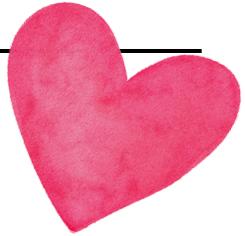


February

2026

TRURO CENTURIONS

S W I M C L U B



January was a fantastic month getting back into the pool, with all squads kicking off the 2026 part of the season in style. Our AA and Nova Tech swimmers had an outstanding first meet, recording 103 personal best times and welcoming three new AA swimmers to the ranks. Huge congratulations to Charlie, Nora, and Sydnei on this great achievement.

The AA & AAA squads are training hard as they prepare for the March Winter Championships. The first AAA meet of the season delivered some excellent training swims, highlighted by a new Provincial Record from TCSC's Kai Todd in the Boys 11-12 50 Backstroke (Long Course). TCSC continues to grow, and it's exciting to see our swimmers pushing limits and setting new standards.

The Centurion Skills Program - Session Two is well underway, and we're thrilled with the strong uptake. This program is a fantastic introduction to competitive swimming, keeping things fun while building foundational skills, and having our Junior Coaches take the lead has been a great addition.

Our Nova Tech swimmers are crushing it in the pool, showing impressive skill development over the past few weeks, and we're looking forward to seeing them in action. Across all levels, our coaching team remains focused on building strong swimming skills and confidence.

Thank You Sponsors!!

With the help of our sponsors we have updated our gear box with new gear cages! This update is great for our space on deck and keeping our equipment organized! Thank you to sponsors who help make it all possible!

Up next, our AA & Nova Tech swimmers head to Pictou on February 14, while our AAA swimmers travel to Dalplex on February 21 for the second long course meet of the season.

Let's go Centurions! 🏊♂️

Home Meets @the

RECC

We're hosting our final spring meets at the RECC:

Nova Tech Explosion - May 23-24
12 & Under Spring Festival - June 6-7

We're looking for **volunteers** to join our meet support committee, we'd love to have you involved! Help with canteen, merch, and behind-the-scenes tasks that keep things running smoothly.

Interested or have questions? Email vpcenturions@gmail.com.

February IMPORTANT DATES

Saturday February 14th - AA & NT
Swim Meet Pictou

Monday February 16th - Family Day
No Practice

Saturday February 21st - AAA Long Course Dalplex

March 6-8th - Age Group Winter Provincials (AA & AAA)

March 16-20th - March Break

March 26th-29th - East Coast Championships (East Coast Qualifiers)

FUNDRAISING

We're excited to share that the club is launching our **final fundraiser of the year!**

Stay tuned for an exciting announcement from one of our wonderful sponsors, Vintage Stove & Fireplace thank you for your support!

Full details and instructions will be emailed to families shortly. We can't wait to share more!

2026

AA & AAA WINTER CHAMPIONSHIPS - MARCH 5-8, 2026

The first ever combined AA/AAA Winter Championships will take place in Halifax, at Dalplex March 5th-8th. This will be the first time the meet is run in this format, so we will look forward to having a BIG team on deck for this meet! Swimmers will all swim Prelims (Morning Session) together as one group. {Seeded by time}

For finals, the TOP 8 swimmers from AAA will swim in a final & the TOP 8 AA Swimmers will swim in a final. They will be scored and awarded separately. It will be important for parents to wait until the conclusion of Prelims to determine if their swimmer is in a final. Please don't assume your swimmer is only swimming in the morning. TCSC swimmers do not scratch finals, so please plan to be available for the weekend. More details will be shared as we get closer. Please make your declarations soon, so we can plan coaching staff and team needs.

Thursday, March 5th session is Distance only (800/1500m) If your swimmer is not in a Thursday event, they do not need to be at the meet until Friday morning.

IMPORTANT

Swimmers of the Month

january

AGE GROUP

Zoé Ménard



Zoé has had an awesome start to 2026. Finding some new found tempo in her Fly, and really showing up to practice ready to train, she's starting off this next part of the season with confidence and a new bounce in her step. Zoé has always been a hard worker, and rises to the challenge. I've been impressed with Zoé's application of feedback in recent months, and it's beginning to show up in her racing. Keep up the great work Zoé!

Each Month we recognize a swimmer who has made an impact within the team in various ways, or who has notably demonstrated our team values of **Positivity, Respect & Excellence.**

NOVA TECH

Evie Oullette

Evie is our NT swimmer of the month for the month of January! At just 7 years old, Evie shows her peers the kind of grit that inspires everyone on deck. She has been working on her technique in every stroke, especially her breaststroke kick, listens to her coaches feedback and even when she's freezing-which is almost always- she never complains and never lets it slow her down. Her positive attitude, great big smile and her determination to "just keep swimming" makes her a joy to coach and a wonderful teammate. We are so proud of you Evie, you're a natural!

Keep up the great work!

Coaches Julie, Jess & Mel



Questions about your swimmer account?

Amanda our Team Treasurer:
centuriontreasurer@gmail.com