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# NEWSLETTER

NOVEMBER 2025



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**2025 - 2026 YTD**

**personal  
bests** **128**

**club  
records  
broken** **6**

**provincial  
records  
broken** **3**

## MESSAGE FROM COACH ROBIN

We've kicked off the season with two great meets, and the growth across the team is clear. At our most recent Fall Splash, the swimmer's hard work showed up in better technique, stronger races, and steady confidence.

The focus in practice has been much better, and the swimmers are starting to trust themselves and believe in what they can achieve.

We've also welcomed seven new members since September. It's been great having fresh faces and new energy on deck, and we're excited to support them as they settle in and start chasing their goals.

Now we're heading into an exciting stretch of the season. Our peak meets in December are coming up fast, including the Truro team-travel meet and the SJD Fun Meet.

Both will give our swimmers a chance to race hard, learn, and close out the fall block on a high note. And of course, we've got the Christmas Parade, a great way to bring the whole club together and show our team spirit.

The season is young, and we're already moving in the right direction. Let's keep the focus high and the goals in sight.

The SDSC AGM in October brought some changes to our board, and we want to take a moment to welcome new members, thank those who are leaving, and recognize those continuing their service.

We are grateful to our outgoing board members. Kim Enman and Lee Martin each completed two years as Members at Large, and Craig MacDougall completed five years in multiple roles, including Vice President, President, as well as Member at Large. Bill Meisner completed 6 years as President and completed his two year term as Past President.

Their dedication and hard work have made a lasting impact on the club and our swimmers.

We are excited to welcome our new board members: Shannon Mulligan, Noma Ngwenya, and Hugo LeBlanc. Your energy and commitment are already helping guide the club forward.

Thank you as well to our continuing board members, Matt Reid as President, Barb Yorke as Treasurer, and Kara Sabean as Secretary, for your leadership and ongoing support, which ensures the club runs smoothly for all our swimmers.

## 2025 - 2026 SDSC Board

**President: Matt Reid**

**Treasurer: Barb Yorke**

**Secretary: Kara Sabean**

**Member at Large: Shannon Mulligan**

**Member at Large: Noma Ngwenya**

**Member at Large: Hugo LeBlanc**



**SDSC BOARD**



# **NEW CLUB AND PROVINCIAL RECORDS!!**

Tyler DesRoches, Member for Summerside-Wilmot, recently recognized the outstanding achievements of SDSC's very own **Ryan Reid** in a Member Statement on November 21, 2025 at PEI's Legislative Assembly.

Ryan is absolutely dominating the SDSC and Swim PEI record boards this season. In just two swim meets, he has already shattered multiple club and provincial records, including:

1500 Free – 17:00.73 Swim PEI 13-14 Record and SDSC Open Record  
800 Free – 8:53.79 Swim PEI 13-14 Record and SDSC Open Record  
400 Free – 4:18.36 Swim PEI 13-14 Record and SDSC Open Record  
200 Free – 2:00.77 Swim PEI 13-14 Record and SDSC Open Record  
100 Back – 1:06.30 SDSC 13-14 Age Group Record  
200 Back – 2:21.20 SDSC 13-14 Age Group Record

Ryan continues to set the standard for excellence at the club and across the province.

These record-breaking swims are a testament to Ryan's dedication and hard work, and he's only getting started.

**SUMMERSIDE PRIDE, SUMMERSIDE PROUD!**



SDSC had a remarkable showing at the 2024–2025 ADL Sponsored Swim PEI Awards, with several members of our club earning well deserved recognition. These awards celebrate the dedication, leadership, and character that make our club thrive.

The following highlights come from the nominations submitted on behalf of each recipient.

#### Volunteer of the Year – **Matt Reid**

Matt “quite literally saved the club this past season.” When the head coach unexpectedly stepped down, he stepped forward immediately, recruiting new coaches, reorganizing operations, and ensuring every swimmer could continue training and competing without interruption. The nomination noted his “countless hours of work, calm problem-solving, and unwavering commitment,” which allowed the club not only to survive but to thrive.

#### Official of the Year – **Lindsay Reid**

Lindsay was recognized for her professionalism, fairness, and leadership on deck. According to her nomination, she “communicates clearly, leads with integrity, and always prioritizes the swimmers’ experience.” Lindsay has been instrumental in running every SDSC meet and was selected to represent PEI at the 2025 Canada Summer Games. She also mentors other officials, helping strengthen the officiating community across the province.

#### Coach of the Year – **Leanne Yorke**

Leanne “stepped up from assistant coach to head coach mid-season under extraordinary circumstances.” Her nomination highlighted that she balanced a demanding academic workload and personal health challenges while leading practices, contributing to strategic planning, and mentoring every swimmer she worked with. She was praised for her “calm demeanor, ever-present smile, and unwavering commitment” that inspired excellence in the pool and beyond.

#### Barnee Bree Award – **Jack Mulligan**

Jack was described as “a true role model both in the pool and in the community.” He consistently shows up, gives his best effort, and encourages others to do the same. His nomination highlighted that he is “always seen with a warm smile” and brings “uplifting energy to every practice, meet, and team event.”

#### Swimmers Aggregate Awards

- 10 & Under Female – Gold: **Stella MacNeill**
- 10 & Under Male – Gold: **Henry MacKinnon**
- 10 & Under Male – Silver: **Calvin MacPhail**
- 11 & 12 Male – Gold: **Ryan Reid**

It is clear from these nominations that this group built something special. The Dolphins community celebrates your success, and these accomplishments continue to inspire our current swimmers, coaches, and volunteers.

Congratulations to all our award recipients!

Your hard work, leadership, and spirit have made a lasting impact on SDSC!



**SWIM  
PEI**



# SWIM PEI ADL AWARDS 2024 - 2025

## Matt Reid - Volunteer of the Year



## Lindsay Reid - Official of the Year



## Leanne Yorke - Coach of the Year



**Stella MacNeill - 10 & Under Gold Aggregate Award Recipient**



## Jack Mulligan - Barnee Bree Award Recipient



**Henry MacKinnon - 10 & Under Gold Aggregate Award Recipient**

**Calvin MacPhail - 10 & Under Silver Aggregate Award Recipient**



**Ryan Reid - 11 & 12 Gold Aggregate Award Recipient**

# FROM OUR SDJ COACHES



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

This month in Stage 1&2 we are working on head positions for freestyle and backstroke. The swimmers are catching on to it with some help with pucks to make sure their head is in the right position. We are also working on breathing by getting them to swim down to the bottom of the pool in the deep end or by getting them to touch the bottom of the pool in the shallow end. Each swimmer has improved a lot since September and I can't wait to see even more improvement.

## Swimmer of the Month:

This swimmer comes to every practice with a smile on their face and they are ready to learn. This swimmer has come a long way, they no longer need assistance in the deep end. They look like a completely different swimmer then the start of the year. They are willing to try new things that may be challenging at first but does not complain and gives it their all. This month swimmer of the month is **Jacob Boudreau**.

This month the group focused on freestyle and backstroke fundamentals: holding a strong body position, proper breathing in freestyle, clean streamlines, ready positions, and improving the recovery phase of both strokes. These are the foundation for efficiency and speed, and the group made steady progress.

## Swimmer of the Month

**Jack Doctor** is my choice for the swimmer of the month as he shows up engaged and focused. He listens, applies feedback quickly, and consistently works to improve his technique. He shows all the qualities we look for in a swimmer of the month and sets a strong example for his group.



**Isla Enman**

**Stage 1, 2 & 3 - T/Th**

As we are heading into week twelve the stage 3 group have been working on their freestyle and backstroke. We are building endurance as well as focusing on backstroke recovery, controlled breathing, and tight streamline position prior to pushing off the wall. Looking ahead we will continue to work on the techniques we have built on so far and incorporate new skills into backstroke and freestyle. Everyone has been working hard! Some more challenge jar winners are Amelia Arsenault, Ellie Champion, Thomas Ramsey and Cedric Leblanc! Keep up the great work and looking forward to the weeks to come!



**Lauren Folland**  
**Stage 3 - M/W**

## Swimmer of the Month

The swimmer of the month is **Evelyn MacInnes**, congratulations! Evelyn shows up to practice ready to go with a positive attitude. She is always respectful of her teammates and is always in ready position waiting for her turn. Way to go Evelyn!!

# SUMMERSIDE JUNIOR DOLPHINS

# WHY WEARING THE SDSC CAP IS MANDATORY AT SWIM WORKOUTS

Swim caps are a small part of a swimmer's gear, but they make a big difference in both performance and team culture. They keep hair out of the way, help goggles stay in place, reduce drag, and protect hair from chlorine. For younger swimmers especially, a cap lets them focus on what they are doing instead of constantly pushing hair out of their face.

Some swimmers notice their caps feel tight at first. That is normal. Silicone caps are designed to fit snugly so they stay secure during turns, push-offs, and longer practices. With regular use, they loosen slightly and become more comfortable while still doing their job. This is the case with every club and every brand because it is simply how swim caps are meant to work.

Wearing the SDSC team cap is also about unity. In swimming, the cap plays the same role a jersey does in other sports. When the whole group wears the same cap, it creates a sense of belonging and strengthens our team presence on deck. It helps our athletes feel connected, and it makes the Summerside Dolphins easy to spot in a busy facility.

Being prepared for practice includes goggles that do not leak, jammers for boys, and well-fitting training suits for girls. These are not mandatory, but they reduce drag and allow better movement in the water. The right gear helps swimmers train properly and feel more confident.

For both SJD and SDSC programs, the team cap is a simple but meaningful part of our identity. It will stretch, it will become more comfortable, and it plays an important role in building pride, readiness, and unity across the team.

Thank you for supporting this and for helping your swimmer arrive with their cap, just as they would with their goggles and team suit.. All swimmers received a team cap at registration and extras can be purchased at [Ly Sports](#) using the code SSDOLPHINS.



# SDSC SANTA PARADE FLOAT

# THE ANNUAL SUMMERSIDE SANTA CLAUS Parade

SATURDAY, DECEMBER 6 6:00-8:00 PM PARADE  
7:30 PM VILLAGE



4TH ANNUAL  
YULETIDE FESTIVAL  
TREATS \* SANTA \* ENTERTAINMENT  
TREE LIGHTING \* HOT CHOCOLATE  
WINTER WONDERLAND \* FIREPITS

All SDSC and SDJ swimmers and families are invited to join us in the Santa Parade and ride on the SDSC float.

It will be a fun night, a great team-building moment, and a chance for everyone to come together.

Please meet in the CUP parking lot at 5:00 pm. The parade begins at 6:00 pm.

If you haven't signed up yet, please do so before December 4.

Float decorating will take place this week, and details will be emailed out.

Families are encouraged to bring wrapped boxes to the pool to help with decorating. Red and white wrapping is preferred.

SDSC toques ordered in early November will be handed out before the event.

We have some decorations, lights, and music ready to go, but we could still use more.

If you have items we can borrow for the night, please fill out the form to let us know what you can contribute.

# SDJ FUN MEET

On **WEDNESDAY December 17<sup>th</sup>**, regardless of when your swimmer regularly swims, all SDJ swimmers will participate in the SDJ Fun meet.

At this event, while all the swimmer's families watch and cheer, each swimmer will swim 4 events. A coach will be in each lane as needed.

Start time: 5:00 pm

End time: 6:00 pm or sooner

What to bring:

- Goggles
- SDSC swim cap
- 2 big towels, you will need at least one during the meet to dry off after each race and then another one at the end of the meet.

Prior to the event, an email with the program for the event will be sent to you.

If your swimmers is unable to attend this event, please let me know so we can avoid having empty lanes.

The idea of the SDJ Fun Meet is to introduce competitive swimming in a low pressure, extremely positive environment.

More information will be sent out the week prior to the event however please do not hesitate to reach out to [robin.loyola@summersidedolphins.com](mailto:robin.loyola@summersidedolphins.com) or call 902-316-7372 should you have any questions or concerns.

SDJ FUN MEET



# UPCOMING DATES

December 6 - Elf Meet - Charlottetown

December 6 - Summerside Santa Parade

December 9 - Swim PEI AGM

December 12 - 14 - Truro Candy Cane Meet

December 15- 19 - RETURN TICKETS STUBS for Holiday Hustle Fundraiser to SDSC representative in CUP Lobby (tickets in baggie with no staples)

December 15 - SDSC Monthly Board Meeting

December 16 - SDSC Coffee Chat - 4:00 - 6:00 pm

December 17 - SDJ Fun Meet - last day for all SDJ swimmers until January

December 17 - NO WORKOUT FOR SDSC swimmers due to SDJ FUN MEET!

December 19 - Last Day for SDSC swimmers & SDSC Coffee Chat

December 20 - DRAW DATE for SDSC Holiday Hustle Fundraiser



2025 - 2026 SEASON