

# PATRIOTS NEWS

OFFICIAL NEWSLETTER OF THE CALGARY PATRIOTS SWIM CLUB

Welcome to the Cold Weather Edition of the 2025/26 Swim Season Patriots Newsletter! Grab a hot coffee or tea and read on!

This newsletter is intended to compliment important information already shared by coaches and on to the Patriots website!

## HIGHLIGHT OF THIS EDITION

- \*\*Pugsley Highlights\*\***
- \*\*Board Updates\*\***
- \*\*Parent Social Invitation\*\***
- \*\*Training Notes\*\***

We promise to keep it concise, engaging, and filled with the information you truly care about. Thank you for being a part of our swim family – we couldn't do this without your support!

Looking forward to seeing you at the pool!

## 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**

## WELCOME COACH ALICE

Alice is thrilled to return as a coach for the Patriots, a program that shaped her athletic journey. After 10 years as an age-group swimmer, she swam at the varsity level for the University of Victoria, where she earned a Bachelor and a Master's degree in Civil Engineering focused on water quality. Her dual appreciation for water as an athlete and engineer influences her coaching philosophy. While coaching with Pacific Coast Swimming, she worked with various ages and skill levels, emphasizing confidence, curiosity, and long-term development. Alice is eager to bring her passion and experience back to the Patriots Community.

DECEMBER 2025/JANUARY 2026



## COACH'S MESSAGE



Patriots,

It has been a great start to the year, and the fall has shown the resilience of our parents & swimmers during the reduced pool time, the school strike and even more reduced pool time.

We have had swimmers improving and progressing at every level and at every squad and we got to see all of that on display at our first hosted meet of 2026 at Pugsley's Plunge. I am proud of how well we run our meets. The meet management team and all the officials did an excellent job, and it was nice to see the whole club competing.

As we go forward the meets will tend to be a little more divided but as a Patriot swimmer standing behind the block, just remember that you have the backing of 230 swimmers helping you out.

We are looking forward to some exciting new events in 2026 with a couple of team travel meets to Lethbridge and Saskatoon. We have a new regional championship meet with Best of the West in Winnipeg and some exciting provincial meets where we will see more swimmers than we ever have compete at Champs, Provincial Trials and Festival.

Take care of yourself in and out of the pool.

**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, Alice Gentelman



# MESSAGE FROM THE BOARD OF DIRECTORS



## Strong Governance. Strong Club. Strong Future.

The Calgary Patriots Swim Club is proud to be a volunteer-driven community built on teamwork, support, and shared commitment. Behind every successful season is a dedicated group of volunteers who give their time and talents to help the Club grow and thrive. One of these key volunteer groups is the Board of Directors. To strengthen the support they provide to the Club, Board members recently completed the "Effective Board Governance" course offered by Sport to Life. The course reinforced the importance of clear roles, thoughtful leadership succession, and the vital role Board members play in building a healthy, welcoming, and successful organization.

### What Does the Board Do?

The Calgary Patriots Board of Directors is comprised of nine volunteer members elected from within our membership. While coaches and staff oversee day-to-day operations, the Board provides leadership, financial stewardship, guidance and long-term planning for the Club.

### The Board supports the Patriots by:

- Working with Coaches to set strategic direction and long-term priorities
- Providing financial oversight to ensure sustainability
- Planning, organizing and execution our Hosted Meets
- Developing policies and ensuring compliance with Swim Alberta, Swim Canada, and
- other governing bodies
- Supporting coaches, administration, and volunteers

In doing so, the Board ensures the Club remains well-governed, financially stable, and able to provide a safe, positive, and sustainable environment for all members.

### Growing Together Through Succession and Representation

It is the Board's responsibility to welcome new Board members and develop future leaders. Strong boards reflect the diversity of their membership. With swimmers across many squads and stages, it is essential that the Board includes voices from across the Club to ensure decisions are balanced, inclusive, and reflective of all families. Fresh perspectives strengthen and help the Club grow.

### A Community Effort

Whether you volunteer at meets, help with events, serve on a committee, or join the Board, every contribution makes a difference. Through collaboration, leadership, and shared commitment, we can continue to build a welcoming, well-governed, and successful Calgary Patriots Swim Club.

Members who would like to learn more about the current Board and the roles are invited to visit:

<https://cp.poolq.net/menu/board-of-directors>.



**Ryan Thomson**

Vice President, Swimming  
Calgary Patriots Swim Club  
Board of Directors



## BOARD OPPORTUNITIES

The Club is seeking nominations for the following positions (Interim positions until official elections at summer AGM)

**Vice-President, Finance:** Manages financial stewardship, budgeting, and reporting; ideal for those with finance or accounting experience.

**Member-at-Large: Social Coordinator:** Leads social initiatives and events to promote a positive Club culture.

Interested members should contact the Nominations Committee at [president@calgariypatriots.com](mailto:president@calgariypatriots.com) and [secretary@calgariypatriots.com](mailto:secretary@calgariypatriots.com).

The Board of Directors thanks Christina Abbadi-Macintosh and Noreen Hoffman for their valuable contributions to the Calgary Patriots Swim Club.

Effective December 31, 2025, Christina resigned from her role as Member-at-Large: Social Coordinator. We are grateful that she has ensured continuity by securing venues and completing initial planning for the Parent Social and Year-End Banquet.

Noreen has assumed an Honorary Member position and will continue as Vice-President, Finance for the remainder of the season to support a smooth transition with her successor.



# CLUB FUNDRAISING

TURN VOLUNTEER HOURS INTO CLUB FUNDING WITH BENEVITY

## PARENT SOCIAL

It's that time of year again for our parent social! The Board would love to have all Patriot parents join us for a casual evening of bowling and good food at the Banquet in University District. Here are the details:

Date: Feb. 28, 2026

Time: 7:00pm - 10:00pm

Location: The Banquet (University District)

Address: 3953 University Ave NW #220,

Cost: \$25 per ticket - includes bowling and drink ticket.

Additional drinks and food will be available for purchase.

Deadline to purchase tickets: Feb 21st, 2026.

In the Declaration Notes, please indicate the number of tickets you wish to purchase. If you have more than one swimmer, please enter this information only once.

Looking forward to seeing you there!

**CALGARY PATRIOTS**

# PARENT SOCIAL

**FEB 28TH**  
**THE BANQUET**  
**UNIVERSITY DISTRICT**

**\$25 INCL DRINK TICKET**  
**AND GAMES**

Corporate organizations often incentivize employee giving through fun charitable donation programs like Benevity, bringing community service and corporate social responsibility to life! Volunteer grant programs, or "dollars for doers," connect employee volunteer hours to employer donations, making volunteerism a rewarding adventure.

- **\*How They Work:\*\***
- Employers lay out the guidelines for eligible non-profits and how much they'll donate per volunteer hour.
- Employees keep track of their hours with eligible non-profits and submit requests for grants.
- Employers then donate based on those logged hours (like \$500 for 50 hours—ka-ching!).
- **\*Patriots Swim Club Identifier:\*\*** 50229990.

Employees should reach out to their HR department for the scoop on program details, potential paid time off for volunteering, and the possibility of donations back to the swim club. Your efforts in applying for these grants can make a splash for organizations like the Calgary Patriots Swim Club. Need volunteer hours verified? The club office has got your back!

## SKIP THE DEPOT

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.

Save yourself a cold trip to the bottle depot after the holidays and support the club at the same time!



# THE IMPORTANCE OF STRENGTH TRAINING

## Did You Know?

Strength training and structured conditioning, when done correctly, can make a big difference for young swimmers as they grow. Dryland exercises like box jumps and pull-ups help athletes apply more force on starts and off the wall during kick-offs, build a stronger pull in the

pool, and maintain power and technique during longer swims.

These activities, among others, improve cardiac strength and overall endurance, help bridge common strength gaps, and keep swimmers more stable, which can reduce the risk of common injuries as they develop. The result is more balanced, resilient athletes and Patriots swimmers with a real advantage in the pool.

Parents, can you do a 30-inch box jump or five bodyweight pull-ups? Believe it or not, that is the goal for an average 13-year-old swimmer in good physical health.

This fall and winter, swimmers in the Bronze and Steel squads have had the opportunity to participate in group and one-on-one strength training at FitHub YYC in Currie. The FitHub team has already noticed clear improvements in strength, conditioning, and resilience to common overuse injuries in all participants.

We are excited to share some of the results of their hard work in an upcoming Patriots newsletter.

Dryland training and pre-pool activation are part of the weekly schedule for all Bronze, Steel, Silver, and Gold swimmers.

**Thank you, Christi and Eric Barber, FitHub YYC owners, for contributing to this article.**



## A SWIMMER'S VOICE

*With gratitude, we share with you a swimmers perspective, part of a school assignment they shared with us. We recognize how deeply committed swimmers are to the club, their friends, and being the best they can be for themselves. We are proud of the dedication Patriots put forth! Keep swimming those laps, we are all cheering for you!*

### "The Laps I Swim: The Life I Keep"

I swam 50 laps today. My arms feel like noodles - but the good kind that means I crushed it. The coach said I looked strong. I felt strong.

I missed Maya's Birthday Party. Again. I told her that I was sorry, but she just said, "it's fine". It's not fine. But I love swimming. It brings me joy. It makes me feel like I can fly underwater.

My swimming friends are the best. They cheer for me. They laugh with me. They don't care if I'm quiet or weird or tired. They just get it. I talked to coach today about something that's been bothering me. The

coach listened. I felt heard. I felt lighter. I wish people knew that when I'm quiet, it's not because I don't care. It's because I care so much.

But tomorrow, I'll swim again. I'll laugh again. I'll try again. Because I'm not giving up. Not on swimming. Not on me. Not on the people who make me feel like I belong.

Submitted Anonymously





The 2026 Pugsley's Plunge was a massive success for the club, both in the water and behind the scenes. Our "waddle" was fast from the first dive, picking up enough hardware to keep the trophy case glowing. A huge thank you to our incredible colony of volunteers—your hard work ensured everything ran smoothly while the kids focused on racing (and hunting for those penguin stuffies).

It was a high-caliber weekend with 140 new standards achieved, including six new Festival qualifiers from our junior squads. Our senior swimmers also stepped up, clocking 10 new Western standards and 14 Championship cuts. A special shoutout goes to Desmond Phillips, Noa Josh Burger, and William Cameron for earning Top-10 Youth Recognition Awards.

The record board is in for a major shakeup, too. We saw 26 new "Top 3" all-time individual performances, headlined by Audrey Thompson, who claimed the #1 spot in the 100 IM, 200 Fly, and 200 IM. You can check out the updated top-10 lists on our rankings site.

Congratulations to all our swimmers on a historic weekend. Your hard work is showing up in the results, and we can't wait to see that momentum carry into the next meet!

Thank you!

Thank you to all the volunteers for making Pugsley's Plunge a success. Your time and commitment ensured a smooth event. Special thanks to Erin Cameron for her six years of dedication to the meet management team. Though she is stepping back for the season, her leadership and mentorship have been invaluable. We are very grateful for her contributions.

After each and every swim meet, detailed meet summaries are posted on our website blog (right on the main page!). These include extensive charts, updated Top 10s and new qualifiers, and even highlights from the events. We love sharing these with all our families—they're a fantastic way to celebrate the hard work and accomplishments of every swimmer. Be sure to take a look! And a HUGE thank you to our parent volunteer extraordinaire, Shaun Phillips, for putting these together for us after every meet. We couldn't do it without you!



**Have any pictures of the meet? Please consider sharing and email them to us to include in the year end slideshow [communications@calgariypatriots.com](mailto:communications@calgariypatriots.com)**

## MEET THE BELL HEAT PENGUINS

Did you know that all of our beloved prize penguins are carefully handmade right here in Calgary? A total of 300 penguins were crafted, and handed out at the 2026 Pugsley Plunge!

Each penguin requires around 30 to 40 minutes to craft, using 75 skeins of jumbo-sized yarn. Our talented artisan, Natasha, began hand-knitting animals in 2022 to stay busy. Thanks to a personal connection with a swim family, we were able to collaborate with her, and she has been making our penguins for the past two years! A heartfelt thank you to Natasha for her countless hours of dedication!

