



October 14, 2025.



Happy Hallows Eve, Barracudas!

A Message from the Coaches and Board

It's already October, and Thanksgiving has come and gone! The events and activities are just ramping up for the club. We're super excited to see what epic performances we will see from our athletes in the pool in the coming days!

A Word From Faye Black

"As we start a new season at the pool, perhaps it's a good time to reflect on what we, as **parents and caregivers**, can do to support our children and help them get the most out of their swimming experience, whether it's in Swim School or Youth group (and every group in between).

A good friend of mine has coached kids' tennis for decades. His philosophy is: **'It's been a winning day when the kids want to come back tomorrow.'** It's easy to lose focus of what our children need and be distracted by our personal goals and agendas. This provides some gentle guidance on what we can do to help our kids have **'winning days'** in the pool."

Please take a moment to read the ["10 Commandments for Swim Parents"](#)

Your Club Needs You! AGM & Executive Board Participation

We are at a crucial point in the season as we work to build a bigger and stronger club, and your participation is vital to that success!

The **Annual General Meeting (AGM)** is where we elect our Executive Board, review the club's performance, and plan for the future. This is your opportunity to have a direct voice in the club's direction. We strongly encourage all members to **attend and support** our club's growth.

Annual General Meeting (AGM)

- **Date:** Monday, October 20th 5:30PM
- **Location:** Aquatic Centre, Northwood Room
- [AGM Notice](#)

Considering the Executive Board?

If you're considering a position on the Executive Board—and we strongly encourage you to consider it!—please take a moment to watch an excellent resource from the **Club Development Series: #3 - Good Governance for Clubs**. This video provides a great explanation of what a Club Executive Board is and what we strive to do for our communities. The video can be found on the SwimBC website.

- **Watch:** [Club Development Series #3 - Good Governance for Clubs](#)
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Nutritionist Sessions: Saturday, November 8th

We are excited to host two specialized nutrition sessions on **Saturday, November 8th**, located in the **Northwood Room** at the Aquatic Centre.

These one-hour sessions are planned during each group's Dryland time:

Group 1: Dev. 2A, 2B 8:30 a.m. - 9:30 a.m.

Group 2: Dev1, Elite, Youth and Fitness & Development 10:00 a.m. - 11:00 a.m.

Upcoming Key Dates & Meets

Mark your calendars! October and November are packed with important events for our swimmers and members. Please visit the [website](#) for the applicable sign up pages.

- **PGBSC Time Trial:** Our next time trial is scheduled for **October 18th**.
 - **PGBSC Annual General Meeting (AGM):** Join us on **October 20th** to shape the future of our club.
 - **Prince Rupert Invitational Swim Meet:** This exciting travel meet runs from **October 24th, to 26th**.
 - **Annual Awards Luncheon:** We will celebrate last season's achievements at our Awards Luncheon on **Sunday, November 2nd**. Please don't forget to RSVP.
 - **Nutritionist Sessions: Saturday, November 8th**
 - **Mr. Lube Invitational Short Course Meet:** Our major home meet of the fall runs from **November 14th - 16th**.
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Advance Your Officiating Credentials

Hosting successful swim meets, like the Mr. Lube Invitational, relies on our parent volunteers becoming certified officials! If you're looking to advance your credentials, please sign up for the following clinics on the **PGBSC website**:

- **Inspector of Turns Clinic: Wednesday, October 29th**
 - **Starter Clinic: Friday, November 7th**
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Important Club Updates

Don't miss out on important information and updates!

- Check out the club **website** for several new updates, including the new [alumni page](#) and updated [swim meet information](#).
 - For **regular updates and reminders**, be sure to **follow our** [Facebook page](#).
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We look forward to an action-packed October and November with you and your athletes!

Questions?

If you have any general questions or concerns about the club, please use the [Contact Us](#) page on our website. If you have questions or concerns about your or your child's specific program, please speak directly with your coach.