



THIS ISSUE

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2025 - 2026 YTD

personal
 bests **273**

club
 records
 broken **7**

provincial
 records
 broken **4**

MESSAGE FROM COACH ROBIN

January was another great month for SDSC and SJD.

Our competitive swimmers (SDSC) had a strong showing at the Winter Development Meet in Charlottetown and are now in the midst of a solid training block. It's great to see the current focus and effort in the pool, let's keep this momentum going!

The Junior Dolphins (SJD) had their fun event on the 28th and 29th which takes place during regular workout where the key teaching focus of that month is incorporated into games.

All families should have received an email about our parent committees. These committees cover social events for swimmers and athletes, fundraising, awards banquet, and meet management. They are a key part of what makes SDSC a true community.

Getting involved is a great way to support the club and enhance the experience for all our swimmers. Studies show the more involved parents are in their children's sport, the more committed those athletes are.

Thank you for your continued support our community and most of all, our athletes.

Coach Robin

SDSC TEAM WEBSITE

This season we launched our updated website on a new platform. It's cleaner, easier to navigate, and designed to keep families better informed. We encourage all members to check in regularly for account information, schedules, and club updates. The main sections include:

- News
- Summerside Junior Dolphins
- Team Gear
- Parents Information
- Meet Schedule and Events

Alongside the website, our Facebook page continues to be a great place to follow the action.

We share swimmer highlights, meet photos, and general updates throughout the season. We invite families to visit, share, and help celebrate the hard work our athletes are putting in.

Our goal is to keep everyone connected and informed as our club continues to grow. Thank you for supporting our programs and for being part of the SJD community.



SUMMERSIDEDOLPHINS.COM



FROM OUR SJD COACHES



Kate Blacquiere
Stage 1 & 2 - M/W

The swimmers came back after their break ready to go! We are continuing to review freestyle and backstroke. We are starting to introduce Dolphin Kick and teaching them when they push off the wall they should be doing Dolphin kick. They seem to really enjoy it and are catching on quickly! We are also working on doing more laps and more continuous swimming especially with the Stage 1 and they are doing great! Everyone has been improving a lot so far this season!

Swimmer of the Month:

This swimmer started off in September not being able to swim unassisted. They were determined and worked so hard and can now swim an entire length of the pool without stopping and swimming to the bottom of the pool in the deep end. This month's swimmer of the month is **Emmett Richardson**.

This month we have been working on freestyle technique: rolling shoulders, full motion in arms, and keeping their heads down. As well, they have been working on their streamlines when pushing off the wall and diving. There have been lots of improvements this month with their technique and endurance. Great work dolphins!

Swimmer of the Month

Thayne Compton is awarded swimmer of the month! He has showed up to practice eager to get in the water and swim, and he listens and follows instructions very well. He is determined and tries his best and it shows.



Jorja Desjardins
Stage 1, 2 & 3 - Th



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

Happy January to our Stage SJD families!

This month, our swimmers have been hard at work focusing on their body position for both freestyle and backstroke, specifically focusing on keeping their elbows higher than their wrists before the hand enters the water on freestyle.

We also recently introduced dolphin kick, using specific drills to develop the proper motion, which we will continue to practice alongside our body position work in the coming weeks.

A special congratulations goes to our Swimmer of the Month, **Ivy Blacquiere**, who earned this by listening well, being kind to teammates, working hard, and always helping clean up after practice.

Great job, Ivy!

SUMMERSIDE JUNIOR DOLPHINS



SWIMMER NUTRITION



NUTRITION FOR SWIMMERS:

Setting the Foundation

Swimming places unique demands on young athletes.

Many swimmers train frequently and at relatively high volumes while their bodies are still growing and developing. Because of this, nutrition plays a critical role in supporting recovery, overall health, school focus, and long term performance in the pool.

Fuelling well allows swimmers to arrive at practice with energy, maintain quality throughout the session, and recover effectively for the next day.

When nutrition is inconsistent, swimmers may experience ongoing fatigue, increased illness, difficulty concentrating at school, and uneven performance in training.

As swimmers progress through the junior program, training volume naturally increases. As coaches, we are not just looking for strong performances once or twice a week, but consistent effort and focus at every session. That consistency is built through effective recovery, and nutrition is a key part of that process.

While nutrition needs will vary based on age, growth, training load, and individual needs, developing strong everyday habits is essential.

Learning how to fuel and recover appropriately helps swimmers get more from their training now and sets the foundation for long term success in the sport.

You do not need a complicated nutrition plan to support your swimmer. Consistency and preparation matter more than perfection.

Aim for regular meals and snacks across the day. Long gaps without food often show up as low energy both at school and in the pool.

Pack something to eat after practice. A sandwich, yogurt, chocolate or plain milk, fruit, or leftovers from dinner all work well.

Encourage hydration habits early. A full water bottle at every practice and regular sipping through the day makes a big difference.

Think food first. Most young swimmers get what they need from normal family foods without supplements or sports drinks.

When in doubt, keep it simple. Real food, regular meals, and plenty of fluids will cover the basics for most young swimmers.



PROUD TO BE A DOLPHIN



SDSC TEAM GEAR

SDSC families have two options when purchasing SDSC team gear.

Both suppliers offer quality items and flexible ordering, allowing families to choose what works best for them.



LY Sports offers SDSC team gear as well as swim equipment.

Families can view the SDSC catalogue [HERE](#) or through the [LY Sports team page](#), where each squad has its own equipment tab to help identify the correct training gear.

Orders ship directly to your home.

Use the code SSDOLPHINS at checkout to receive a team discount.



[All Star Cresting](#) is our local source for SDSC team apparel. They offer a wide selection of team gear, prices include taxes, and orders can be picked up locally or shipped to your home.

Both options provide high quality SDSC gear where families can choose the supplier that best fits their needs.

PROUD TO BE SDSC





SDSC HISTORY

The Summerside Dolphin Swim Club has been part of this community for a long time, and like most good programs, it has grown, paused, and rebuilt more than once.

Competitive swimming in Summerside began after the opening of the Centennial Pool in 1967. In 1969, the club formed under Gary Arsenault and Ms. Easterbrook. The original name isn't clear, but this marked the start of competitive swimming in Summerside.

In 1970, the team became the Summerside Wahoo Swim Club, coached by Joan and Ted Bowman. From 1972 to 1980, Maxine Connors led the program and grew it to more than 125 swimmers. While she didn't start the club as I first thought, her impact on competitive swimming on PEI was felt island wide, and she was later inducted into the Sports Hall of Fame.

Randy Palmer coached from 1980 to 1984, but from 1980 to 1991 the club did not operate due to a lack of available coaches.

In 1991, Barb MacNeil, with assistant coach Lori Connors Gandy, restarted the program and introduced the name Summerside Dolphin Swim Club.

Through the 1990s, the club rebuilt and maintained a steady group of around 40 to 50 swimmers. Coaches during this time included Barb Lister Primeau, Margi Kean, and Sarah Lister Paynter.



Centennial Pool - 1967 - 2006

Barb MacNeil - 1991 - 1996



Maxine Connors - 1972 - 1980



SDSC HISTORY

From 2003 to 2011, the club was coached by a team that included Tracy Guimond Stevenson as Head Coach, along with Dave Campbell, Lori Connors, and Jennifer Power Hawrylak.

From 2011 to 2017, Dave Campbell served as Head Coach with Samantha MacDonald and Jennifer Power Hawrylak.

From 2017 to 2019, Jennifer Power Hawrylak was Head Coach with Samantha MacDonald.

Jacques Levesque led the club from 2019 to 2025, and this season I am very proud to be lead of an amazing coaching staff.

A bit of history about our training facility: Credit Union Place opened in 2006 which marked the closure of the Centennial Pool, where the club originally began. That building was redeveloped in 2014 and now houses Pita Pit, Starbucks, and Benjamin Moore.

Today, the Dolphins continue to evolve, but the core of the club hasn't changed. It has always been about providing a place for swimmers to learn, train, and belong. Every family who has passed through the program has shaped it in some way, and the swimmers on deck now are part of a long line of Dolphins who have worn the cap, shown up to practice, and represented Summerside in the pool.

Looking back at this history, it feels like the club is entering a very positive phase. There's great energy on deck, families are engaged, and swimmers are showing up ready to work. That sense of momentum is what has driven every strong chapter in the club's past, and it's exciting to see it building again.



SDSC HISTORY





Why SDSC Fundraises

FUNDRISING

SDSC is a not-for-profit swim club committed to creating a positive, inclusive environment where swimmers of all ages and abilities can grow, develop, and succeed.

Fundraising plays an essential role in making that possible.

It helps strengthen our programs, keep swimming accessible, and provide opportunities that go beyond what membership fees alone can cover.

Every dollar raised goes directly back into the club: maintaining and upgrading equipment, supporting coach development, and providing a safe, high-quality training environment for every swimmer.

Fundraising also allows us to offer special programs, clinics, fun events, and awards that enrich the experience for all our athletes.

Beyond the pool, fundraising helps build our community. Families come together to support the club, share in the fun, and celebrate our swimmers' successes. It's a chance to connect, contribute, and be part of something bigger than any single practice or meet.

Participating in fundraising means you're not just supporting the club, you're actively shaping the experiences your swimmer will have this season.

Every effort helps create a stronger, more vibrant SDSC and directly benefits the athletes we all care about.

Every fundraiser directly supports our swimmers and helps strengthen the club we are building together.



SDSC Wine Survivor

We're excited to launch SDSC's first Wine Survivor, a fun way to support our swimmers, break up the winter blues, and best of all take home a lot of wine!

How It Works

- Teams of 6 players
- Each player contributes \$20 and brings a bottle of wine worth \$15 or more
- Everyone on a team stays in the game until all members of that team are eliminated
- Daily elimination draws begin March 5

Payment

- Send \$20 per player via e-transfer to sdsctreasurer@summersidedolphins.com
- Include your team name in the notes

Why Join

- The more players on your team, the bigger the prizes
- You can join multiple teams, and recruits can too

Team Name Ideas

- Pour Choices
- Grapeful Dead
- Wine Not
- Sip Happens
- The Devines
- Grape Expectations
- In Pour Taste



Prizes

- Wine prizes depend on the number of teams entered
- Elimination results will be posted on our SDSC Wine Survivor Facebook Page and emailed to participants

Need Help?

- Don't have 6 players? We'll combine extras to make full teams
- Need help sourcing wine? We are very good at buying wine :)

Deadline: Submit your team by February 28

Form your team, recruit your friends, and join the fun. Wine Survivor is a great way to support SDSC while sharing some laughs along the way.



SDSC WINE SURVIVOR



SDSC MEET SCHEDULE



MEET SCHEDULE 2025-2026 - Updated as of Jan 30-2026

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
TBA	Fast & Furious	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	PEI Provincial Champs - TBA	Charlottetown	1	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
TBA	Fast & Furious	Charlottetown		1	1	1	1	ALL
Jun. 20	Devo Camp #5	Charlottetown		1	1	1	1	12+ U only
Jun. 20	Summer - Devo Meet #5	Charlottetown		1	1	1	1	Team Meet
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
			8	19	19	20	20	



SDSC MEET SCHEDULE



UPCOMING DATES

***February 16 - NO WORKOUT**

SDSC & SJD - Islander Day

***February 25 or 26 - Fun Event**

SJD - 25 Body Dolphin/Games

***February 28 - Devo Meet**

SDSC - Summerside

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

SDSC - Summerside

***February 28 - SDSC Wine Survivor Team**

Deadline - SDSC & SJD

***March 5 - Wine Survivor Elimination**

SDSC & SJD

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

SDSC - Charlottetown

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

SDSC - Halifax, AAA qualifying meet



2025 - 2026 SEASON