

# PATRIOTS NEWS

OFFICIAL NEWSLETTER OF THE CALGARY PATRIOTS SWIM CLUB

Welcome to the first edition of the 2025/26 swim season Patriots newsletter! This newsletter is your go-to spot for all things Patriots. This quarterly publication is full of Club updates, helpful articles and swimmer celebrations. The newsletter is supplemental to regular coach updates and Club website updates.

## HIGHLIGHTS OF THIS EDITION

- 🔊 Introductions from our coaches and club board
- 🏆 Team highlights and swimmer celebrations
- 💡 Info on how fundraising works and how you can get involved
- 📅 Parent guide to finding important Club information and calendar links

We know life is busy, so we'll keep it short, sweet, and packed with the stuff you actually want to know. Thanks for being part of our swim family – we couldn't do it without you!

See you at the pool!

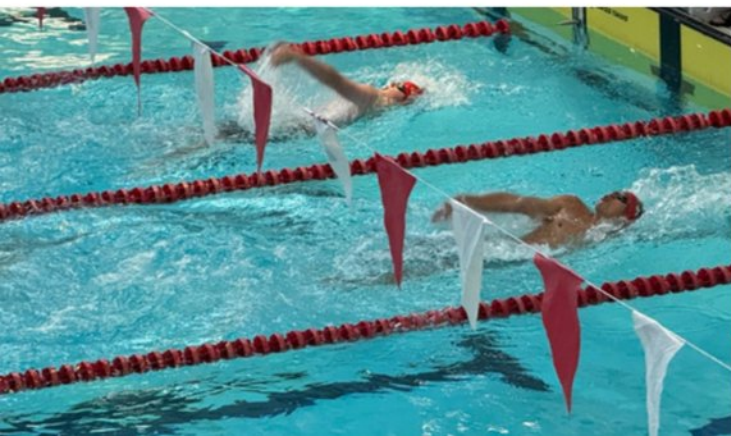
## CONGRATULATIONS

The Calgary Patriots are proud to announce that three of our swimmers made the National Development ID Team.

**Congratulations to Levi Hildebrand,  
Federico Martino and Will Cameron!**

We also had one swimmer make the Provincial distance camp.

**Congratulations Samuel Bygrave!**



September/October 2025



## COACH'S MESSAGE

Patriots,

It's time to kick off another exciting year for the Calgary Patriots Swim Club!



Whether it's your very first season with the Club or you are returning to chase new goals, we're thrilled to have you with us.

This year, we are excited to continue building on the strong foundation of skill development, hard work and fun within the Club. We have started to fully realize our vision for the Club moving forward and this year will be another step towards that goal.

Our coaches are eager to guide each swimmer toward new milestones, big and small. From mastering a new stroke to qualifying for meets, every achievement matters. We look forward to seeing this progression throughout the year. Here's to a year of dedication, improvement, & unforgettable moments in and out of the water. Let's make this season one to remember!

**Kevin Coulman**

Head Coach and Gold Squad Coach  
Calgary Patriots Swim Club

## CLUB COACHES

WHITE SQUAD – Alex Pellettier, Elsie Whitney  
GREY SQUAD – Chad Michie  
BLACK SQUAD – Lauren Siarkowski  
RED SQUAD – Brent Bester  
BRONZE SQUAD – Jamie Connors  
STEEL SQUAD – Richard McGill  
SILVER SQUAD – Marit Anderson  
GOLD SQUAD – Kevin Coulman  
STRENGTH & CONDITIONING – Richie Stokes  
ASSISTANTS – Erin Cameron, Julia Pigott, Callie Stirling

# MESSAGE FROM THE BOARD OF DIRECTORS



On behalf of the Board of Directors, I want to extend a warm welcome to all our new swimmers and their families to the Calgary Patriots Swim Club. Competitive swimming is a significant commitment for both athletes and their families, and we're so pleased you've chosen to begin this journey with the Patriots. To our returning swimmers and families – welcome back! We're grateful for your continued dedication and can't wait to build on the successes of last season.

This year marks my fourth as a Patriots parent and my third serving on the Board of Directors. Our Board is a great mix of experience with many fresh faces bringing fresh perspectives. While the individuals around the table may change over time, our commitment remains the same: to support the continuous improvement of the Patriots and to help guide the club through both opportunities and challenges along the way.

As we look ahead, we will build on the positive momentum the Club has experienced over the last few years, with three goals in mind:

## **Goal 1: Facilitate Swimmer Development and Personal Growth in a Safe Environment**

Providing a safe, positive environment for our athletes to grow and perform will always be a top priority for the Calgary Patriots. This year, as always, we remain focused on long-term development and personal growth, helping swimmers build strong skills and confidence that will support their progress in and out of the pool.

## **Goal 2: Continue to Strengthen Team Culture**

Our culture is one of the Patriots' greatest competitive advantages. At every meet – particularly provincial-level meets – you'll see our athletes cheering on and supporting their peers in a way that I have seen no other swim club in the province do. This supportive culture is something we can all be proud of, and we'll keep working together to make it even stronger.

## **Goal 3: Improve Communication and Transparency**

Clear, open communication remains a top priority for both the Board and our coaching staff. While the volume of information can feel overwhelming at times, we want families to know that we are always accessible – whether by email, phone, or face-to-face conversations – and committed to keeping families well-informed.

While the year will not be without challenges, (ahem... pool space), the collective force of the Patriots community will guide us through whatever challenges we face. I am proud to be a member of the Calgary Patriots community and am excited to see how this season unfolds. On behalf of the Board, thank you to everyone for your continued support and giving your athletes the opportunity to grow as swimmers and individuals.

## 2025/2026 BOARD MEMBERS



**Aaron Swanson**  
President  
Calgary Patriots Swim Club  
Board of Directors

President – Aaron Swanson  
Vice-President, Swimming – Ryan Thompson  
Vice-President, Finance – Noreen Hoffman  
Secretary – Natalie Campbell  
Sponsorship & Gaming – Tania Amador  
Officials Coordinator – Nadine Sauder  
Meet Manager – Brent Ford  
Communications Manager – Sheri Bolitho  
Social Coordinator – Christina Abbadi-MacIntosh



# CLUB FUNDRAISING

TURN VOLUNTEER HOURS INTO CLUB FUNDING WITH BENEVITY

## SKIP THE DEPOT

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 using <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.



## BINGOS

The Club relies on parent volunteers to support bingo events at Bingo Palace (2604 35 Ave NE, Calgary). These events offset overall Club costs and keep our fees lower.

### What to Know:

- 5 volunteers per bingo, each working a 5-hour shift
- Shifts happen 2-3 times per month
- One shift per family per month (limit may be lifted if spots are open)
- Roles are chairperson, paymaster, verifier, or seller

### Sign-up info:

- Dates will be emailed and posted on our website
- Register through your Patriots account, like for swim meets
- Add your shift to your calendar! You'll get a reminder email, but it's your responsibility to attend or find a replacement

### Volunteer Credit:

- Each shift earns your family a \$75 credit toward your Patriots account
- Volunteering is optional but a great way to support the Club!

### Questions:

Contact Nicole at: [bingo@calgarypatriots.com](mailto:bingo@calgarypatriots.com)

Many corporate organizations and workplaces promote employee giving through charitable donation programs like Benevity. Designed to encourage community service and corporate social responsibility. Volunteer grant programs, or "dollars for doers," link employee volunteer hours to employer donations, incentivizing volunteerism and supporting organizations with important financial contributions.

### How They Work:

- Employers set guidelines for eligible non-profits and donation amounts per volunteer hours.
- Employees track volunteer hours with eligible non-profits and submit grant requests. Generally - all club volunteering counts, did you volunteer at a swim meet for example?
- Upon approval, employers donate based on logged hours (e.g., \$500 for 50 hours).

**ON BENEVITY, THE PATRIOTS SWIM CLUB'S IDENTIFIER NUMBER IS 50229990.**

### Benefits:

- For Employers: Enhances corporate responsibility, boosts morale, improves public image.
- For Employees: Motivates volunteering, fosters pride, and supports causes effectively.
- For Non-Profits: Receives essential financial support alongside volunteer labor.

Employees should check with their Human Resources department for specific program details and potential eligibility for paid time off for volunteering as well as possible donations back to the the swim club for volunteer hours worked. Your extra effort to look into and apply for these volunteer grants could benefit organizations like the Calgary Patriots Swim Club immensely. We are happy to verify volunteer hours through the club office if this is required by your employer.

# THE IMPORTANCE OF SWIM MEETS

## Swim Meets

Swim meets are an important component of being a member of a competitive swim club. They are a foundational way to build the swimming community, develop swimmers' confidence and resilience, and provide a benchmark for their hard work and progress. Meets offer exposure to the sport's atmosphere, teach vital skills like race strategy and managing expectations, and create opportunities for swimmers to achieve personal and team goals.

### For Swimmers meets:

Build confidence as swimmers learn to walk to the blocks and race independently, finding inner courage and pride in their own abilities.  
Show improvement as meets provide a way to showcase their technical and speed improvements gained during practice.  
Develop resilience as swimmers learn to move past mistakes, adapt their technique, and develop their overall coping skills under pressure.  
Foster independence as sitting with teammates instead of parents helps develop self-sufficiency and a sense of belonging to the team.  
Achieve goals as meets are a chance for swimmers to test themselves against the goals they set for themselves.

### For the Team and Community meets:

Build community and unity as meets are essential for bonding and building team spirit among both swimmers and parents.  
Offer a fun team experience as old and new swimmers alike can participate and enjoy the event together.  
Provide a positive environment as it's a chance for swimmers to connect with friends, play games, and meet new swimmers from other teams.  
Enhance the learning environment as swimmers get to observe other swimmers, learn about the sport, and understand how a meet works.  
Support the team's needs as many meets are crucial for host clubs to raise money, which helps support their programs and keep swimming affordable for participants.

The swim meet is the fun, exciting, community event that is usually preceded by 3-5 weeks of daily training. They act as a benchmark for swimmers on their path to achieve their individual goals. We look forward to seeing you at the next meet!



**Jamie Connors**

Coach - Bronze Squad  
Calgary Patriots Swim Club



## CP TEAM CHAMPS RECAP – SEPTEMBER 27

What an incredible start to the season at our CP Team Champs! This in-house meet is always a special one — not only does it kick off our racing calendar, but it also sets the tone for the season ahead.

A huge congratulations to all our swimmers — from seasoned racers to those diving in for their very first meet. It was fantastic to see the effort, enthusiasm, and team spirit on display across every lane. We're especially proud of our new swimmers, who took on their first taste of competitive swimming with courage and smiles. Welcome to the CP Swim Club family — we're so excited to have you on the team!

This meet is also an important stepping stone for our developing officials, and we loved seeing new faces poolside learning the ropes in a supportive environment.

Of course, none of this would be possible without our amazing volunteers. From timekeepers to marshals to those helping behind the scenes — thank you for your time, energy, and dedication. You are the heartbeat of our club!

Here's to a season full of great swims, team spirit, and lots of fun.

# HOW TO STAY 'IN THE KNOW' WITH SWIM CLUB INFO

## THE CALGARY PATRIOTS WEBSITE

All families should consider bookmarking the Calgary Patriots website. Once you are signed in, the Club website is your go to place for all club news and is updated frequently. Important information can be found here, including:

- **Your Account information**
- **Live squad calendars**
- **Event dates and sign-up**
- **Meet information**
- **Volunteer sign-up**
- **Equipment pro-shop**



## SWIM ALBERTA POLICIES & RESOURCES



Swim Alberta is responsible for overseeing and promoting competitive swimming programs and events within the province. It collaborates with swim clubs, coaches, and athletes to foster the development of swimmers at various levels, from grassroots to elite competition. Members are encouraged to familiarize themselves with current Swim Alberta Policies and time standards.

## SQUAD CALENDARS



Squad training schedules can be found on the Calgary Patriots' website: (*Calendars > Squad Calendars > Select Squad in top menu*). Ideally swimmers are on deck 10-15 mins early.

Links are available to easily sync your swimmer's squad calendar to your personal Google or iCal Calendar (*Calendars > Shareable Links*).

We want to hear from you! Is there information you would like us to include in our next newsletter? Email ideas to [communication@calgarypatriots.com](mailto:communication@calgarypatriots.com).

## RESOURCE FOR ALL FAMILIES

A HUGE thank you to veteran 'swim mom' Natalie Swanson for assisting the club in creating and co-hosting our new parent orientation session in September. The linked document here is chock full of up to date Club information. Please read through the presentation for answers to most of the questions you may have about having a swimmer be part of the Patriots Swim Club. Everything from what to expect when attending swim meets to how to volunteer and everything in between.

If you still have questions you are encouraged to reach out to your swimmer's coach or to our team administrator Martina Le at: [office@calgarypatriots.com](mailto:office@calgarypatriots.com)



## INSTAGRAM

Follow the Club for highlights and photos. [@calgarypatriots](https://www.instagram.com/calgarypatriots)



## SWIM GEAR

Ideally all swimmers should have a Patriots team-branded swim cap and t-shirt. Additional gear can be ordered through the Pro Shop on the website.

## SWIMMER DISCOUNT

20% discount on swim gear available with your Shark Card at Team Aquatics.

## VOLUNTEER

If you're interested in volunteering as the squad parent, chaperone, or for social events like the BBQ or awards banquets, please send us an email at: [office@calgarypatriots.com](mailto:office@calgarypatriots.com). Additional opportunities for volunteers may be posted, as available, on the website.

## WHATSAPP

Most squads have a parent WhatsApp group set up by the squad parent. If you have not joined yet - ask to be included!