



THIS ISSUE

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Welcome to 2025 - 2026 Season!

The Dolphins are back, and the season is already full of energy and optimism. Our team picture and team-building event was a huge success and a lot of fun.

Thank you to everyone who came out and helped kick things off on such a positive note.

This year is about more than swimming fast. It's about building a culture of unity, growth, and balance, where athletes develop both in and out of the pool, guided by a committed coaching staff and supported by engaged families.

Together, we're creating an environment where champions grow, where a love of the sport is matched with life skills, friendships, and resilience.

Most of all, we want every athlete to feel proud, supported, and happy to be part of the Dolphins. When swimmers enjoy the journey, success follows, in the pool and in life. Here's to a season full of progress, connection, and fun.

Coach Robin



MEET THE COACHES

Head Coach/Bronze & White

Robin Loyola



Assistant Coach - Gold & Red

David Loyola - pic coming soon!

Assistant Coach - Bronze

Jill LeBlanc



Assistant Coach - Stages M/W

Kate Blacquiere



Assistant Coach - Stage T/TH

Isla Enman



Assistant Coach - Stages M/W

Laura Folland



Assistant Coach - Wednesday

Tya Brant



Assistant Coach - Saturday

Jorja Desjardins



SDSC BOARD

MEET THE SDSC BOARD

SDSC PRESIDENT - MATT REID

SDSC TREASURER - BARB YORKE

SDSC REGISTRAR - ARDITA PALOJA-SALLAHU

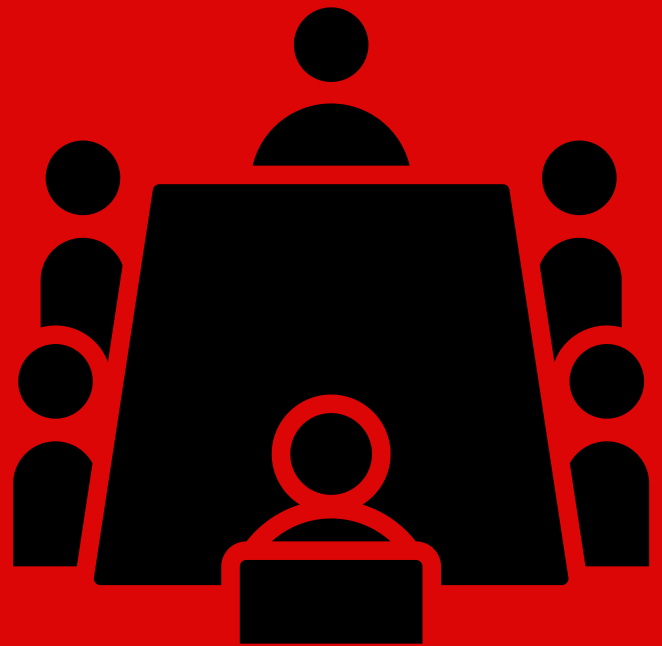
PAST PRESIDENT - BILL MEISNER

BOARD OF DIRECTOR - JENNIFER BRANT

BOARD OF DIRECTOR - KIM ENMAN

BOARD OF DIRECTOR - LEE MARTIN

**BOARD OF DIRECTOR - CRAIG
MACDOUGALL**



PARENT COMMITMENT BUILDS ATHLETE COMMITMENT

SDSC AGM

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

Parents who get involved help guide decisions, support our coaches, and strengthen our community.

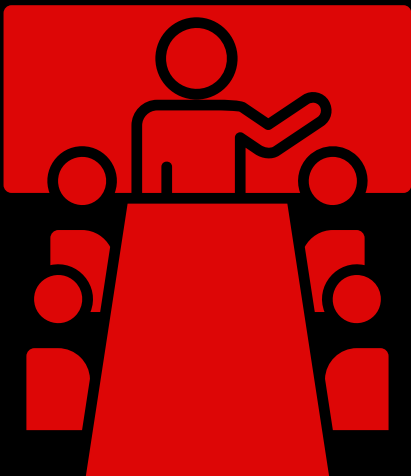
The more engaged our families are, the stronger our athletes become.

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

This season the SDSC AGM is scheduled to take place at the Credit Union Place in October.

We'll communicate the confirmed date soon and look forward to a great turnout.

If you would like to put your name forward for a position, please submit [THIS FORM](#) by Saturday October 18th, 2025.



HELP MAKE OUR NEWSLETTER GREAT!

If you have pictures that you are willing to share for our monthly newsletter, please email them to

ROBIN.LOYOLA@SUMMERSIDEDOLPHINS.COM



PICTURES WANTED





GROW OUR POD

CONTEST ENDS OCTOBER 12TH!

FOLLOW



**WIN A ONE-HOUR PRIVATE LESSON
WITH COACH DAVE LOYOLA!**

Here's your chance to train **one-on-one** with David Loyola! With over 30 years of coaching experience, Dave Loyola has developed swimmers to the national and international levels.

To enter: like our Facebook page and tag a family member or friend in the comments. Make sure they like our page too - EVERY tag is an entry.

The contest starts today and closes October 12.
The winner will be announced here on October 13.

Help us grow the Dolphin family and get your chance to train with Coach Dave.

**LIKE OUR PAGE + TAG A FRIEND
TO ENTER**

**Enter
to Win**



PARENT PLAYBOOK

Smartphones Aren't Always So Smart:

The Hidden Costs of Over-Protecting in the Real World and Under-Protecting in the Virtual One

In today's hyper-connected world, smartphones are literally everywhere.

But while smartphones have many benefits, they also come with hidden costs that are impacting our children's mental health, focus, and performance in all aspects of life, from school and sports to social interactions.

Many parents focus on protecting their children from the dangers of the physical world but fail to recognize the risks posed by the digital world. In fact, there's a growing body of research suggesting that this over-protection in the real world and under-protection in the virtual one is a recipe for increased anxiety, decreased athletic and academic performance, and a generation struggling to balance life offline and online.

The Anxious Generation: How Smartphones Are Impacting Mental Health

If you haven't yet read [The Anxious Generation by Jonathan Haidt](#), it's a must-read for all parents, coaches, and teachers.

Haidt, a social psychologist, explains how the rise of smartphones and social media has contributed to a dramatic increase in anxiety, depression, and social isolation among today's youth.

This generation, more than any before it, is experiencing heightened levels of anxiety and stress, and much of it can be traced back to the digital world they live in.

Haidt's book highlights how smartphones and social media platforms create a cycle of comparison, constant validation-seeking, and emotional turmoil.

For many teens and children, their self-worth is increasingly tied to the number of likes, shares, or comments they get online.

The pressure to maintain a "perfect" image or keep up with peers can be overwhelming, leading to social anxiety and a distorted sense of reality.



One of the key takeaways from Haidt's research is the undeniable link between smartphone usage and the increasing rates of anxiety in young people. This technology isn't simply a distraction, it's contributing to real mental health issues, affecting everything from sleep patterns to focus and overall well-being.

The ENERGY DRAIN - A Hidden Performance Killer

At swim competitions, there's typically a lot of downtime between races, times when swimmers and their families often rely on smartphones for entertainment, communication, or staying updated on schedules.

However, smartphones consume an enormous amount of energy, and during those long hours at a meet, this can have a noticeable impact on the physical and mental performance of swimmers.

Here's why:

- **Constant Connectivity and Mental Fatigue:** Constantly checking notifications or scrolling through social media throughout the day not only drains the phone's battery but also drains the mental energy of the user. Swimmers who are glued to their phones are often mentally exhausted by the time their race comes around.
- **Decreased Physical Energy:** Many swimmers don't realize how phone use, especially with bright screens, can wear them out physically. If phones are being used continuously for gaming, streaming, texting, or watching videos, it often leads to poor posture, eye strain, and headaches. Leaving them physically as well as mentally fatigued before they even get up behind the blocks.
- **Phone Dependency and Missing Opportunities for Team Bonding:** The energy drain of phones at competitions also comes with another cost—missed opportunities for in-person connection and team bonding. When swimmers and parents are glued to their phones, they miss the chance to socialize, cheer on teammates, and bond as a group. These missed moments of camaraderie and support can actually be just as important to performance as the physical preparation for the meet itself.

Phones Out of the Bedroom: The 30-Minute Rule

One simple and effective rule for parents is to implement a "phones out of the bedroom 30 minutes before bed" policy.

Smartphones and other devices emit blue light, which interferes with the body's production of melatonin, the hormone that helps regulate sleep. Using smartphones late at night can lead to difficulty falling asleep, poorer quality sleep, and increased anxiety.

In turn, this affects both mental and physical performance the next day—whether at school, swim practice, or during a competition.

Taking phones out of the bedroom not only ensures better sleep but also creates an opportunity for children and teenagers to wind down without the distractions of notifications or the pressures of social media. It's important that this rule is implemented consistently and that children understand the link between good sleep hygiene and better performance, both mentally and physically.

What Parents Can Do

We need to be proactive in helping our swimmers manage their relationship with technology. Here are a few ways to support your athlete:

- **Set Boundaries:** Limit screen time, especially before bed, and encourage phone-free zones during practice, competitions, and before bed. This helps swimmers prioritize real-world interactions and improve
- **Promote Digital Detoxes:** Encourage your swimmers to take regular breaks from social media and digital devices. Whether it's a weekend or just a few hours a day, a digital detox can help them reconnect with themselves and the people around them.
- **Ditch the smart phone altogether and replace it with a flip phone.**
- **Encourage Real-World Socializing:** Remind your athlete that the best friendships and memories are made in person, not through a screen. Encourage them to spend more time with their teammates and friends in real-life settings, away from the pressure of social media.
- **Lead by Example:** Model healthy phone habits. Show your swimmer that it's okay to disconnect and enjoy life offline. The habits they see you practice will influence their own choices.

By setting boundaries around smartphone use and promoting healthier habits, we can help our swimmers thrive both in the pool and in life.



VS.



UPCOMING DATES

**October 13th - NO WORKOUT -
Thanksgiving**

**October 18th - 12 & Under Skills
Camp - details to follow - watch
for email**

**October 18th - HALLOWEEN DEVO
MEET for all comp swimmers:
White/Bronze/Red/Gold - more
details to follow - watch for email**

**October 29 & 30th - FUN EVENT -
for all stage 1, 2, & 3
(please note this event will take place during regular
workout)**

October 31 - NO WORKOUT

HAPPY HALLOWEEN!!!



2025 - 2026 SEASON