



NOVEMBER 2024 NEWSLETTER

IMPORTANT NOTES:

- Practices planned for November 11th are now cancelled; the pool will be closed.
- 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

Thanks to everyone who has purchased team gear. Our clothing order is still being processed and is expected to arrive at the end of November or early December. Once the orders arrive, the equipment managers will reach out to you about pick-up details.

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.

JOB SIGN-UP FOR NOVA TECH #2: WE NEED YOUR HELP!

SWAT is scheduled to host its first meet of the 2024/25 swimming season! We are hosting **Nova Tech #2**, at Centennial Pool on **November 30th**. In order for this to be a successful event for our Club, and Nova Tech athletes in the HRM, we need a lot of volunteers. Keep an eye out for an email from our Meet Manager (officials@swatswim.ca) with details on how you can help. If you haven't registered yet as an official, you can still do this online. Your involvement will help lighten the workload, ensure our meet runs smoothly and is a great way to earn volunteer points.

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.

Age Group #3 (November 15-16, 2024): This meet is open to swimmers qualified at the AA and AAA levels. Swimmers or parents can declare attendance on the SWAT website until November 8, 2024. The meet will consist of three sessions: the first session will begin warm-ups at 4:30PM on November 15, 2024, with the meet starting at 5:30PM. This session has two events, 800M and 1500M freestyle. The second session (Nov 16 AM) will have warm-ups starting at 8:00AM, followed by the meet at 9:00AM. The third session (Nov 16 PM) will have warm-ups starting at 3:00PM, followed by the meet at 3:45PM. The event will take place at Dalplex. Further meet details can be found [HERE](#).

Nova Tech #2 (November 30, 2024): This meet is open to Mini Waves, Tidalwaves, and Novice swimmers. Waves and new Novice swimmers will continue their racing season at the SWAT-hosted NT2 at Centennial Pool. Miniwaves 2 and 3 will compete in the Participation category (session 1). The deadline to confirm attendance is November 23, 2024. The meet will take place at Centennial Pool in Halifax, starting at 1:30PM. Warm-up will take place at 1:00PM. Further information can be found [HERE](#).

Candy Cane Invitational (December 13-15, 2024): The first finals meet of the year is open to swimmers qualified at the AA and AAA levels. This 3-day event, held in Truro, will have heats and finals for 12u, 13-14, and 15-o age groups. Attendance declarations must be made between November 17 and December 7, 2024. More information will be posted soon [HERE](#).



Team encouragement at the Acadia meet – Oct 2024

MEET RECAP BY COACH MATT

Acadia AGD 2

On October 26th, SWAT sent 39 swimmers to Acadia University in Wolfville for the second age group meet. The three groups represented earned a total of 80 best times and 10 new events.

The **Novice** group had 8 swimmers attend the meet. Collectively, they earned 15 best times and swam 5 new events. Katya earned herself a new best time in the 50 Freestyle and swam her first official 100 Breaststroke at the AA level. Olesia earned 3 new personal bests including a 5 second improvement in the 200 Freestyle. Rachel had a very successful 2 best times. She took off 15 seconds in the 200 Free and another 8 in the 100 Breaststroke. Avery swam to a personal best in the 50 Freestyle and swam her first official 100 Breaststroke. Wyatt had 2 best times of his own including a huge 19 second improvement in the 100 Backstroke. August earned 3 new best times with 10 seconds off in the 100 Backstroke being the highlight, and another 5 off in the 50 Freestyle. Wyatt and August both raced their first official 200 Freestyles at the AA level. Aubrey had a 3 second improvement in the 50 Freestyle and swam her first official 100 Breaststroke. Ryan joined the group in the afternoon and was a perfect 2 for 2 including a 5 second pb in the 100 Backstroke.

Junior Provincial and Junior Atlantic had 15 attendees on the weekend. The Juniors collected 34 total best times and 5 new events. Erica B earned her best time in the 100 Backstroke, dropping 3 seconds in the event. Addison earned 4 best times from 5 events including: 8 seconds off in the 100 Backstroke, and her first time under 3:00 in the 200 Freestyle with a 10 second improvement. Nick H had 3 SCM best times on the day. His highlights include: 13 seconds off in the 200 Freestyle and 21 seconds off in the 400 IM; confirming his improvements during the LCM season last year. Sam H had 2 best times. One being a massive 29 seconds off the 400 IM. Angus swam to 2 best times and 1 new

event. He dropped 5 seconds in the 200 Freestyle and swam his first 400 Freestyle. Claire had 3 best times from 5 events. Her best showing being a 17 second improvement in the 400 Freestyle. Madelynn raced to a 3 second PB in the 50 Fly and swam her first 400 Freestyle. Charlotte improved in 3 events, dropping 2 seconds in the 50 Fly, swimming under 40 for the first time and a new best time in the 50 Freestyle. She also raced her first 400 IM. Maria joined in the afternoon and earned 3 best times from her 3 events. She improved her SCM 400 IM time by 18 seconds, breaking the 6:00 mark for the first time. She also swam under 1:20 in the 100 Backstroke for the first time after shaving 5 seconds off in the event. Ethan slipped under 2:00 for the first time in the 100 Breaststroke with a 2 second improvement. Kennedy earned herself 2 best times highlighted by the 10 seconds she took off her 200 Freestyle. Leonie had 2 best times of her own including 4 seconds off in the 400 Freestyle. She also raced her first 400 IM. Erica R had a very good meet with 3 best times. She dropped 17 seconds in the 400 Freestyle. In that race her 200m split was her fastest 200 Freestyle ever. Then later in the session she bettered her 200 Freestyle again and broke 3:00 for the first time in the event. Morgan earned 2 personal bests including a 3 second best time in the 50 Fly. She also completed her first official 100 Breaststroke. Andrew raced to 2 best times of his own including a 6 second PB in the 50 Freestyle.

The **Senior** SWAT groups came through with 16 swimmers. The group added 31 best times to the team total. Gabriel A had a perfect 4 for 4 Saturday swimming several events for the first time in several years. He dropped 43 seconds in the 400 free posting his first time under 5:00. He dropped another 39 in the 200 Fly. He also dropped 5 seconds off his more common SCM 100 Breaststroke, officially breaking through the 1:20 mark. Gabriel C had 1 best time with a 14 second improvement in the 400 Freestyle, sliding under 5:30 for the first time. Despite an unlucky disqualification he also had a very strong swim in his first 200 Fly. Jack dropped 17 seconds in the 400 IM breaking through the 6:00 mark for the first time. Elyse improved on her results earlier this season in the 50 free and 50 fly in her march towards new times. Maggie earned 3 best times including 2 seconds off her previous 200 freestyle time with her first appearance under 2:40 in the event. Victoria joined the group for the afternoon session and was a perfect 2 for 2. She dropped 40 seconds in the 200 Fly and posted her first sub 6:00 400 IM after cutting 11 seconds off there. Ethan K continues to make stride in the Breaststroke with a 4 second best time in the 100; showing under 1:15 for the first time. Jason had 3 best times. His 400 IM was his first time under 6:00 after 21 seconds coming off his final time. He also posted his first SCM 200 Freestyle time under 2:30 after a 15 second improvement there. Eugene had 1 best time on the day posting the first official sub 2:00 200 Freestyle of the group. Ben L had a strong showing despite an unfortunate DQ in the 200 Fly. He earned 2 best times including an 8 second improvement in the 200 Freestyle and finished with a really good race in the grueling 400 IM. Taite joined the squad in the afternoon after coaching the younger SWAT groups in the morning. He had a 7 second best time in the 400 IM. Alana posted a best time in everyone's favourite 200 Fly. Ben P dropped 100 seconds off his 400 IM time. Joel had a revelation in the 400 Freestyle cutting an awesome 31 seconds off his time and taking some strategies away for events in the future. Haley was a perfect 4 for 4 on the day. Her best showing was an 11 second improvement in the SCM 100 Backstroke, posting her first time under 1:20. Sam S rounds the group up with 3 best times. He finished his first 100 Breaststroke under 1:40 after shaving 4 seconds off. He also dropped 14 seconds off his old 200 Fly time, and 30 off his old 400 IM time.

Nova Tech #1

The Nova Tech season has started, and SWAT sent 35 swimmers to Centennial Pool in Halifax to get their racing started. This was a meet of firsts for many of our younger #Sackvillains. 14 swimmers competed for the first time ever! 3 swimmers made their SWAT debuts, and several swimmers made their first attempts at events. It was a chaotic return to the racing pool as everyone was getting back into the rhythm of swim meets.

Novice had 9 representatives. They combined for 10 best times and 15 new swims. Isaiah swam to 2 best times and 1 new swim. He dropped 27 seconds off his 100 Butterfly from last year and 7 in the 100 Free. Siblings, Farrah and Jude made the transition from Summer Swimming to Full Season with 4 strong events each and qualified for AA Age Group competition. Kayden earned 2 best times: 16 seconds off in the 100 IM and 8 in the 50 Breaststroke. He will now compete in Nova Tech Level 2. Sophia earned 2 best times including a 4 second improvement in the 50 Breaststroke. She will also be joining the Level 2 ranks at the next Nova Tech meet. Mylee swam to 2 personal bests of her own and added 2 new events to her repertoire. She dropped 10 seconds in the 100 IM which leaves her close to the Age Group qualification mark in the event. Camden had a couple first time events. Matt improved in his 100 IM by 2 seconds and added a new event to his list. Angel made her SWAT debut after representing Crusaders last season. She dropped 19 seconds in the 100 IM putting herself in reach of the Age Group standard.

Tidalwaves sent 12 swimmers. They had 21 total best times and 1 new event. Alex B swam his first 100 Breaststroke. Londyn swam to a 12 second best time in the 100 IM (IM drops are going to become a theme.) Marshall earned 2 best times including 8 seconds off in the 100 IM. Yashod got himself 3 best times highlighted by a 15 second improvement in the 100 IM and another 6 seconds in the 50 Butterfly. Alex E picked up 2 personal bests lead by 4 seconds off in the 100 IM. Evan raced to 2 best times including 3 seconds dropped in the 50 Back. Freddy also improved 2 times with 11 seconds dropped in the 100 IM and 9 in the 50 Breaststroke. Xavier included himself in the 2 PB club. His big swim was 9 seconds shaved in the 50 Fly. Harper also improved on two swims getting a big best time in the 100 IM. Kai earned a 9 second PB in the 100 IM. Natalie swam fast with 3 best times including 9 and 7 second drops in the 100 IM and 50 Back respectively. Lesi swam tough and got himself a best time in the 50 Back.

Miniwaves had 14 swimmers present for racing. This was the first official meet for all of them. Madeleine, Payton, and Peyton debut in Nova Tech Level 1 after finishing last season with a fun racing introduction at Crusaders. Each swimmer swam their first 3 official events. This year Swim NS has brought back the Participation category to Nova Tech meets. Swimmers compete in 25m races. Miles, Malia, Charley, River, Simone, Leah, James, Jackson, Kyle, Henry, and Aiden all took their first strokes into competitive racing.

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!

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.

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

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.

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