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## MESSAGE FROM COACH ROBIN

Our SDSC swimmers are off to an impressive start for the 2025 - 2026 season!

October 18, we hosted our first SDSC swim meet of the season and our first Swim PEI 12 & Under Skills Camp!

A huge thank you goes out to Lindsay Reid, our meet management team, and all of our dedicated officials for running a fantastic event. The meet kicked off with a fun pumpkin race that set the tone for an energetic and positive day of racing.

SDSC continues to build great momentum. The energy on deck is high, our swimmers are progressing and word is spreading about the positive environment we're creating. It's only our second month together, but the progress and enthusiasm from our athletes, coaches, and families has been incredible to see.

It's a very exciting time to be a Dolphin!

Coach Robin

# 12 & UNDER SKILLS CAMP

## Swim PEI Skills Camp

Nineteen SDSC swimmers and twelve CBAC swimmers attended the first Swim PEI Skills Camp October 18, 2025

Over the 90-minute water session, athletes rotated through four stations led by SDSC coaches Jill LeBlanc, David Loyola, and Robin Loyola, along with CBAC coaches Louise Ponting and Tom Ponting.

The camp's focus was walls. Dave and Louise worked on flip turn progressions, while Tom and Robin broke down dives and back starts.

Following the pool session, swimmers took part in a 60-minute mental training workshop. The athletes were fully engaged and left with stronger walls and new awareness of the power of their brain!





# FROM OUR SDJ COACHES



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

The swimmers are progressing well and have come a long way already since our first day in the water!

The main focus has been freestyle and backstroke for stage 1 & 2, while the stage 3's had an early introduction to breaststroke.

Fins are a favourite as well as the games we play at the end of each workout.

Loving the energy each swimmer is continuing to bring to every workout.

Looking forward to an amazing season ahead!

I took a 9 year break from coaching Dolphins to take care of my family and now I am so happy to be back and have fun with the swimmers. My goals are to have fun, make the swimmers feel comfortable and safe to in the water. We will be focusing a lot on technique to get all of their strokes good and strong and will not be rushing through any of it. This week we are working on body positioning for Freestyle and Backstroke and the swimmers are catching on quickly as I have seen a lot of improvement since we started in September. They are getting a lot more comfortable and braver in the water. I'm looking forward to the 2025/2026 season and all the improvement and skills the swimmers will learn.



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

As we are heading in to our last week of October, I would like to highlight our focus

for the past month. We have been working on backstroke and freestyle, with a focus on keeping our hips up towards the surface and for back, eyes to the ceiling. This next month we will keep the focus on freestyle (front crawl) and backstroke, moving the focus from body position to our catch and recovery of both strokes.

We have been focusing on ankle flexibility and reducing drag on our kick and keeping our arms relatively straight on the exit with freestyle.

We end each practice with a challenge which the swimmers are having a lot of fun with. Keep up the great work swimmers! Really looking forward to the upcoming season!



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

## SUMMERSIDE JUNIOR DOLPHINS

# TEAM GEAR & EQUIPMENT

Swim caps play an important role in helping swimmers train effectively. They keep hair out of the face and goggles, making it easier to see and focus on technique. They also reduce drag in the water, protect hair from chlorine, and help swimmers move more efficiently. Some swimmers find caps tight at first, but with regular use they do stretch slightly and become more comfortable while still staying secure during training.

Wearing the SDSC team cap at workouts is also about team pride and identity. Just like players wear matching jerseys in other sports, our swimmers wear their SDSC cap to show they are part of the same team. When everyone wears the team cap, it builds unity on deck and in the water. It also helps our club stand out within the CUP facility. With so many activities happening, the team cap helps make our swimmers visible and reminds everyone that the Summerside Dolphins are an active and growing part of the community.

Proper swim equipment is another key part of being prepared for practice. Goggles should fit snugly and comfortably without leaking. Boys should wear jammers, which reduce drag and support better body position, while girls should wear well-fitting training suits that allow full movement without extra fabric. This is not mandatory, however these suits have less drag (especially for our male athletes) and can be found at [Ly Sports](#) using the code SSDOLPHINS.

For both Learn to Swim (SJD) and Competitive programs (SDSC), wearing the SDSC team cap and proper gear shows pride, focus, and commitment. It's a small detail that makes a big difference in performance, team spirit, and how we present ourselves as a club.



# **TRURO CANDY CANE TEAM TRAVEL MEET**



December 12 - 14<sup>th</sup> will be our first team travel meet off the island!

To qualify for this meets, swimmers need to achieve a time at or faster than 1:50:00 for 100 IM or 3:30:00 for 200 Free.

Team travel meets are a great way for swimmers to build independence, teamwork, and confidence both in and out of the pool. These experiences help strengthen the bonds within our team, create lasting memories, and reinforce the supportive culture we value so much.

We encourage all eligible swimmers to take part, it's an opportunity not to be missed!

Each family is responsible for booking their room and providing transportation for their swimmer.

As soon as the meet package is received, we will send you the information to declare your swimmer on our [website](#).

Rooms are currently blocked under CANDY CANE SWIM MEET

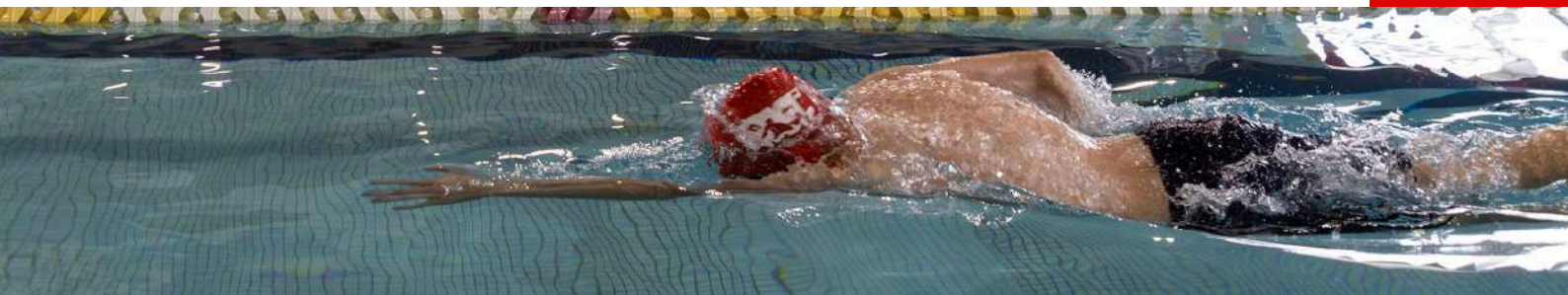
## Inn on Prince

(21 rooms left) - \$149.99/plus Tax per night - 2 Queen Beds  
Breakfast included ( (902) 895-1651)

## Best Westerns

(17 rooms left) - \$159/plus Tax per night - 2 Queen Beds  
Breakfast included (902) 893-4311

**TEAM TRAVEL**





# PARENT COMMITMENT BUILDS ATHLETE COMMITMENT

## SDSC AGM

### Join Us for the SDSC Annual General Meeting

Being on the SDSC Board isn't just about attending meetings. It's about helping shape a program that develops committed, successful athletes.

Parents who get involved play a vital role in guiding decisions, supporting our coaches, and strengthening our community. The more engaged our families are, the stronger our athletes become.

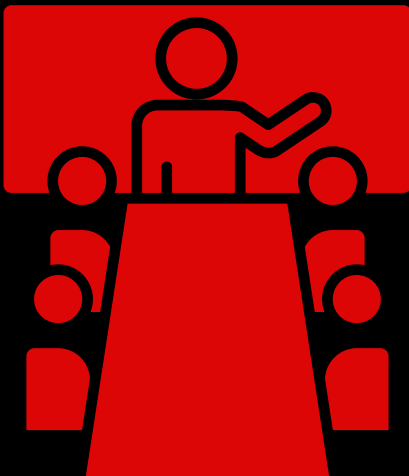
If you want to contribute, influence, and make a real difference, consider joining the SDSC Board.

SDSC Annual General Meeting  
Credit Union Place – Microtel Room

**Tuesday, November 5 | 5:30 – 7:00 p.m.**

We encourage all members to attend and get a behind-the-scenes look at the people and activities that make our program thrive.

Hope to see all our members attend!





# **GROW OUR POD CONTEST WINNER!**

**FOLLOW**



## **WINNER ANNOUNCEMENT!!!**

**THANK YOU TO EVERYONE FOR ENTERING  
OUR GROW THE POD CONTEST**

**SONIA  
ANNAND**

**WE ARE VERY EXCITED TO ANNOUNCE THAT  
HAS WON ONE FREE HOUR OF PRIVATE COACHING WITH DAVID  
LOYOLA!!**



## SUPPORTING SWIMMERS THROUGH A GROWTH MINDSET

One of the most powerful messages a parent can share with a young athlete is simple: I love to watch you swim.

This phrase shifts the focus away from performance outcomes and reminds swimmers that their value isn't tied to times, medals, or placements. It reinforces that effort, perseverance, and enjoyment of the sport are what truly matter.

When parents emphasize these values, they create a supportive environment where swimmers can thrive, learn, and build confidence, rather than feeling judged or pressured.

Research in youth sport shows that excessive focus on outcomes, such as rewarding only best times, can unintentionally harm motivation.

When swimmers begin to associate praise or rewards solely with performance, the joy of progress and learning is lost. The emphasis moves away from effort and improvement, and instead creates pressure to achieve a certain result.

Please take the time to watch TED TALK

Changing the Game -

John O'Sullivan



## **SUPPORTING SWIMMERS THROUGH A GROWTH MINDSET**

When that result doesn't come, the disappointment is doubled, not only from the race itself, but also from the expectation of a reward that now feels "unearned."

This approach can also make an already expensive sport even more costly, without delivering the intended benefits.

Rewarding best times doesn't lead to faster swimming, it increases stress, shortens joy in the process, and conditions swimmers to value outcomes over growth.

**True confidence and long-term success come from focusing on controllable factors: effort, attitude, focus, and learning from every swim.**

The most meaningful rewards for young athletes are recognition, encouragement, and the consistency of support. A swimmer who knows their parents are proud of their commitment and perseverance is more likely to develop resilience and a lifelong love for the sport.



**THE VALUE OF EFFORT**

Parents play a key role in helping their swimmers develop a growth mindset, the belief that ability improves through effort and learning. Here are a few ways to support this at home:

- **Value effort** - Improvement comes from consistent work, not one performance.
- **Praise perseverance** - Acknowledge how hard your child trains, not just how fast they race.
- **Normalize setbacks** - Every swim, good or bad, is part of the learning process.
- **Set realistic goals** - Focus on process goals like technique or pacing, not just times.
- **Encourage self-care** - Sleep, nutrition, and balance all affect growth and enjoyment.
- **Model positivity** - Show resilience in your own challenges; children learn by example.
- **Keep perspective** – Swimming is just one part of who your child is.
- **Celebrate progress** - Recognize effort, attitude, and improvements in skills and confidence.

By reinforcing these ideas, parents help create an environment where athletes can develop confidence, discipline, and pride in their work. When swimmers feel supported for who they are and how hard they try, not only for what they achieve, they are far more likely to find joy and longevity in the sport.

The best gift a parent can give their swimmer isn't a reward for a best time, it's a simple reminder:

**“I LOVE TO WATCH YOU SWIM.”**

# **UPCOMING DATES**

**October 29 & 30<sup>th</sup> - FUN EVENT - for all stage 1, 2, & 3 swimmers**

**(please note this event will take place during regular workout)**

**October 31 - NO WORKOUT  
HAPPY HALLOWEEN!!!**

**November 5<sup>th</sup> - SDSC AGM  
5:30 - 7:00 pm CUP - Microtel room  
All members invited and encouraged to attend**

**November 7 - deadline to submit Swim PEI board nominations -  
[admin@swimpei.com](mailto:admin@swimpei.com)**

**November 11<sup>th</sup> - NO WORKOUT**

**November 21 - 23<sup>rd</sup> - SDSC Hosted Fall Splash Meet - Summerside**

**November 23<sup>rd</sup> - Swim PEI AGM**



**2025 - 2026 SEASON**