



MAY 2025 NEWSLETTER

IMPORTANT NOTES:

- **SSS is closed for maintenance on May 6 – there will be no practice.**
- **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 placed in March. The order is **expected to arrive this month** and will be distributed to families once received.

AAA Provincial Champs gear can be ordered until midnight on **May 4th** at this [LINK](#).

Additional SWAT 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.

MAY

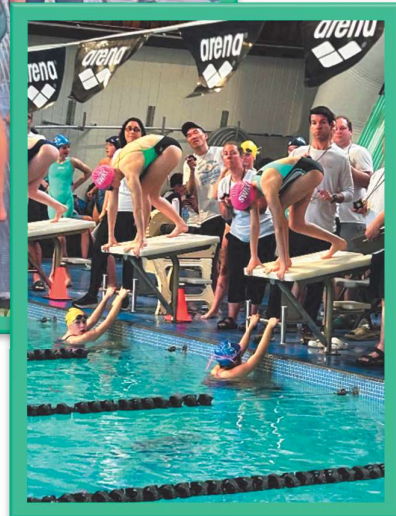
- **AA #3 (May 10-11, 2025):** AA swimmers are off to Cape Breton for a two-day meet in Sydney at the Kiwanis Pool. More information can be found [HERE](#).
- **MAC Spring Invitational (May 15-18):** Senior group swimmers will head to Markham, Ontario for a long four-day meet with heats and finals.
- **AAA #3 (May 23-24):** Swimmers return to the Dalplex for AAA #3 LCM. Please speak to Coach Matt about attendance. Declaration deadline is May 16th. More information can be found [HERE](#).
- **Nova Tech Explosion (May 24-25, 2025):** The De Facto Championship meet for the Nova Tech circuit. This two-day meet in Truro brings all the Nova Tech Swimmers from the three regions together to race and have a little fun to wrap up their swimming season.

All SWAT Nova Tech swimmers will be participating. Participation swimmers will swim Saturday afternoon. Level 1 and 2 swimmers will swim later on Saturday afternoon and Sunday morning. More information can be found [HERE](#).

Participation	Level 1	Level 2
Simone Bernon	Henry Cummings	Patricia Betts
Meredith Black	Colden Snell	Yashod Dharmawansa
Beckett Brown	Madeleine Doucette	Liam Hazelhurst
Madhura Chinta	Peyton Gillis	Evan Larlee
Miles Cornelius	Payton Helpard	Natalie Watson
Kyle Caspian Eusebio	James Olive	
Yazhini Ganesh	Jackson Connors	
Aiden Isakov	Edehi Ikhidero	
Malia Lemire	Londyn Brown	
Leah Lively	Marshall Burke	
Evelyn McCarten	Alex Easton	
Charley Morgan	Victoria Hui	
George Palmer	Freddy MacAdam	
Charles Palmer	Oliva MacDonald	
Mahek Rajdev	Evelyn MacFarlane	
River Shunamon	Harper Spears	
Chelsea Wang	Kai Villalba Morton	
Eunseul Choi	Lesi Xing	
Alexa MacDonald		

JUNE

- **AA Spring Champs (Jun 6-8, 2025):** The last AA meet of the season, hosted by HTAC and SNS at the Dalplex. A three-day meet with prelims, finals, relays, medals and awards. Declaration deadline is May 30th. More information can be found [HERE](#).
- **Canadian Swimming Trials (Jun 7-12, 2025):** Trials will be held in Victoria, BC. This meet will be selecting for World Championships, Junior World Championships, and Para World Championships. Swimmers must be under at least one of the Canadian Trials Standards or Junior Canadian Trials Standards if they are 18 years or younger. Declaration deadline is May 20th, 2025. More information can be found [HERE](#).
- **AAA Provincial Championships (Jun 13-15, 2025):** AAA Nova Scotia swimmers will meet at the Dalplex this June for a spring Provincial Championship hosted by SWAT and SNS! Declaration deadline is June 3rd, but ***please declare as early as possible***. More information can be found [HERE](#).



UPCOMING EVENTS

SWAT End-of-Season Celebration

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

This event is open to ALL groups and their families!

Date: June 26, 2025

Time: 6:00 PM

Location: Acadia Hall, Lower Sackville

Cost: \$20 per person/swimmer or \$60 per family of four. Food & beverages provided

Please contact kristylegge@swatswim.ca **if you missed registration.**



Swim Canada Swim-a-Thon!



We are now ready to launch our historically most important club fundraiser for the year... **Swimathon!** Swimmers collect pledges to fundraise for our operational costs such as pool rentals, coaches and coaching training, and swim equipment. In turn, they will attempt to swim their assigned distance goal! Our fundraising goal for this year is \$10,000. If everyone were to fundraise \$100, we would meet this goal.

Distance goals:

- MiniWaves: 1500 meters in one hour
- TidalWaves: 2500 meters in one hour
- Novice: 4000 meters in one hour
- Juniors: 5000 meters in two hours
- Seniors: 7000 meters in two hours

Swimathon will take place during scheduled swim practice:

- MiniWaves/TidalWaves/Novice – on Saturday, May 31st
- Juniors/Seniors – on Saturday, May 31st at Centennial practice

Please note that swimmers will need a lap counter at this event. Counting sheets, stop watches, clip boards and pencils will be provided.

Swim Canada offers some amazing prizes for fundraising, check them out [HERE](#) or in the email!

SWAT Hosted AAA Provincial Championship Meet

SWAT will be hosting our first ever championship meet, June 13-15 at the Dalplex! 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

There are 5 sessions of racing, to ensure a successful event, we ask families to 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.

Gear is available to order until midnight, May 4th at this [LINK](#).

If you have any questions, please reach out to Kristy at kristylegge@swatswim.ca.

MEET RECAP BY COACH MATT

Age Group Development #5 LCM

After an extended period of time out of the racing pool, SWAT Age Group swimmers returned to the lanes for a 50m pool Long Course (LCM) competition for everyone. This meet is in an interesting time of year with AA swimmers not having raced for several weeks, but AAA and ECC swimmers taking a well-deserved break over the Easter Weekend after a busy Championship Season in March. Swimmers from different groups and different levels of competition were at different points of their respective training blocks and the results and event choices were influenced by these factors. 47 SWAT swimmers raced in the Long Course pool. LCM is a rare treat for AA swimmers. Junior AA swimmers may have seen LCM last year at this meet and Novice swimmers have likely never seen LCM racing at all. As a result, there are many New Events as swimmers open their LCM accounts in most races and learn the differences between Short Course and Long Course racing. **To spice things up for this mid-season meet, SWAT rocked special-edition Pink Caps. Go Watermelons!**



Starting with **Novice**. 11 swimmers showed up for racing over the April 25-26 weekend. Some of the swimmers that were part of the Novice program last year may have seen LCM racing last year, but most have not seen a 50m pool very often. Nearly all the events for the Novice swimmers are considered New Events as they got their first taste of racing in the LCM pool. A special call out to Jae for making his SWAT racing debut after joining the club earlier in April. There are also extra Kudos for: Jude, August, Avery, Rachel for racing in their first 800m Freestyles. Another extra kudo for Jude for achieving his first AAA cut in the 400m Freestyle. He will need to make one of the IM times or 2 other 200s to complete qualification, but he has started the process.

Senior swimmers came off a 6-day break over the Easter long weekend. Couple that with many racing at AAA and ECC and events and results reflected a more relaxed approach to racing and swimming some off events rather than their main events. 16 swimmers earned 27 best times and there were 2 new events LCM.

Most of the Senior swimmers were entered in the 400 IM to be sure they raced it one time this year. Gabe A had 3 best times from his 4 events. Ignoring his very old 400 Free time his best results were a 9 second improvement in the 400 IM and a 6 second improvement in the 200 Free. Gabe C had 3 best times and his first LCM 400 IM and 100 Breast. He dropped 10 seconds in the 100 Back and 3 in the 200 IM racing under 3:00 for the first time LCM. Jack

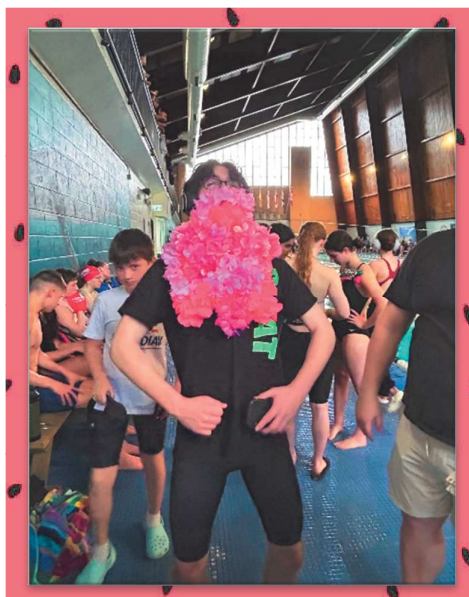


made 3 new personal records including a 400 IM improvement of 29 seconds and then another 13 in the 200 Back. Maggie lowered her 400 IM time by nearly 3 seconds. Ethan K bettered his 50 Free nearly claiming a Canada Games Selection time in the event. Jason bettered 3 of his old times including a 20 second best time in the 400 IM and a 3 second best time in the 50 Breaststroke. Eugene has 2 modest best times dropping a second in both the 400 IM and the 100 Breaststroke. Ben L made a new Personal Best in the 100 Fly. Taite found new times in 3 events including an 8 second drop in the 400 IM.

Alana had a new pb in the rare 100 Breaststroke. Ben P made good use of his 1 best time by cutting over 31 seconds in the 400 IM. Joel cut 3 times down highlighted by 8 seconds in the 400 IM and 5 in the 200 Breaststroke. Sam S finished his AAA qualification with a great LCM 400 Freestyle after being sick on day one of the meet. Emma rejoins SWAT after completing her first year of University.

20 Junior swimmers also jumped in the pool bettering 41 times and racing in 26 new LCM events. In Junior group tradition, each swimmer was entered in the 200 Fly, 400 IM, and 800 Free. For many of the swimmers this was their first attempt at any of these events. Erica B had 2 best times including a 7 second drop in the 400 IM. She also swam her first 800 Free. Addison took down 4 of her old times including a massive 58 seconds off in the LCM 800 Free, and 11 and 10 second cuts in the 100 Breaststroke and 400 IM respectively. Nick H also had 4 best times on the weekend. His highlights were 13 seconds off the 200 Fly and 15 seconds off in the 800 Free. Sam H had a big 5 best times on the weekend including massive improvements in the 400 IM, 200 Fly, and 200 Back. Angus had 2 best times and swam his first ever 200 Fly. He had a big 4 second improvement in the 50 Free LCM. Claire earned herself 3 best times. At the top of her list was a 22 second cut from her 400 Free. Madelynn had 2 best times and 3 new events: the three big events. Wyatt bested one of his old times, a 15 second battering of his 200 IM. Charlotte swam to a 5 second best times in the 200 IM and swam her first 200 Fly. Ocean dropped 5 seconds in the 200 Breaststroke and swam her first 400 IM and 800 Free. Maria had 2 PBs including a 12 second improvement in the 400 IM. Farrah raced in her first meet as a Junior group swimmer, makes her first LCM racing appearance, and her first 800 Free, 200 Fly, and 400 IM. Ethan had 2 best times and 2 New events. Kennedy took off 25 seconds from her previous 200 IM for a new PB and then swam the big three for the first time ever. Marco had 2 best times on the weekend including a 43 second best time in the 800 Free. Leonie went 2 best times and 2 new events. Erica R cut 18 seconds from her 800 Free time and 6 from her 400 IM entry time as part of her 4 PBs. Ryan found 5 seconds to lose in the 200 Free and then raced the big three for the first time. Alex W found himself 2 best times and swam the big three for the first time. Morgan swam one event for the first time LCM.

Racing continues in May. AA swimmers make the journey to Sydney, Nova Scotia to race May 10 and 11. Members of the Senior group travel to Ontario to race in Markham May 15-18. Junior and some Senior AAA swimmer race at Dalplex May 23 and 24. Finally, Nova Tech Swimmers finish their racing season May 24 and 25 in Truro at the Nova Tech Explosion in their last chance to make AA.



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.

FUNDRAISING AND VOLUNTEER COMMITMENT BALANCES

A reminder to everyone that with the season end rapidly approaching, ***we will be pulling the fundraising and volunteer commitment fees July 1st.***

You can check your balances in your SWAT account on our website. Here is how to navigate to those details:

Go to <https://swat.poolq.net/>

Login to your account

From the drop-down menu on the far right, select "My Account"

To check your Fundraising Status, select "Fundraising"

To check your Volunteer Status, select "Job Credits"

Both will show your family's requirements and earnings toward the balances.

THERE ARE STILL FUNDRAISING AND VOLUNTEERING OPPORTUNITIES!

FUNDRAISING

- Swim Canada's Swim-a-thon (end of May)
- Gift Card Basket Raffle at the June AAA Provincials

VOLUNTEERING:

- Various swim meets until the end of the season

1. AA in Cape Breton, May 10-11
2. Nova Tech Explosion in Truro, May 24-25
3. AA Spring Champs at Dal, June 6-8
4. AAA Provincials at Dal, June 13-15 (SWAT hosting - need ALL HANDS, ON DECK)

QUESTIONS? CONTACT YOUR PARENT REP

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