



September 2026

“Success doesn’t come from what you do occasionally. It comes from what you do consistently.” —Marie Forleo

Swim Meet Sign Up:

- Currently in the LMR there is a shortage of pools, consequently a shortage of meets as well.
- Did you know that all meets that SKSC attends, coaches months in advance try to confirm as many spots for the team as possible.
- So.... due to this shortage please keep in mind the following tips for meet selection
- Meet Entry deadlines- Most times, coaches are not able to make exceptions to missed deadlines- you miss sign up- no swimmeet!
- Plan ahead on meet weekend to ensure that you have no conflicts

Shutdown Updates:

- We once again thank you for your patience and efforts during this process
 - One great advantage of this process is that we are all developing resilience!
- Reminder of the following key dates
 - Oct 6 - last day outdoor
 - Oct 7-19 SKSC is only training at SSLC for rest of shutdown
 - Oct 20 Guilford pool reopens

Where is Coach Justin?

- Coach Justin - SKSC Dryland Coach is missing in action! NO not really. Coach has been called for a once in lifetime opportunity - a chance to make the Grey Cup. Coach Justin is currently playing for the Saskatchewan Rough Riders as a linebacker and the team has a very good chance to make the ultimate prize - The Grey Cup!
- With the support of Surrey Athletics, Coach Sam will be covering for the next several wks

AGM Notice:

- Tentative Date - Oct 26 @ 745pm
- Location - To Be announced once room booking is confirmed

- Note - Volunteer points will be awarded for attending this event. At this time,, this will be conducted in person and not online
- More information coming soon

Building a Foundation:

- We are all busy bees and it seems there is always a reason to miss a workout. Here is a great short clip on why attendance/consistency matters <https://www.youtube.com/shorts/l6Ssu0hc7xk> .

Cold and Flu Season Coming: (Tips)

- Wash your hands! Wash your hands - most vires and gem are transmitted through contact. Do your part by washing your hands
- Get a flu shot
- Do not share water bottles!
- Dress for the weather - while a virus is not spread by dressing poorly, dressing poorly make the immune system have to work harder

Social Media/Facebook Group Coordinators

- We are looking for someone with social media experience who would like to oversee our club's Social Media. Experience with Instagram and Facebook required.
- We are also looking for a few parents to administer the parent facebook group that was created last season.
- Interested parents please email Coach Amber (coachamber@surreyknights.com).

Training Equipment:

- Make sure that you are getting the [required training gear](#) for your group.
- Our preferred vendor is Team Aquatic Supplies as they are a large supporter of programs all across the country. But you are not limited to only here, but please make sure to purchase the correct type (ie NOT scuba fins).
- TAS Discount Card - when visiting in store or online, the club has a [discount card here](#).

Housekeeping Stuff:

- Swim Canada registrations
 - Shannon, our office manager, has been emailing members who have not completed their Swim Canada registrations through SportLomo. If you are receiving these emails this means you missed a step!
- Invoices
 - Do you know you can view your invoices directly through the SKSC website?
 - When logged in, click on your email in the upper right corner, then select My Account then Billing
 - Here you can see invoices as well as dues that may show up next time



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- Before emailing and asking “What’s this charge for?” Please view your invoice first and then ask any specific questions you may have.
 - Adding other guardians to emails
 - If you have two active guardians in your swimmer’s life, please make sure to include their contact information. We cannot give out sensitive information to guardians not listed on the SKSC account.
 - If you have any concerns regarding account information access due to situations such as custody and court, please notify office@surreyknights.com so we can make a note on your account.
 - Email is everything. This is our primary way of communicating with you. Please check it often to ensure you don't get left out or miss a deadline.
 - Event Sign ups
 - Don’t forget to accept OR decline! If you are not attending it’s a big help to decline the event vs not putting an answer at all.

Tips, Link, Articles

- Smart goals for swimmers: It's [a process](#)
- Why Stroke Counting Matters [During the main set](#)
 - **Monitors Efficiency:** Taking fewer strokes to cover the same distance usually means you are gliding further and moving through the water with less resistance.
 - **Detects Fatigue:** When you get tired, your body position sags and your stroke naturally shortens, causing your stroke count per lap to rise. Monitoring the count alerts you to this technique breakdown.
 - **Improves Focus:** Keeping a tally stops you from zoning out during long sets, helping you stay mindful of your hand entry, body roll, and catch mechanics.
 - **Conserves Energy:** Eliminating sloppy, wasted arm movements prevents you from burning out too early in a workout or a race.
 - **Provides an Alternative Metric:** It gives you a reliable gauge of progress that relies on technique rather than just staring at the pool clock.