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2025 - 2026 YTD

personal
 bests **435**

club
 records
 broken **16**

provincial
 records
 broken **8**

MESSAGE FROM COACH ROBIN

It's hard to believe we are already heading into the final stretch of the season.

May has been an incredibly busy month for our club, filled with competitions, training, fundraising events, team activities, and a lot of hard work both in and out of the pool.

This time of year is always demanding, but it is also one of the most rewarding as swimmers begin to see the results of the consistency and effort they have put in throughout the season.

One thing that has stood out to me this month has been the support shown across our club community. From parents volunteering at fundraisers and meets, to swimmers encouraging teammates at practice and competitions, it continues to show what makes our club special.

As we move toward championship season and our year-end celebrations, I want to encourage all swimmers to continue focusing on the small things each day: attitude, effort, listening, preparation, and supporting those around them. Success in swimming is built over time through consistency and commitment, and our athletes should be proud of the work they have put in this season.

Thank you to all of our families, board, officials, and coaching staff for the time and energy you continue to give to the program. Your support plays a huge role in creating a positive environment for our swimmers to learn, grow, and succeed.

I am looking forward to finishing the season strong and celebrating everything our swimmers have accomplished together.

FROM OUR SJD COACHES



Kate Blacquiere
Stage 1 & 2 - M/W

With the season coming to an end, it's been great to see how much all of our swimmers have improved. They've worked hard throughout the year and their progress is showing in the pool. Over the final weeks of the season, we'll continue focusing on technique and reinforcing strong body position fundamentals. Thank you for a great season, and I hope everyone has a wonderful summer. We look forward to seeing you back in September!

Swimmer of the Month

This swimmer comes to every practice with a smile, puts in their best effort, and is always willing to support their teammates. Their positive attitude and consistent work ethic have made them a great part of the group.

Congratulations to this month's Swimmer of the Month:
Oliver Millar!

This month, swimmers have continued building their stroke technique and confidence in the pool. The group has been focusing on strong body position, streamlines off the wall, and putting together the skills they have worked on throughout the season. It has been great to see the improvement and effort from the entire group as they continue developing their swimming fundamentals.

Swimmer of the Month

This month's Swimmer of the Month is **Grace Sullivan!**

Grace has shown a lot of improvement this season and consistently brings a positive attitude to practice. She is cheerful, kind, and always works hard while supporting those around her.

Great job, Grace!



Jorja Desjardins
Stage 1, 2 & 3 - Th

This month, swimmers have been focusing on tying together all of the skills they have worked on throughout the season. A major focus has been maintaining a strong streamline off every wall, along with continuing to build strong body position and technique throughout each stroke.

The group has continued building confidence and endurance while learning how to apply these skills consistently throughout practice.

Swimmer of the Month

This month's Swimmer of the Month is **Val Ponomarova!**

Val consistently comes to practice ready to work hard, listens carefully to feedback, and continues to show improvement each week.
Great job, Val!



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

SJD APRIL

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 April Swimmers of the Month.



Brooke MacIntyre
Stage 1 T/Th



Vincent Shang
Stage 2 M/W



Ellie Champion
Stage 3 M/W

**SUMMERSIDE PRIDE,
SUMMERSIDE PROUD!**

SDSC CLUB RECORDS CONTINUE TO FALL

The record board needs another update!

Congratulations to **Clara MacLeod** for setting another SDSC Club Record at the Summerside Devo meet on May 9.

Clara continues to show what consistent effort and trusting the process can achieve. Congratulations on another incredible swim - your hard work is paying off!

Clara MacLeod
10 & under girls - 100 Breast
1:38.32 SC



**SUMMERSIDE PRIDE,
SUMMERSIDE PROUD!**





SPRING DEVO MEET

A huge thank you to all of our volunteers who helped make our Spring Devo Meet held on May 9th a success.

Hosting swim meets takes an incredible amount of work behind the scenes and requires more than 40 volunteers each session to make racing possible. From timing to hospitality, officiating, and set-up, these opportunities simply do not happen without the support of our parent volunteers and swim community.

This meet was especially exciting as 19 of our Junior Dolphins attended.

For many of these swimmers, this was their first competitive swim meet experience. Stepping onto the blocks for the first time takes courage, and they did an outstanding job racing, supporting their teammates, and showing the skills they've been building all season.

Our swimmers achieved an incredible 51 best times including several standout performances with swimmers dropping more than 10 seconds from their races.

A special congratulations to Willow Archibald on returning to competition. Getting back onto the blocks took courage and determination, and we are very proud of her effort and perseverance.

Thank you to everyone who helped create such a positive and successful racing experience for our swimmers.





Ryan Reid Selected to Atlantic Canada High Performance Prospects Camp

The Summerside Dolphins Swim Club would like to congratulate Ryan Reid on being selected to attend the 2026 Atlantic Canada High Performance Prospects Camp held at UPEI in Charlottetown May 8 - 10th.

Selected as one of eight swimmers from Prince Edward Island, Ryan had the opportunity to train alongside top developing athletes from across Atlantic Canada.

The selection process recognized swimmers based on performance, commitment to training, attendance, and coach recommendation.

Hosted at the Bell Aliant Centre and UPEI, the three-day camp brought together swimmers from across the region for an intensive high-performance experience. Athletes participated in multiple pool sessions, activation and recovery work, technical discussions, team meetings, and group activities designed to expose swimmers to the standards and expectations of the next level of competitive swimming.

The training schedule was demanding, with the group swimming approximately 26,000 metres across four workouts over the course of the weekend while also focusing on recovery, preparation, and team development outside the pool. Camps such as this provide athletes with valuable experience training alongside some of the top swimmers in the region while learning from coaches across Atlantic Canada.

Ryan's selection is a reflection of the consistency, work ethic, and commitment he has demonstrated throughout the season. Being identified for opportunities like this is earned through daily effort, positive habits, and dedication to the sport.

We are incredibly proud of Ryan for representing SDSC and Prince Edward Island at the Atlantic level and look forward to seeing his continued growth and success in the pool.





SDSC FUNDRAISING

SDSC FUNDRAISING Thank You for Supporting Our Dolphins!

Fundraising Update

A huge thank you to everyone who supported our recent club fundraisers. Whether you volunteered your time, donated bottles, stopped by the Fry Truck, or helped spread the word, these events only happen because of our club community.

Fry Truck – \$1,643.45
Bottle Drive – \$1,333.00
Total Raised – \$2,976.45

These funds go directly back into operating costs for the program and help us continue providing opportunities for our swimmers while keeping fees as accessible as possible.

A special thank you to our swimmers who participated. These fundraisers give swimmers a chance to contribute directly to their club and see firsthand the impact that teamwork and community support can have.

SYSPEI Gold Rush continues every Thursday and remains an easy way to support the Dolphins throughout the season.

For \$5, participants receive three numbers and three chances each week to win half the pot. Draws take place every Thursday at 1:00 pm AT, with autopay available so entries are never missed.



NUTRITION FOR SWIMMERS:

Hydration and Athletic Performance

One of the simplest ways swimmers can improve both training and competition performance is proper hydration.

Many athletes, especially younger swimmers, do not realize how much fluid they lose during workouts because they are surrounded by water and do not feel sweat the same way athletes in field or court sports do.

However, swimmers still lose significant amounts of fluid through sweating, and physical exertion during practice and competition.

Even mild dehydration can begin to affect performance.

A swimmer who is underhydrated may experience:

- lower energy levels
- reduced focus and concentration
- headaches or dizziness
- muscle cramps or fatigue
- slower recovery between sets and races
- decreased coordination and technical control in the water

Hydration is important not only for high-level athletes, but for swimmers of all ages and stages. Young athletes are still growing and developing, and their bodies rely on proper fluid intake to support both health and athletic performance.

At practice, coaches often notice swimmers who are underhydrated struggling to maintain effort, focus, and technique as workouts progress.

Skills that may look strong early in practice can begin to break down later simply because the body is running low on fluids.

This is one reason every swimmer should arrive at practice with a filled water bottle on deck.



SWIMMER NUTRITION



Swim Parent 101



Avoid the Comparison Trap

In swimming, it can be very easy to compare athletes.

Times are public.
Placings are visible.
Progress is measurable.

But one of the most important things parents and swimmers can remember is that every athlete develops differently.

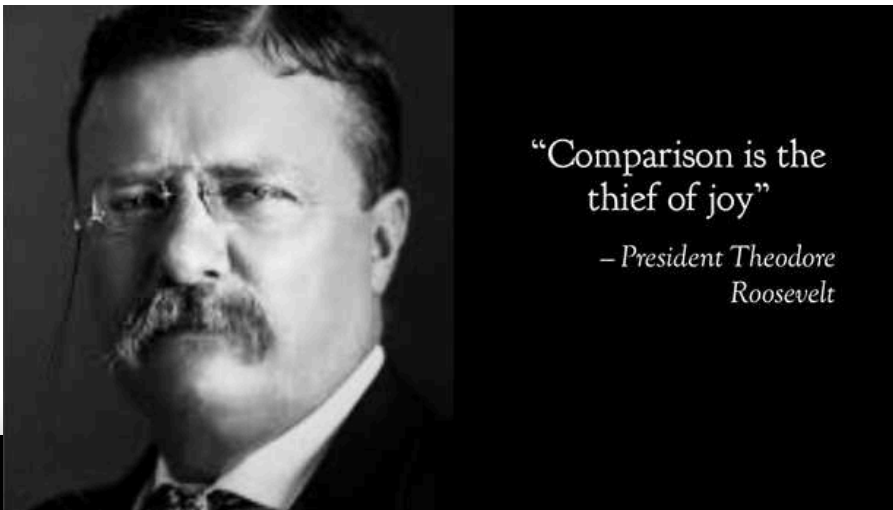
Some swimmers mature physically earlier.
Some build confidence later.
Some improve quickly at younger ages and plateau temporarily.

Others develop more gradually before making major breakthroughs later in their swimming journey.

Two swimmers can train side by side for years while progressing at completely different rates and still both be developing exactly as they should.

Comparison often creates unnecessary pressure and can “steal the joy” from sport.

For swimmers especially, constantly measuring themselves against teammates or competitors can shift the focus away from personal growth and toward frustration, self-doubt, or feeling “behind.”



SWIM PARENT 101





SWIM PARENT 101



Swim Parent 101

Avoid the Comparison Trap

It is important to remind swimmers that another athlete's success does not take away from their own progress or potential.

One of the philosophies we try to build within our program is that strong teammates make each other better.

A candle loses nothing by lighting another candle.

The swimmers beside us in practice are not obstacles to our success. They are often part of the reason success becomes possible. Teammates push each other through difficult sets, encourage each other during hard phases of training, and help create an environment where everyone can improve together.

No swimmer succeeds completely alone.

When one athlete succeeds, it is something the entire team can celebrate because there were coaches, teammates, training partners, encouragement, and shared experiences that helped contribute to that moment.

If you notice your swimmer becoming overly focused on comparing themselves to others:

- Bring the conversation back to personal improvement and effort
- Celebrate progress that may not show on the scoreboard
- Encourage gratitude for teammates who help challenge and motivate them
- Remind them that development in swimming is long term and rarely linear
- Help them focus on becoming the best version of themselves rather than trying to "beat" everyone around them

The athletes who stay engaged, continue learning, and support those around them often experience the greatest long-term success and enjoyment in the sport.

Every swimmer's path is different.
Development is not a race.

And growth in this sport is rarely perfectly linear.



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

SDSC & SJD AWARDS BANQUET JUNE 11TH

We are excited to announce our upcoming SDSC & SJD Awards Banquet taking place on Thursday, June 11th.

This evening is one of the highlights of our season as we come together to recognize swimmer progress, celebrate achievements, and reflect on all of the hard work, growth, and memories from throughout the year.

Event Details:

Summerside Intermediate School - Cafeteria

Doors Open: 5:00 pm

Pizza Supper: 5:15 pm – 6:15 pm

Awards Presentation to Follow

Event End Time: Approximately 8:00 pm

Cost:

\$15 per attendee

Pizza and refreshments will be provided.

Registration Deadline: Monday, June 8th

Please complete the banquet registration form by June 8th so we can finalize food and seating numbers.

We look forward to celebrating another great season together with all of our swimmers and families.



UPCOMING DATES

May 29 - 31 - Fast & Furious
SDSC - Charlottetown

June 4 - 7 - Age Group International Meet
SDSC - Etobicoke - Qualifiers

June 6 - 7 - 12 & Under Festival
SDSC - Truro - Qualifiers

June 8 - Deadline to SIGN UP for SDSC/SJD
Awards Banquet

June 9 & 10 - LAST DAY for SJD - FUN DAY!!!

June 11 - SDSC & SJD Awards Banquet

June 15th - REGISTRATION for 2026 - 2027 Opens
SDSC website - SDSC & SJD

June 19 - 21 - PEI Provincial Championships
SDSC - Charlottetown

June 22 - LAST DAY for SDSC - FUN DAY!!!

July 10 - 13 - East Coast Championships
SDSC - St. John's - Qualifiers



2025 - 2026 SEASON