



March IMPORTANT DATES

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

March 13th - Last practice before March Break

March 16-20th - **March Break**
{No Regular Swimming}

March 23rd - Back to Swim Practice

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

April 3rd - Good Friday No Swimming

Welcome to March Madness! We are looking forward to an exciting month of competition as we head into Winter Championship Mode. Our swimmers have been working hard to prepare for the upcoming meets!

First we had to Winter Champs happening March 5-8th in Halifax. Our AA & AAA swimmers are ready for action and have put in the work! Stay tuned for the exciting updates over the weekend as our swimmers strive for Personal Bests and a great weekend of swimming!

Following our Winter Championships **NINE** Centurions are heading to Brunswick Maine on the Provincial Team to compete at the Maine Championships. This is a long standing tradition with Swim Nova Scotia and our swimmers have been attending for over 20 years! Once again, I will attend as an Assistant Coach, and support the Nova Scotia team.

Last up will be East Coast Championships at the end of March. Swimmers who qualify for this meet (level above AAA) will head to Halifax at the end of the month to compete amongst Atlantic Canada's top Age Group swimmers.

It will be a jam packed month of competition and excitement! The kids are ready, the coaches are ready and we know our parents/supporters are ready to show up in style. **Let's go Centurions!!**

RUB A DUB DUB- WE'RE FROM THE HUB!!

Coach Meghan

FOOD IDEAS FOR ATHLETES

🚫 Snacks to Avoid During the Meet

- Deep-fried food
- Heavy fast food
- Chips in large amounts
- Candy overload
- Super high-fiber foods right before racing

🍌 Carbs + A Little Protein (Longer Lasting Fuel)

- Bagel with peanut or almond butter
- Half sandwich (turkey & cheese, PB&J)
- English muffin with nut butter
- Oatmeal cup
- Granola bar (low in added fat/fiber)
- Trail mix (go light on chocolate)
- Yogurt cup or drinkable yogurt
- String cheese + crackers

🍌 Quick Energy (Great Between Events)

- Bananas
- Applesauce pouches
- Orange slices
- Grapes
- Dried fruit (mango, raisins, apricots)
- Pretzels
- Rice cakes (plain or with honey)
- Graham crackers
- Fig bars

🍌 Protein for Recovery (After Events or Between Sessions)

- Hard-boiled eggs
- Greek yogurt
- Protein smoothie
- Chocolate milk
- Turkey roll-ups
- Hummus + pita

PROTEIN ENERGY BALLS

Ingredients:

- 1 cup rolled oats
- ½ cup natural peanut butter
- ½ cup honey
- ½ cup vanilla or chocolate protein powder
- 1-2 tablespoons milk (as needed)
- Optional: mini chocolate chips, chia seeds, or shredded coconut



Instructions:

1. Mix oats, protein powder, and any dry add-ins in a bowl.
2. Stir in peanut butter and honey until combined.
3. Add a little milk if the mixture is too dry.
4. Roll into small balls (about 1 tablespoon each).
5. Refrigerate for 30-60 minutes to firm up.

EGG BITES

Ingredients:

- 6 large eggs
- ¼ cup milk (or unsweetened almond milk)
- ½ cup shredded cheese (cheddar or mozzarella)
- ½ cup diced veggies (spinach, bell peppers, mushrooms, or onions)
- ¼ cup cooked, chopped bacon or turkey sausage (optional)
- Salt and pepper to taste



Instructions:

1. Preheat oven to 350°F (175°C) and grease a muffin tin.
2. Whisk eggs, milk, salt, and pepper until smooth.
3. Stir in cheese, veggies, and meat if using.
4. Pour evenly into muffin cups (about ¾ full).
5. Bake 18-22 minutes, until set in the center.

Let cool slightly before removing. Store in the fridge up to 4 days or freeze for longer. Reheat 20-30 seconds in the microwave. Great for a quick, protein-packed breakfast or snack.

Swimmers of the Month february



AGE GROUP

Zöe Millar



Zöe Millar is our swimmer of the month. Exuding the clubs values on a regular basis, she has been committed to her swimming this season which has showed up in style. No one could miss her at the last development meet, when she slashed off time with her improved technique and attention to detail. Zöe is a shining example of what happens through dedication, and practice. While she's still working to master her butterfly, her constant desire to learn and improve, has continued to show. Respectful to all, and extremely coachable- looking forward to seeing what's to come for you Zöe! Keep up the great work!

NOVA TECH

Owen Rose

Owen shows great commitment and pays attention to the small details in practice. He learned an advanced turn and performed it at a swim meet within 24 hours. What an amazing accomplishment! His hard work and willingness to try new skills make him a great role model for his teammates. He always has a positive attitude and is keen to try his best.

Keep up the great work!



Questions about your swimmer account?

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