swimming and the LTAD Model

Most sports have a seven-stage framework with each sport refining their approach to best suit its specialized needs. Swimming stands out in Canada because it doesn't handle the Active Start phase directly. Instead, Swimming Canada works with groups like the Red Cross to teach basic skills, so kids usually join clubs already knowing the fundamentals.

The Calgary Patriots runs 7 squads, all aligned with the LTAD Model to support athlete development and commitment. White to Bronze Squads are age-group programs, designed for swimmers ages 8-14. Silver and Gold squads step up to senior and elite-level training and competition, requiring strong commitment from both swimmers and their families.



Pathways Are Not Linear

Every athlete's journey is different, and there's no single path to success. With the right support and experienced coaches, informed sport organizations create programs that match each athlete's stage of development, helping them grow at their own pace. This personalized approach not only builds stronger athletes, but also fosters confidence, enjoyment, and long-term participation in sport.



THE STAGES

Active Start – Make a Splash

Learn fundamental movements and link them together in play. Fun physical activity incorporated into everyday life.

FUNdamentals – Intro to Sport

Kids develop fundamental movement and sport skills. It's all about keeping it fun while building physical literacy and confidence through a variety of sports.

Learn to Train – Sharpen the Skills

Athletes begin to focus on skill development, learning proper technique in multiple sports. This is the "golden age of learning" where good habits and a love for training are built.

Train to Train – Build the Engine

Sport specific skills are consolidated as athletes start to specialize in 1-2 sports. A time of accelerated adaptation to aerobic, speed, and strength development.

Train to Compete – Compete with Confidence

Specialized coaching and training environments optimize fitness and performance. Technical and tactical skills are refined for high-pressure conditions.

Train to Win – Performance on Demand

Elite athletes' physical and life capacities are fully established, and the focus of training has shifted to the maximization of performance at high-level competitions.

Active for Life – Continued Engagement

Participants stay involved in sport or physical activity for enjoyment, fitness, and personal wellness. This path includes recreational sport, coaching, volunteering, or simply staying active.

Access: The Full LTAD Model

Natalie is a Calgary Patriots parent and is the CEO, Founder, and Head Coach of <u>Run.Jump.LEAD!</u>, an organization with a mission to remove barriers and increase female participation in sport and leadership through specialized, hands-on programming.

Sources: Sport for Life, Swimming Canada