



THIS ISSUE

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2025 - 2026 YTD

personal
 bests

273

club
 records
 broken

7

provincial
 records
 broken

4

MESSAGE FROM COACH ROBIN

February saw a solid month of hard training for our crew.

The swimmers were pushed and they responded.

We've seen real growth in their resilience, their focus, and how they support each other through tough sets.

This kind of progress is building both character and connection.

As you're hopefully aware, we will be swimming through March Break. If you haven't already, please take a minute to fill out [THIS FORM](#) so we can plan properly for numbers.

I would like to take a moment and welcome all our new SJD members. Since the start of the season, we've grown almost 30%.

Growth like that reflects the environment being created on deck every day, and that has everything to do with our amazing coaching team. Our SJD coaches are doing an excellent job building a program where swimmers feel supported, challenged, and valued.

It also reflects our swim community. Many of our new families have joined because someone already in the program encouraged them to give us a try, and I can't thank you enough for that. Please continue to spread the word 😊

I also really hope to see a strong turnout for what I hope becomes a tradition for us, the SDSC Splash Clash. Details below. Thanks for the great idea, Rachel 😊

Coach Robin

FROM OUR SJD COACHES



Kate Blacquiere
Stage 1 & 2 - M/W

This month, Stages 1 and 2 have been working hard on body position and streamlines for both freestyle and backstroke, and all the swimmers have shown great improvement! We're also starting to go over breaststroke kick and will practice it a little at every session until everyone feels comfortable.

Keep up the great work, Stage 1 & 2 swimmers!

Swimmer of the Month:

This swimmer comes to every practice ready to work hard, always has a smile on their face, and helps out whenever asked. This month's Swimmer of the Month is **River MacLeod!**

February has been busy in the pool, with everyone putting in great work on their body position for freestyle and backstroke. We've also been focusing on dolphin kick and recently introduced breaststroke kick. Using specific drills, we're helping all our swimmers get the hang of the movements, and we'll keep at them for the next few weeks to perfect the technique.

A huge congratulations to **Nate Kingyens**, our February Swimmer of the Month! Nate is always respectful to his coaches and teammates, shows up ready to swim, and has made incredible progress over the past few months. Great work, Nate!



Jorja Desjardins
Stage 1, 2 & 3 - Th



Lauren Folland
Stage 3 - M/W
Stage 1, 2 & 3 - Tue

This month, our swimmers have been working hard on their body position for both freestyle and backstroke. We've also been focusing on dolphin kick, and recently introduced breaststroke kick with specific drills to develop the proper motion. We'll continue practicing these in the coming months to get the technique just right.

Huge congratulations to February's Swimmer of the Month, **Vlad Ponomarov**, who earned this recognition by always being respectful to coaches and teammates. Vlad shows up to practice with a positive attitude and ready to work hard. Well deserved, Vlad!

SUMMERSIDE JUNIOR DOLPHINS

PARA SWIMMING

My name is Calder Gathankathala, and I'm truly excited to be joining the Summerside Dolphins Swim Club.

With more than 20 years of teaching experience, my passion lies in helping swimmers build strong foundations, confidence, and emotional safety in and around the water.

I specialize in supporting neurodivergent swimmers, individuals with disabilities, and those who may have experienced water-related trauma. My own lived experiences (Autism, Severe Anxiety, Sensory Processing challenges, a Spinal Cord Injury) give me a deep understanding of what many swimmers may be feeling and help me connect with them in meaningful, empathetic ways.

My approach is always "low and slow," meeting each swimmer exactly where they are and allowing progress to unfold at the pace that feels right for them. Every swimmer's journey looks different, and that's not just okay, it's something we celebrate.

Para Swimming Update

We're thrilled to share some exciting developments within our Para Swimming programming this season. Our goal is to build confidence, safety, and joy in the water for every swimmer.

To make that possible we're proud to continue strengthening our partnership with Para Sport and Recreation PEI.

Skill Spotlight: Learning to Blow Bubbles Through the Nose

One of the foundational skills we've been focusing on is blowing bubbles out of the nose. This simple technique has a big impact on comfort and safety in the water. When we hum, air flows steadily out of the nose, preventing water from entering. This means swimmers don't need to plug their noses with their hands, freeing them up for swimming, balance, and propulsion.

It's also an important step in preparing swimmers to transition from goggles that cover the nose to standard swim goggles. The best part is that this skill can be practiced anywhere: in the bathtub, in a large bowl of water, with or without goggles. Small, playful practice at home builds confidence that transfers beautifully into the pool.

Aqua Abilities: Building Confidence From the Start

We are proud to be working with Para Sport and Recreation PEI to offer the Aqua Abilities program, a learn-to-swim pathway designed to help participants develop essential water skills at their own pace. This program focuses on comfort, safety, and independence in the water, creating a strong foundation for swimmers of all abilities.

For those who discover a love for the sport and want to explore competitive opportunities, we are ready to support their transition into the Summerside Dolphins Para Swimming Program.

Whether a swimmer's goal is recreation, skill-building, or competition, we're committed to helping them thrive.

SUMMERSIDE DOLPHINS

PARA SWIMMING



Calder Gathankathala
Para Swimming

SUMMERSIDE DOLPHIN SPLASH CLASH

Parents VS Swimmers

One Night of fun, relays and friendly competition!

This is your chance to jump in the pool with your swimmer, try your hand at some skills, a few contest of skills, and for those up to the challenge a freestyle showdown.

No swim experience is required, just a sense of humour and your competitive spirit.

Event Details:

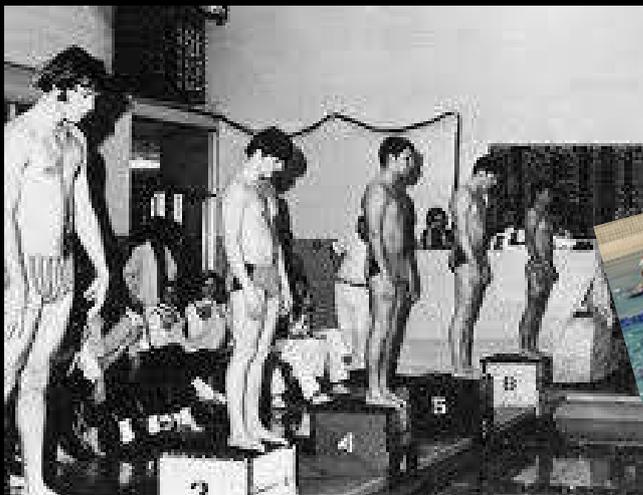
- Date: March 6, 2026
- Location: Credit Union Place
- 5:00 - 6:00 pm - Splash Clash
- 6:00 - 6:30 pm - free family swim
- Who: SDSC, SJD, parents and siblings.



We hope to see a lot of families join us to see firsthand what your swimmer does every day in the pool as well as have some fun with our Dolphin family. Everyone is welcome.

Please fill out [this form](#) so we can plan for numbers.

One pool. One night. Parents vs swimmers.
Who will survive?



DOLPHIN SPLASH CLASH



SDSC WINE SURVIVOR



SDSC Wine Survivor

Final Call – Teams Close TOMORROW

Wine Survivor is back and the competition is building.

We already have 17 teams entered and 102 participants in the draw. Let's see how many we can add in the final 24 hours!

How It Works

- **Teams of 6 players**
- **Each player contributes \$20 and brings a bottle of wine valued at \$15 or more**
- **Teams stay in the game until all 6 members are eliminated**
- **Daily elimination draws begin March 5**

**The more teams we add, the larger the wine prizes become.
You can join more than one team.
Friends and family are welcome.**

Don't have 6 players? We'll build a team for you.

**Payment - Send \$20 per player by e-transfer to
sdsctreasurer@summersidedolphins.com**

Include your team name in the notes.

Deadline: February 28



**THE PRIZE POOL GROWS
WITH EVERY TEAM ADDED**





SWIMMER NUTRITION



NUTRITION FOR SWIMMERS:

Swim Meet Nutrition:

What to Pack and How to Fuel

Swim meets can be long. When swimmers fade late in the session, it can be a fuelling issue, not a fitness issue.

The goal is steady energy. Small amounts of food every 2–3 hours works far better than one large meal.

The Night Before

Keep it normal. No need to “carb load.”

- Carbs: rice, pasta, potatoes, bread
- Protein: chicken, beef, fish, eggs
- Vegetables
- Fluids



Meet Morning

Breakfast matters, even if nerves are high.

Skipping it will show by mid-session.

Simple options:

- Toast and eggs + fruit
- Oatmeal + yogurt
- Bagel + nut butter
- Cereal + milk + fruit

What to Pack for the Meet

Carb-focused (quick energy between races)

- Apples or oranges
- Applesauce pouches
- Bagels
- Dry cereal
- Graham crackers
- Pretzels
- Rice cakes



NUTRITION FOR SWIMMERS:

Swim Meet Nutrition:

What to Pack and How to Fuel

What to Pack for the Meet - con't

Carb + protein (longer-lasting energy)

- Sandwich halves (turkey, ham, egg, cheese)
- Bagel with cream cheese or nut butter
- Yogurt cups or drinkable yogurt
- Cheese strings + crackers
- Trail mix
- Hard boiled eggs + fruit

After the last swim

Start recovery within an hour.

- Chocolate milk
- Milk + granola bar
- Smoothie
- Leftovers in a thermos
- Dinner shortly after

Hydration

Send a full water bottle. Encourage steady sipping through the day. Sports drinks are usually unnecessary for age group swimmers.

What to Avoid

- Greasy fast food
- Huge heavy meals between events
- Brand-new foods
- Energy drinks

Keep it simple. Real food. Regular snacks. Consistent hydration.

Swimmers who hold their energy through the final event of the day are almost always the ones who fuel consistently.



SWIMMER NUTRITION





Supporting Your Swimmer Through Competitions and Challenging Practices

Swimming is a journey with highs and lows. Not every meet or practice will go perfectly, and as a parent, your presence and support are what matter most. After a challenging swim, your swimmer doesn't need technical feedback or advice, that's your coach's role.

All they need (and want) is emotional support: a hug, a moment to process, and someone to simply be there.

The ride home from a meet or practice is often a critical time for support. This is where your swimmer begins to process emotions and reflect on their experience.

Here's how you can help:

- Give your swimmer the time and space to decompress. Silence is okay, and often necessary for emotional processing.
- Let them regulate their emotions before diving into conversation. Don't rush to fill the quiet.
- Create a safe, neutral environment. Let them speak freely, without fear of judgment.
- Ask open-ended questions if conversation happens, but follow their lead. Sometimes a simple, "How are you feeling?" is enough.
- Reassure them that all emotions are valid. It's normal to feel disappointed, frustrated, or even angry.
- Remind them that swimming is just one part of life and that every effort counts, not just the outcome of a race.
- Encourage reflection on effort and process rather than focusing solely on results. Talk about what they felt went well even if the outcome wasn't what they hoped.
- Trust the coach and the process. Let your swimmer know that the coach is guiding them to develop the skills to cope with setbacks and to grow as both an athlete and a person.

"The three of you—parent, coach, and child—working together is an unstoppable force."



SWIM PARENT 101



Swim Parent 101

Competitions themselves are ideally every 4–6 weeks.

They are part of the long-term learning process, not a shortcut to improvement or a measure of worth.

It's important to avoid using external rewards, like gifts, money, or expensive gear, to motivate performance or effort.

Motivation must come from the swimmer.

The desire to train hard, push through challenges, and grow must be something the swimmer feels for themselves.

We can't want it for them.

While it's natural to want to celebrate success, tying rewards to outcomes can:

- Shift focus from the internal satisfaction/rewards of sport, ie: confidence, perseverance, pride in effort, and personal growth.
- Create costly or unsustainable dynamics.
- Raise the stakes unnecessarily, making disappointment feel heavier if results fall short.

Every swimmer develops at their own pace.

Not every meet results in a personal best, and that's okay.

Competitions are safe spaces to fail, to learn, and to build resilience.

By offering a calm presence, patience, and trust in the process, you help your swimmer develop coping skills that will serve them both in and out of the pool.

Your support in these moments is often more impactful than words, advice, or criticism.

Simply being there, listening, and affirming their feelings allows them to process experiences, learn, and grow.



SDSC UPDATED MEET SCHEDULE



MEET SCHEDULE 2025-2026 - Updated as of Feb 25-2026

DATES	MEETS	LOCATIONS	QUALIFIERS ONLY	"White" SWIMMER	"Bronze" SWIMMER	"Silver" SWIMMER	"Gold" SWIMMER	NOTE
Oct 18	Devo - Camp #1	Summerside		1	1	1	1	12+ U only
Oct 18	Halloween Meet	Summerside		1	1	1	1	SDSC Meet
Nov 9	Double-up Meet	Charlottetown		1	1	1	1	Team Meet
Nov 14-16	NYAC Cup	Toronto	1					Qualifiers Only
Nov 22-23	SDSC Fall INV	Summerside		1	1	1	1	SDSC Meet
Dec 7	Elf Extravaganza	Charlottetown		1	1	1	1	Team Meet
Dec 12-14	Candy Cane Inv.	Truro	1	1	1	1	1	Travel
Dec 30-Jan 03	Winter Training Camp	Charlottetown				1	1	
Jan 17	Devo-Camp #2	Charlottetown		1	1	1	1	12+ U only
Jan 17	Devo-Winter Meet #2	Charlottetown		1	1	1	1	Team Meet
Feb 28	Devo - Camp #3	Summerside		1	1	1	1	12+ U only
Feb 28	Devo - Winter Meet #3	Summerside		1	1	1	1	SDSC Meet
Mar 14	Swim PEI Dual Meet	Charlottetown		1	1	1	1	ALL
Mar 26-29	East Coast Champs	Halifax	1					Qualifiers Only
Apr 18	Tri-Meet	Charlottetown		1	1	1	1	ALL
May 09	Devo - Camp #4	Summerside		1	1	1	1	12+ U only
May 09	Mother Day - Devo Meet #4	Summerside		1	1	1	1	Team Meet
May 29-31	Fast & Furious	Charlottetown		1	1	1	1	ALL
Jun. 4-7	AGI	Etobicoke	1					Qualifiers Only
Jun. 6-7	Spring Festival - 12+under	Truro		1	1	1	1	12+ U only
June 19-21	PEI Provincial Champs - TBA	Charlottetown		1	1	1	1	ALL
Jul 5-9	Canadian Trials	Montreal	1					Qualifiers Only
Jul. 10-13	East Coast Champs	St. John's	1					Qualifiers Only
Jul 14-17	Grand Prix Quebec	Montreal	1					Qualifiers Only
			7	17	17	18	18	



UPCOMING DATES

***February 28 - Devo Meet**

SDSC - Summerside - 1pm

***February 28 - 12 & Under Skills Camp**

SDSC - Summerside 11am - 1pm

***February 28 - SDSC Wine Survivor Team Deadline
- SDSC & SJD**

***March 5 - 1st Wine Survivor Elimination**

SDSC & SJD

***March 6 - Dolphin Splash Clash**

SDSC & SJD

***March 14 - Swim PEI Dual Meet**

SDSC - Charlottetown

***March 26 - 29 - East Coast Champs**

SDSC - Halifax, AAA qualifying meet

***March 25 & 26 - SJD Fun Event**

SJD - Breast Kick & Games

***April 18 - Tri-Meet - SDSC, CBAC, & CENIM**

SDSC - Charlottetown



2025 - 2026 SEASON