



MARCH 2025 NEWSLETTER

IMPORTANT NOTES:

- **Reminder: Calendars for each group are available online. You can find the links to each group's calendar here:** <https://swat.poolq.net/menu/group-schedules>

DID YOU HELP OUT AT A RECENT SWIM MEET?

Parents and family members who officiate during meets earn volunteer points. To ensure your points are accounted for, please forward your participation to:

volunteerpoints@swatswim.ca

STAY CONNECTED WITH SWAT!

Website: [SWAT Website](#)
Facebook: [SWAT Swim Facebook Page](#)
Facebook Group: [SWAT Family Forum](#)
Instagram: [@SWAT.SWIM](#)


EQUIPMENT UPDATE

  A clothing order was available throughout March, with a submission deadline of Sunday, March 23, 2025. The **order is expected to arrive in May** and will be distributed to families once received.

Additional caps are available for purchase at \$10 each. To order, please email equipment@swatswim.ca to request a cap and send \$10 via e-transfer to vpfinance@swatswim.ca, including "cap purchase" in the notes of the transfer.

UPCOMING MEETS

Swimmers or parents are expected to confirm or decline attendance for upcoming swim meets via the SWAT website. Timely responses are essential for effective event planning by the coaches, so please ensure your swimmer's status is updated as soon as possible. If a swimmer is unable to attend, it is equally important to formally decline the invitation.

 **2025 Winter East Coast Long Course Championships (March 27 - 30, 2025):** ECC qualified swimmers pit themselves against the best in the Maritimes from: Newfoundland, Prince Edward Island, New Brunswick, and Nova Scotia. Four Days of the best swimming in Atlantic Canada with heat and finals, medals, and major awards up for grabs. **Location:** Dalplex

📅 **Nova Tech #5 (April 5, 2025):** Nova Tech 5 returns to the typical Saturday Afternoon. Participation swimmers will be in the morning of Saturday, April 5 in Dartmouth. Tidalwaves and Level 1 Miniwaves swimmers will be racing at Centennial for the regular Nova Tech meet. The meet information package is attached to remind you of events and locations. This is a SWAT hosted event and families may be asked to help with timing, officiating and other volunteer positions. **Location:** Halifax Centennial Pool

📅 **Age Group Development #5 LCM Meet (April 26 & 27, 2025):** A return to the racing pool for the Junior and Senior AAA swimmers and the rare opportunity for AA swimmers to hit the Long Course Lanes before they reach AAA competition! **Location:** Halifax Centennial Pool. **This is a SWAT hosted Meet.**

We kindly ask family members to volunteer for this meet to help ensure a smooth experience for the swimmers and attendees.



UPCOMING EVENTS

📅 **SWAT End-of-Season Celebration – RSVP Needed** 🙌

Please join us in celebrating the achievements of all our swimmers!

We are currently assessing interest from our members, as many of the venues we are considering have a maximum capacity of 150 people. With 99 swimmers on our team, we want to ensure we do not exceed this limit.

This event is open to ALL of groups and their families!

📅 **Date:** June 26, 2025

🕒 **Time:** 6:00 PM

💰 **Cost:** \$20 per person/swimmer or \$60 per family of four

🍽️ **Food & beverages provided**

Please note that this is **not** a drop-off event for our younger swimmers. We encourage parents and siblings to join in the celebration!

To help us plan accordingly, please RSVP through the **Events** section of the members' side of the SWAT website. When declaring, include in the comment section how many people from your family will be attending (including your swimmer).

🕒 **RSVP Deadline: March 30, 2025**

Thank you, and we look forward to celebrating together!

Any questions, please reach out to Kristy at kristylegge@swatswim.ca.

🏊 **SWAT Hosted AAA Championship Meet** 🏆

SWAT will be hosting our first ever championship meet in June at Dalplex! This will be an all hands on deck call. Keep an eye on your emails for requests to help with:

- timing and officiating
- canteen and hospitality
- 50/50 tickets and other fundraising on site

Are you interested in timing or officiating but haven't taken the required courses yet? You can find more information about these courses on **Page 10** of this newsletter.

We need everyone's support for our **2.5-day meet from June 13-15**, which includes **five sessions of racing**. To ensure a successful event, we ask that families plan to assist for a couple of sessions. Keep in mind—we'll need **30 volunteers per session** to keep things running smoothly! Please save the date.

If you have any questions, please reach out to Kristy at kristylegge@swatswim.ca. Thank you for your support! 💙 🏊

🏊 **Get Ready for the Swim Canada Swim-a-Thon!** 🏊 💧

Exciting news, SWAT families! This May, we're making waves with the **Swim Canada Swim-a-Thon**—a fun and challenging event where swimmers push their limits while raising funds for a great cause. Most of the money raised will directly support our club, helping to enhance training, equipment, and events, while a portion will go toward supporting Swim Canada's national programs.

Stay tuned for more details on how to participate, set fundraising goals, and make a splash for our team! Let's come together to show our SWAT spirit and make this Swim-a-Thon the best one yet!

MAINE PROVINCIAL TOUR TEAM

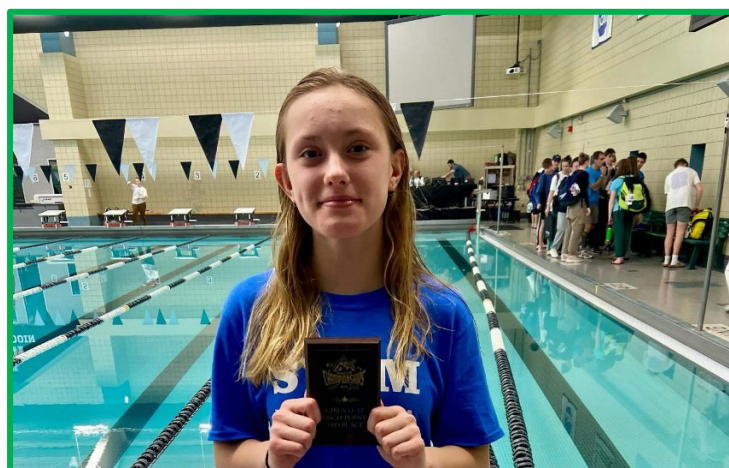


🏊 SWAT Swimmers Shine at the 2025 Maine Swimming Winter Championships! 🏆

Seven swimmers from SWAT's Provincial and Senior groups proudly represented **Team Nova Scotia** at the **2025 Maine Swimming Winter Championships** this March! Each swimmer gave it their all, making both SWAT and Nova Scotia proud.

Their hard work and dedication contributed to an incredible achievement—**Team Nova Scotia earned 2nd place in both the Overall Team and Female Team categories!**

Congratulations to all our swimmers on this outstanding accomplishment!



Maria Legge from the SWAT senior group earned the **Third Place 11-12 Female High Point Award**—a fantastic achievement! Congratulations, Maria! 🎉 🏆

MEET RECAPS BY COACH MATT

AA Winter Championships Meet Review

26 SWAT swimmers kicked off Championship Season in Wolfville from February 28-March 2, 2025, in what could be the final meet at Acadia University for Swim NS swimmers. It was a grand start to Champs Season with 105 best times, 3 new events, 57 Finals appearances, 29 medals, and 1131 points collected by the #sackvillains. Three groups were represented with swimmers from Novice, Junior, and Senior taking to lanes to claim some hardware and accolades. We even had two club records broken, 2 swimmers qualifying for AAA competition, and one swimmer walked away with a Top 3 High Point award after several strong performances.

Let's start with the **Novice group**. 13 swimmers from Novice made the journey to Wolfville. The group earned 47 best times and added 2 new events. Novice swimmers appeared in 13 Finals heats and came away with 3 medals and 225 points contributed to the club total. Points are earned by Place at the end of Finals. 1st place scores 50 points, 2nd scores 30, 3rd scores 20, 4th to 6th scores 15-14-13 points each. Ties result in the points of the two positions averaged out. Katya earned best times in 3 events. Olesia earned 2 of her own including over 2 seconds in the 100 Backstroke. Rachel took off over 6 seconds in the 400 Free and over 5 in the 100 Fly, breaking 2:00 for the first time. In total she had 4 best times. Alex made his AA debut and had 4 best times and 1 new event he took off 7 seconds in the 50 Breaststroke, and 7 seconds in the 50 Backstroke making his first finals in the event and earning 13 points for SWAT. Isaiah had 2 PBs of his own and 1 new event. He made his first finals with a 7 second best time in the 100 Fly and earning SWAT 13 points. Avery had a strong 9 second improvement in the 200 Back as 1 of her 3 best times on the weekend. Farrah had a very successful weekend with 14 points in the 400 Free at finals and a 35 second drop in the event. She also broke 3:00 in the 200 Free for the first time. In total she had 4 best times and 1 new event. Jude also had 4 new personal records and 2 new events. He won 28 points after making finals in the 200 IM and 50 Free. He also dropped a big 10 chunk in the 100 Backstroke. August made finals in 3 events as part of his 5 pb efforts. He earned 42 points from the 200 IM, 100 Free, and 100 Back. Mylee continued her young AA career with 5 best times from her first Championship meet. She broke the 2:00 barrier in the 100 Breast and 1:30 in the 100 free after taking 9 seconds off in both events. Camden made his AA debut and came up with 2 best times and swam 2 events for the first time. He also walked into a finals swim in the 200 Breaststroke after being an alternate, taking advantage of a Finals Scratch. He swam his first 200 Breaststroke in the morning and then smashed his time in the afternoon by over 23 seconds earning 15 points moving from 7th to 4th. Matt, another AA debutante, had a strong 5 pb performance. Also making finals in the 50 Back earning 15 points. He had big drops in the 100 Breaststroke (17 seconds), 100 Free (19 seconds), and 100 Back (17 seconds). Ryan rounds out the Novice groups swimmers with arguably the top performance from the group. He had 6 best times and 4 finals. He dropped 14 seconds in the 200 Back claiming the bronze medal at finals and clearing the 3:00 mark in the event. He earned a silver medal after breaking :30 in the 50 Free at night and earned another bronze in the 100 free after 8 total seconds of improvement. His 200 Back time is his first AAA cut and his 100 Free makes the mark for East Coast Champs. He earned SWAT 85 points for the weekend.

The **Junior group** contributed 11 swimmers to the championship cause in Wolfville. They had a strong meet with 48 total personal best times and 1 new event. We also found 38 Junior group lanes in finals earning 21 medals and a combined 889 points. Junior swimmers also posted 2 new Club Records, added 2 new AAA qualifiers to the SWAT crew, and a TOP 3 High Point award. Erica B found herself in two finals swims earning 63 points and a gold medal in the 200 Butterfly. Angus had a bit of a nervous start to the meet but left Acadia with

4 best times and making finals in 3 events. He earned 99 points including an 8 second pb gold medal in the 800 Free, and a 100 Fly bronze medal. Claire had 5 best times and made a finals appearance in the 400 Free after dropping 23 seconds in the morning. She also scored points in the 800 Free after cutting 36 seconds in the event earning 14 points. Madelynn was a perfect 6-for-6 for best times and then added another pb from her lead off 50 back split in the medley relay. Her highlights were 8 seconds off in the 200 IM and a 5 second improvement in the 200 Free. Wyatt got out of the finals pool on Sunday with 2 best times and his first ever (and second at finals) 400 Free. He made 4 finals swims and earned 110 points and 4 medals. He dropped 6 seconds at finals from his morning 400 Free to earn a bronze medal. He earned silver medals in the 100 Breaststroke and the 50 Free as well. Charlotte managed 5 best times from her 6 individual races. She also qualified for 4 finals earning 2 medals and 107 points. She cut 7 seconds off the tough 400 IM and walked away with a gold medal and earned a silver medal after cutting 2 seconds in the 100 Fly. Ethan was a perfect 6-for-6 on the weekend and swam in 3 finals heats. He took medals in the 200 and 100 Back events with matching 4 second improvements and earned 63 points. Marco made full use of his opportunities and claimed 5 best times and finals in all 6 of his individual events winning 113 points. He erased 7 seconds from his 200 Back breaking the 3:00 mark for the first time. He continued his strong Backstroke efforts in the 100 Back claiming a silver medal tie at finals. He won another silver medal in the 200 IM. His 200 IM and 200 Back times completed his AAA qualification for 13-14 and he will be making an appearance next weekend at AAA Champs. Leonie was another perfect 6-for-6 pbs. She found herself in 3 finals lanes and earned medals from each earning 70 points. The Breaststroke darling too 3 seconds off both the 100 and 200 meter events and a 1.5 second improvement in the 50m. She won bronze medals in the 200m and 50m Breaststroke finals and a silver in the 100 m. She also set new SCM club records in the 100 and 200 Breaststroke for 10u girls. Erica R had arguably the best meet of any SWAT swimmer with 5 best times, 5 finals, and 5 gold medals for 250 total points and 2nd overall High Point award for 12u girls. She swept the 50m, 100m, and 200m Butterfly events. Took 10 seconds off her 200 Free by the end of the day with another gold medal performance and AAA qualification. Took of another 15 seconds by the end of finals in the 400 Free to claim her 5th gold medal and completing her AAA qualification allowing her to race at AAA competition for the rest of the season. Morgan has been battling some injuries and still managed to find a best times in the 200 IM after cutting 5 seconds off in the event.

Just 2 **Senior swimmers** made the journey to Acadia University. They left with 10 best times, 6 finals positions and 4 medals for 117 total points. Sam S split the group best times with 5 and competing in 5 finals heats, winning 97 points and 3 medals. He bested his old 400 free time by 5 seconds and claimed a silver medal at finals. He also won bronze in the 50 Free and another bronze medal in the 200 free with another 5 second pb and meeting the AAA standard in the event. Gabe C took the other half of the group pbs with 5. He swam in one final and making the best of it with a medal and 20 points. He took of a second in the 100 Breaststroke earning a bronze medal on the first night of competition.

Championship Season – AAA Winter Championships

Championship season continues as the AAA SWAT swimmers got their first chance for provincial glory. From March 7-9, 21 #Sackvillians took to the lanes at DalPlex for some short course fun. The club earned a combined total of 67 personal bests, qualified for 64 final swims, and won 38 medals, earning 1,482 points. Two Sackville swimmers won overall awards, and four swimmers broke 14 club records. This meet also served as the last opportunity to qualify for the Spring East Coast Championships at the end of the month, with several swimmers adding events to their ECC roster.

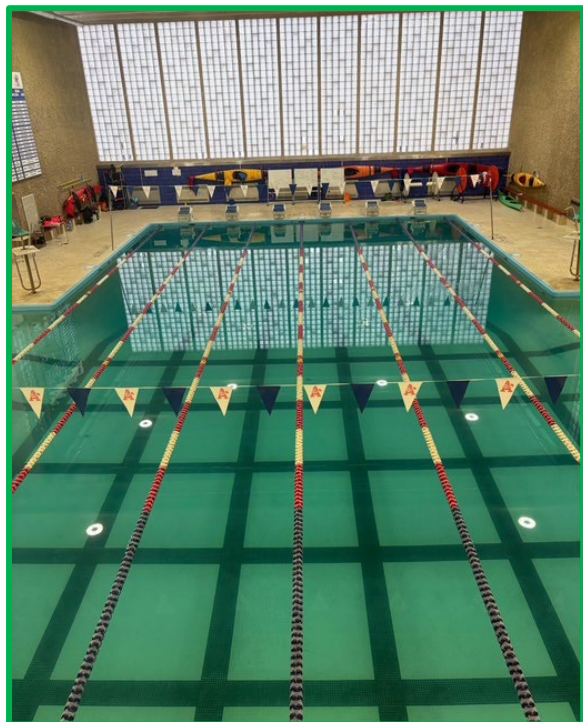
The **Senior group** carried the bulk of the load with 15 swimmers participating. The group earned 54 best times and raced in 54 finals. At finals they won 7 gold medals, 10 silver

medals, and 13 bronze medals; they also earned 1273 total points. Gabe A had 3 best times over the course of the weekend, racing in 5 finals winning a silver medal, 2 bronze medals, and 98 points. He broke the 1:00 mark in the 100 Back for the first time. Elyse earned herself a pb in the 50 fly and appeared in 2 finals earning SWAT 23 points. Jack had the best times and 3 finals. He won 37 points including a 3 second best time in the 200 Breast in Finals. Maggie posted 5 new personal records and appeared in 3 finals and 34 points. She slipped through 3:00 in the 200 IM for the first time after cutting 3 seconds in the event. Victoria earned 2 personal bests. She also found a finals lane in all 6 of her events. She won three bronze medals and 92 points. Ethan improved 3 times over the three days, He made finals in the 5 events that had them and medals in all 6 events. He won gold in the 1500 Free slipping just under 17:00 for the first time. He won 2 more gold medals and added 3 silver medals en route to the 150 Male High Point Award. He also broke his 100 Back and 400 IM club records in both the 15-17 and Open age categories. Jason bested 4 of his old times and made finals in each of his 6 events. He won a silver medal, 4 bronze medals and 125 points. He dropped 8 seconds in the 50 back and broke through 30 seconds in the 50 fly for the first time. Eugene managed 5 best times and 6 finals winning 2 gold medals, 2 silver medals, and 1 bronze medal totalling 195 points. His 50, 100, 200, and 400 Free times all broke club records in the 15-17 category and the 50 and 100 also broke the Open age category. His 200 Free in an exciting race and time of 1:56.05 won Male swim of the meet with a 627 FINA Point score. Ben L bettered 4 of his times and swam in 4 finals lanes earning 51 points for SWAT. He bested his 100 Breaststroke time by over 4 seconds and dropped his SCM 50 Fly under 30 seconds for the first time. He also added the 50 and 100 Breaststroke to his East Coast Champs roster. Taite had a similar weekend with 4 pbs and 4 finals. He won a bronze medal in the 200 Fly after dropping 4 seconds in the final and won 60 points from all finals swims. He adds the 100 Free, 100 Fly, and 200 Free to his ECC roster. Alana found 2 best times and 2 finals alongside her 800 Free Timed Final. She won the first SWAT medal on the weekend with a bronze in the 800 Free Friday night, and 47 total points. Ben P found 6 total best times and finals in 2 events winning 22 points. He swims under 1:00 in the 100 Free for the first time, dropped 3 or more seconds in the 100 Back, 100 Breaststroke, and 200 Breaststroke. He also earned his first ECC qualifying times in the 50 and 100 Free. Joel finished the weekend 5 pbs and 1 finals lane in the 200 Back winning 13 points. Haley added 5 best times and lanes in 6 finals. She had a total of 210 points from 2 gold medals, 3 silver medals, and 1 bronze medal. She broke 30 seconds in the 50 Free for the first time. She also broke 13-14 Women Club Records in the 50, 100, and 200 Fly events. Jess joined the party on Sunday after dealing with some illness and left with best times and 2 finals winning 26 points.

6 Junior swimmers filled out the rest of the squad. Many of them had short weekends as they prepare to join Team NS in Maine next weekend. Collectively they had 13 pbs and 11 Finals swims winning 3 medals and 209 points. Alex W had a full weekend with 4 best times and 4 finals. He earned 1 silver medal and 70 points. His pbs were all massive SCM improvements with 13 seconds off in the 200 Breaststroke, 23(!) in the 50 Fly, and under 3:00 after 12 seconds in the 200 Back (9 of which between Heats and Finals after dropping 3 in the morning). Marco makes his AAA debut after qualifying last weekend at AA Champs. He earned 2 best times from his 2 individual events and found a finals lane in 1 earning 14 points. Maria had 1 pb and 2 finals. She won medals from both with a gold and bronze medal winning 70 points. She also broke the 11-12 Women Club Record in the 50 Fly after cutting 3 seconds in the event. Sam H also was a perfect 2 for 2 on the short weekend and 1 Finals appearance winning 13 points. He improved his 100 Back time by 10 seconds. Nick H also had 2 best times and 1 final and 14 points. He dropped 17 seconds and 15 seconds in the 100 Free and the 100 Fly respectively. He added the 100 Free to his ECC roster. Addison was a perfect 2 for 2 for both personal bests and finals appearances winning 28 points. She dropped 7 seconds in the 200 Breaststroke. She also completed her East Coast Champs qualification and will be joining the ranks for the meet at the end of the month.

Finally, SWAT entered 8 **relay teams** throughout the weekend. On Friday night the Open 200 Medley Relays, filled with swimmers from all age categories, completed with SWAT earning a bronze medal from the Women A team of Alana, Victoria, Haley, and Maria. On Saturday, the 200 Free Relay had opportunities for each of the age groups. SWAT 13-14 Women of Haley, Addison, Victoria, and Maria; and 13-14 Men of Marco, Sam H, Alex, and Nick H both won bronze medals. At the 150 age group the Women of Elyse, Maria (pulling double duty up two age groups), Alana, and Maggie won bronze and the Men of Eugene, Jason, Taite, and Ethan won silver.

ACADIA POOL



Let's help save the Acadia pool!



It has been announced that the pool is scheduled to permanently close in June 2025, which is truly devastating for the Acadia Varsity Swim Team, the Wolfville Tritons Swim Club that relies on this pool for training, the local community, and all swimmers across Nova Scotia. This pool is one of the very few competitive facilities available to our sport.

We have sent emails to our members, including email templates and a contact list of key individuals who need to hear from us. The more voices that speak up, the stronger our impact! If you are not on our member contact list but would like to help by sending emails, please reach out to Kristy at kristylegge@swatswim.ca.

VOLUNTEER OPPORTUNITIES

There are still several volunteer opportunities available within our team! Your involvement is crucial to our success and helps create a vibrant community for our athletes and their families. As a thank you for your dedication, volunteer points will be awarded for each position filled. These points will be deducted from the annual volunteer point requirements outlined in the SWAT fee guide. Join us in making a positive impact—together, we can achieve great things!

👉 **Communications Chair:** Do you enjoy social media? Help SWAT by sharing all of our good news stories and getting the word out about how amazing our club is. SWAT uses Facebook and Instagram to share our stories. Working closely with Coach Matt to share our information will help SWAT promote our program.

👉 **Meet Manager in Training:** This exciting two-year role offers valuable hands-on experience in meet management. In the first year, the person in this role will work closely with our current meet manager, gaining practical knowledge while assisting with Nova Tech meets. By the second year, they will take on a leadership position, overseeing both Nova Tech

and Age Group meets with continued support from the current meet manager. It's a fantastic opportunity to build new skills, make a meaningful impact, and play an essential role in our team! If interested, please contact Kristy at kristylegge@swatswim.ca and Jen Kershaw at officials@swatswim.ca

👉 **Fundraising Committee Member:** As a Fundraising Committee Member, you will help plan and organize exciting fundraising activities that directly benefit our club by enhancing equipment and supporting coach training. This is a fantastic opportunity to collaborate with fellow members, share ideas, and take part in several committee meetings throughout the swim season. If you're passionate about helping our team thrive and want to contribute to our success, please reach out to Darren at darrenhiltz@yahoo.ca. Together, we can elevate our club to new heights!

👉 **Cost Recovery Chair:** As the Cost Recovery Chair, you will play a pivotal role in driving fundraising initiatives for individual swimmer accounts. This position involves managing volunteers for the committee, selecting exciting events for cost recovery, and effectively communicating with SWAT members about our goals. You'll also track sales and earnings for participating SWAT members to report to Finance, while assisting with the receipt and distribution of goods to members. Join us to make a significant impact and contribute to our team's success! If interested, please contact Kristy at kristylegge@swatswim.ca.

👉 **Event coordinator:** The Special Event Manager organizes social events for both parents and kids, including holiday celebrations and team-building evenings. They plan gatherings that strengthen team spirit and foster community, ensuring every event is well-executed and enjoyable. If interested, please contact Kristy at kristylegge@swatswim.ca.

👉 **Webmaster:** In this role, you'll manage and enhance SWAT's new website, Pool Queue. If you have a passion for technology and design, you'll have the chance to showcase your skills while improving our online presence. Join us in creating a vibrant digital space that engages our community and keeps everyone informed. If interested, please contact Kristy at kristylegge@swatswim.ca.

TIMING AND OFFICIATING

Become a Swim Official – No Experience Needed!

Are you looking for a way to get involved in the sport of swimming? Becoming a swim official is a fantastic opportunity to support our swimmers, earn volunteer points, and be an essential part of our team—no prior swimming experience or knowledge required! Running a successful swim meet requires over 40 officials, and we truly appreciate the time and dedication of our volunteers. Your involvement makes a huge difference!

New Officials Registration System

This year, Swim Canada has introduced a new registration system for officials, which is brand new to Swim Nova Scotia, Swim Canada, and myself. While the launch was delayed, I'm happy to share that everything is now up and running smoothly! I'm excited to help parents get registered so you can start earning those valuable volunteer points. Previously, I handled registrations manually, but now, you can register yourself using the link below.

How to Register

If you've officiated before, please use the link below to register. If you're new and interested in getting involved, I encourage you to sign up as well! Once registered, you'll have access to online courses for **Timer, Safety Marshal, or Chief Timer**.



Click here to register as an official for the 2024-2025 Swim Season:

<https://swimming.canada.sportsmanager.ie/sportlomo/registration/member-registration/club/63776>

Helpful Tips for Registration:

1. Click the link and select "**Available Membership – Official**" at the bottom, then click "**Register.**"
2. **Login:** Use your current Sportlomo account (the email/password you used for swim registration).
3. Click "**Register New Member: Official (\$0.00).**"
4. If you've been an official before, your name should appear—click on it.
5. If you're new, click "**Add Member**" and fill in the required details, including signing any necessary forms.
6. Congratulations—you are now an active official!

Taking Online Courses

To complete the **Timer** or **Chief Timer** online courses, visit Swim Canada and click "**REMS Login**" (top right). Use the same email/password from registration, click on your name card, and hit the gray "**LOGIN to LMS**" button.



Direct link to log in:

<https://swimming.canada.sportsmanager.ie/sportlomo/users/login>

Thank you for supporting our swim team! If you have any questions, don't hesitate to reach out. **Contact:** Jen Kershaw – officials@swatswim.ca

Looking forward to seeing you on deck!

QUESTIONS?

Mini Waves: Coach Matt at matt@swatswim.ca

Tidal Waves: Coach Matt at matt@swatswim.ca

Novice: Coach Matt at matt@swatswim.ca

Junior: Emily Reiner at recruitment@swatswim.ca

Senior: TBD