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**2025 - 2026 YTD**

personal  
 bests **337**

club  
 records  
 broken **14**

provincial  
 records  
 broken **8**

## MESSAGE FROM COACH ROBIN

This has been an exciting month for SDSC.

Our numbers are growing, our swimmers are performing at their best, and momentum is building. As we wrap up the short course season and move into long course competition, it's a great time to celebrate what we've accomplished together.

We have something really special here, a club where coaches, swimmers, and families all play a part in that success.

The progress we've made is because everyone has contributed, and it's important we keep that energy and involvement going.

It's our combined effort that will allow this club to reach its full potential and continue to be a place we can all be proud of.

The dedication we show today shapes the successes we'll celebrate tomorrow. Let's keep moving forward, together, and make the next chapter of this season one to remember.

# FROM OUR SJD COACHES



**Kate Blacquiere**  
**Stage 1 & 2 - M/W**

This month in Stage 1&2 we introduced breaststroke kick and starting to introduce the pull. All the swimmers are working very hard at learning this new skill.

They also continue to work on freestyle and backstroke and improving each week. We are starting to do some dives, which is dependant on the swimmer's comfort level. I really enjoy coaching the swimmers and can't wait to see all their improvement by the end of the year!

Swimmer of the Month:

This month swimmer of the month goes to a swimmer that always has a smile on their face, is eager learn to learn and does everything asked (even puts their equipment away without being reminded). This months swimmer of the month goes to **Claire MacCaull**.

Swimmers have improved their body position in freestyle and backstroke, building confidence and consistency. We've continued working on dolphin kick, breaststroke kick, ready position, and recently added breaststroke pull.

After practicing kick and pull separately, swimmers are now beginning to combine them into the full stroke.

Congratulations to **Pete Rioux**, our March Swimmer of the Month!

He has shown strong improvement, consistently giving his best effort, and it's clearly paying off in his growing confidence.

Keep up the great work Pete! We are all super proud of you!!



**Jorja Desjardins**  
**Stage 1, 2 & 3 - Th**

March has been another productive month in the pool.

Swimmers continue to improve their body position in freestyle and backstroke, showing steady progress and growing confidence.

We've kept working on dolphin kick and introduced the breaststroke pull.

After focusing on kick and pull separately, swimmers are now starting to combine them into a full breaststroke, with targeted drills helping refine their technique.

Congratulations to **Thomas Ramsay**, our March Swimmer of the Month. He consistently arrives early, ready to go, and has been putting in extra effort especially on his streamline and ready position.

Great work, Thomas!



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

# Under the Surface

By Jill LeBlanc

Para-swimming isn't a separate sport, it's part of our swimming community.

In Canada, swimming is fully integrated. Swimmers of all abilities train and compete within the same club environment.

This means your lane mate, teammate, or competitor may experience the sport differently, but they're working toward many of the same goals: improving, being challenged, and developing a love of the water.

Para-swimming includes athletes with physical, visual, and intellectual impairments.

A classification system is used to support fair competition based on how an impairment impacts performance, and it continues to evolve alongside the sport.

Athletes like Aurélie Rivard, Jessica Long, and Tim McIsaac train and compete with the same level of commitment you see across the pool every day.

At SDSC & SJD, this is part of our daily environment.

Swimmers learn to share space, support each other, and recognize that progress looks different for everyone.

We continue to celebrate effort across all swimmers, not just best times.

Success takes many forms, and each one matters.

At the end of the day, we all share the same water.

**SUMMERSIDE DOLPHINS**  
**PARA SWIMMING**



# SJD JANUARY SWIMMERS OF THE MONTH

Each month, our SJD coaches select Swimmers of the Month.

We recognize athletes who bring great energy, strong effort, and a positive attitude to every practice.

We missed featuring our January swimmer in the last newsletter and are excited to recognize them here!!



**Emmett Richardson**  
**Stage 1 M/W**



**Thayne Compton**  
**Stage 2 T/Th**



**Ivy Blacquiere**  
**Stage 3 M/W**

**SUMMERSIDE PRIDE,  
SUMMERSIDE PROUD!**

# SJD FEBRUARY

## SWIMMERS OF THE MONTH

Our Swimmer of the Month program continues to celebrate athletes who work hard, listen, and support their teammates.

Here are our February Swimmers of the Month.



**River MacLeod**  
**Stage 2 M/W**



**Nate Kingyens**  
**Stage 3 T/Th**



**Vlad Ponomarov**  
**Stage 3 M/W**

**SUMMERSIDE PRIDE,  
SUMMERSIDE PROUD!**

# SDSC CLUB RECORDS CONTINUE TO FALL

The Summerside Dolphin Swim Club is continuing its season of record-breaking performances.

At the Winter Development Meet on February 28th in Summerside, two more SDSC Club Records were shattered:

- **Henry MacKinnon** – 10 & Under Male 50 Butterfly, 41.64
- **Ryan Reid** – 13 & 14 Male 100 Butterfly, 1:06.20

These achievements build on an already remarkable season for SDSC swimmers. Ryan's record adds to his ongoing streak of exceptional performances, while Henry's new record highlights the depth of talent emerging in the younger age groups.

The dedication, focus, and hard work of all SDSC athletes continue to shine, and the club takes pride in celebrating each milestone.

Congratulations to Ryan and Henry on these incredible swims! Your commitment and achievements make the entire Dolphin community proud.

**SUMMERSIDE PRIDE,  
SUMMERSIDE PROUD!**



# RECORD BREAKING PERFORMANCE

## RYAN REID

### SDSC & PROVINCIAL RECORDS

- **800 Free - 9:09.28**
- **400 Free - 4:24.05**
- **200 IM - 2:24.27**
- **200 Fly - 2:27.61**

### SDSC RECORD

- **200 Free - 2:04.55**



Ryan Reid delivered an exceptional performance at the East Coast Championships, setting five club records, four of which also stand as new provincial marks.

He broke both club and provincial records in the 800 Freestyle (9:09.28), 400 Freestyle (4:24.05), 200 Individual Medley (2:24.27), and 200 Butterfly (2:27.61), and added a club record in the 200 Freestyle (2:04.55).

A strong reflection of the work, consistency, and preparation behind the scenes.



# SUMMERSIDE DOLPHIN SPLASH CLASH

## Parents VS Swimmers

Splash Clash was a huge hit. With over 40 participants, it turned into a fun, high-energy evening that will definitely become an SDSC tradition.

We kicked things off with a quick warm-up for the parents, before flipping the roles - our swimmers took over as coaches and taught their parents some skills.

From there, the competition heated up with a cannonball contest, won by Jack Mulligan, even with plenty of parents in the mix.

It was an awesome evening of laughter, energy, and connection.

Thank you to everyone who came out and made it such a memorable night for our swimmers.



# DOLPHIN SPLASH CLASH

# SWIMMER SOCIAL EVENT!

Date: April 11th

Time: 11:00 am - 12:30 pm

Location: Credit Union Place

Cost: \$2 per person (CASH ONLY - exact change preferred)

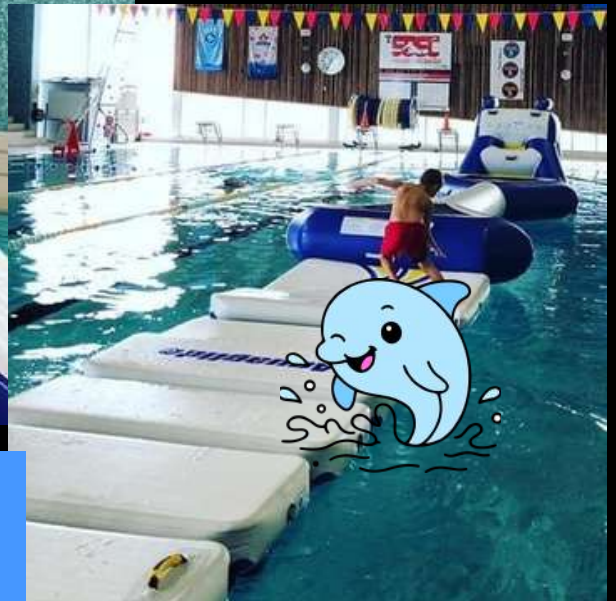
Who: Swimmers and families



Swimmers and their families will have exclusive access to the pools, inflatables, slide, sauna, and steam room.

Registration is required. ONE FORM PER FAMILY - please sign up at your earliest convenience.

This is a great opportunity for the whole family to have fun in the pool!



**Proud Sponsor of  
this event:**



# PARENT SOCIAL EVENT!

Date: April 25th

Time: 6:00 - 8:00 pm

Location: Tasiang Kitchen & Taps, 11 Lady Slipper Dr N, Miscouche  
(former Village Pub)

Cost: To Be Confirmed - will include trivia participation and food  
\*drinks are extra

Join us for an evening of trivia, prizes, and connection with other parents  
in our Dolphin community. [SIGN UP FORM](#)

It's a great chance to meet other families, have fun, and enjoy some  
friendly competition.



*Tasiang*  
*Kitchen & Taps*



TRIVIA

# SDSC FUNDRAISING

## Thank You for Supporting Our Dolphins!

A huge thank you to everyone who participated in our Wine Survivor fundraiser! Together, we raised \$2,880 for our swimmers and club.

Congratulations to our winning teams:

- 2nd Place: From Away and Fully Decanted - 6 bottles of wine each
- 1st Place: OMG Malbecky, Look at Her Butt! - 18 bottles of wine each

Wine Survivor will be back every season, and we're excited to see it grow alongside the prizes. Thank you all for supporting our Dolphins and making this event a success!

### Upcoming Fundraising

#### Bottle Drive

May 23, 2026

- Time: 10:30 am - 12:30 pm
- Location: Highland Bottle & Metal



Start saving your bottles and cans! Every dollar raised goes directly toward our program's operating costs, helping keep fees lower. Unlike many other fundraisers, this one is hands-on for swimmers, giving them a chance to contribute directly and understand the value of giving back to their sport. Watch for emails in the coming month with all the "need-to-know" details.

### SYSPEI Gold Rush

- Cost: \$5 for three numbers (three chances to win half the pot)
- Draws: Every Thursday at 1:00 pm AT
- Autopay: Set up to never miss a week; numbers stay the same
- How to Play: Make sure to select Summerside Dolphins as your team

This is a simple and fun way for family, friends, and the community to support the Dolphins while having a chance to win.



SDSC FUNDRAISING



# **NUTRITION FOR SWIMMERS:**

## **Recovery Matters**

What your swimmer does after practice or a meet is just as important as what they do in the water. Recovery is where the body adapts, rebuilds, and gets stronger and nutrition plays a key role in that process.

After training, swimmers need two main things: carbohydrates to restore energy and protein to help repair and rebuild muscle.

Without this, recovery is slower, energy levels drop, and it becomes harder to maintain quality from one practice to the next.

This doesn't need to be complicated. Simple and consistent is best. A snack or meal within 30 - 60 minutes after swimming can make a noticeable difference in how your swimmer feels later that day and into the next practice.

Some easy, practical options include:

- Chocolate or plain milk
- Yogurt & fruit
- A sandwich or wrap
- Granola bar & fruit

The goal is not perfection. It's making sure your swimmer isn't going long periods without refuelling after they've put in the work.

Hydration also continues to matter after practice. Even though swimmers are in the water, they still lose fluids and need to replace them.

Strong recovery habits support consistent training, better focus, and overall health. Over time, those small daily choices add up helping swimmers get more out of every practice and feel ready to go again the next day.



**SWIMMER NUTRITION**





## **Fueling Your Swimmer**

### **Finding the Right Balance**

Swimming is demanding, and what your athlete eats or doesn't eat, makes a real difference in energy, recovery, and performance.

Signs your swimmer may not be eating enough:

- Low energy at practice or struggling through sets they normally handle
- Ongoing fatigue, even with enough sleep
- Trouble focusing at school or during workouts
- Irritability or mood swings
- Frequent hunger late at night
- Headaches, lightheadedness, or getting sick more often than usual
- Slower recovery between practices
- Plateauing or drops in performance over time

Signs your swimmer may be eating more than needed:

- Feeling overly full, sluggish, or uncomfortable after meals or snacks
- Constant snacking without real hunger
- Frequent choices of high-calorie, low-nutrient foods
- Energy or mood swings unrelated to training load

The goal isn't restriction, your swimmer needs plenty of fuel to grow, train, and recover, but it is about balance. Encourage regular meals and snacks timed around practice, and help your swimmer listen to their body to recognize real hunger versus eating out of habit or boredom.

Simple adjustments can make a big difference: making sure something is eaten after every swim, choosing nutrient-rich snacks, and paying attention to how their body feels during the day.

The right guidance ensures your swimmer has enough energy to train, recover, and stay healthy, while also learning healthy eating habits that last well beyond the pool.





## Let Them Struggle (Building Resilience Without Stepping In)

One of the hardest parts of being a parent in sport is knowing when to step in and when to step back.

Every instinct tells us to protect our kids - to smooth things over, fix problems, and make difficult moments easier. That instinct comes from a good place. But in sport, some of those uncomfortable moments are **exactly** where the learning happens.

As humans, we are wired to learn through experience. Not just success, but mistakes, frustration, and disappointment. A missed turn, a tough race, a disagreement with a teammate - these are not problems to eliminate. They are opportunities.

Swimming provides one of the safest environments for this kind of learning. The challenges feel real, but the consequences are manageable. That balance is what allows swimmers to build resilience, confidence, and independence over time.

When adults step in too quickly, solving conflicts, softening disappointment, or trying to control outcomes - it can take away the very experiences that help swimmers grow.

Confidence doesn't come from everything going well. It comes from the moment a swimmer realizes, **that was hard, and I handled it.**



# Swim Parent 101

## SWIM PARENT 101

We often see this with peer relationships as well.

Not every disagreement between swimmers requires adult involvement.

Learning how to communicate, work through frustration, and repair relationships are important life skills.

These are developed through experience, not avoidance. There are, of course, times when support is needed, but often the best first step is giving swimmers the opportunity to try.

This doesn't mean stepping away completely. Your role remains essential. Be present. Listen. Offer support. Help your swimmer feel safe. But resist the urge to take over.

Sometimes the most valuable thing you can do is allow a little struggle and trust that your swimmer has the ability to work through it.

Because in those moments, they're not just becoming better swimmers. They're becoming more capable, confident people.



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

# **UPCOMING DATES**

**\*April 3 - No Swimming - Good Friday**

**\*April 4 - No Swimming - Easter Saturday**

**\*April 11 - Swimmer Social Event - CUP**

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

**\*April 25 - Parent Social Event - Tasaing**

**\*April 29 & 30 - SJD Fun Event - Games Night  
SJD - takes place during regular workout**

**\*May 09 - Swim PEI 12 & Under Camp  
SDSC - Summerside**

**\*May 09 - Mother's Day Devo Meet  
SDSC - Summerside**

**\*May 28 - SDJ Fun Meet  
SJD - Summerside**

**\*May 29 - 31 - Fast & Furious  
SDSC - Charlottetown**



**2025 - 2026 SEASON**