

# welcome

OCTOBER 2025



Dear Swimmers and Families,

Welcome to the 2025–2026 swim season! I'm thrilled to be entering my third season as your head coach. A warm welcome to our new swimmers and families, and welcome back to our returning swimmers and families. I want to personally welcome you to what promises to be a season filled with growth, hard work, and incredible accomplishments—both in and out of the pool.

As your head coach, my mission is to help every swimmer reach their fullest potential while fostering a culture of dedication, sportsmanship, and team spirit. We'll be focusing not only on building strength, speed, and endurance in the water, but also on developing *character, accountability, and leadership*.

We have an exciting season ahead. Our Age Group swimmers kicked off their season with a team building retreat with leadership, team building and goal setting as a focus. To our Nova Tech Swimmers - Wow! In just a few short weeks, I've observed the incredible improvements and stronger swimmers returning to the pool! The season looks to be an exciting one!

Our team values of **Positivity**, **Respect**, and **Excellence** guide us in all that we do.

A few things to look forward to as we start our season.

- **The Big Swim** (Our annual Fundraiser and Team Challenge)
- Development meets to improve our skills and racing
- The launch of our New Centurion Skills Program (Sept 30)
- The **Candy Cane Invitational December** 12th-14<sup>th</sup>

Parents and guardians, your support is a crucial part of our team's success. From volunteering, being an official, to cheering on the sidelines, your involvement makes all the difference. Thank you in advance for all you do. If you'd like to learn how to get involved- don't hesitate to reach out!

Let's dive into this season with energy, positivity, and purpose. I'm incredibly proud to lead this team—and excited to see all that we'll accomplish together!

Coach Meghan

## Upcoming Swim Meets

(Have you Declared on PoolQ?)

**Oct 18th/19<sup>th</sup>**- Dal Relay & Sprint Meet

**October 25 or 26<sup>th</sup>**- (tbd)

Nova Tech North #1 PICTOU

## No Practice on the following October Dates:

Monday, October 13<sup>th</sup> (Thanksgiving)

Saturday, October 18<sup>th</sup> (Swim Meet)

Friday (PM), October 31<sup>st</sup> (Halloween)



# the big swim

## FUNDRAISER

Our Big Swim Fundraiser is set for Friday, **November 14<sup>th</sup>** from 6:30-8:30PM. All swimmers in the Nova Tech program, through to the Age Group program participate in this fundraiser. All families should have received their information package on the 2025 Big Swim. Can we surpass last years total? Any questions can be sent to [vpcenturions@gmail.com](mailto:vpcenturions@gmail.com).



# Swimmers of the Month September

## AGE GROUP

Zöe Millar

Back in the pool this season with noticeable dedication and excitement, Zöe brings her positive attitude and joyful energy to the pool deck every single day. Within the first two weeks of practice, she posted a personal best sprint time—a clear sign that she's come back ready to rumble!

Zöe consistently offers a helping hand to her teammates, always kind, supportive, and willing to assist without being asked. Her enthusiasm, sportsmanship, and commitment make her a standout member of the team. We're looking forward to a fantastic year ahead with Zöe leading the charge. Well done, Zöe!

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

Charlie Elliott

Charlie shows up to every practice with a big smile, a positive attitude, and plenty of excitement—both for swimming and to share stories from his day! He's been working hard on developing his skills and building his stamina, always pushing himself to improve. Charlie brings such a positive energy to the pool deck and has been a fantastic teammate and friend to everyone around him. His enthusiasm is contagious and his dedication is inspiring.

Keep up the great work, Charlie—we're proud of you!

# Club Reminders



**Swim Meet Declarations** - A reminder to families that you need to check your swimmer account and select your declarations for the upcoming swim meets by the deadline. Meet entries are due on specific dates, and submissions are made based on the confirmations. It is up to families to commit/decline swim meet attendance.



**A note from the Treasurer:** Families are reminded to check their emails for their monthly invoices. Monthly payments are generated from our Quickbooks accounting system, and are easily paid by clicking directly in the email. In addition - you may have an invoice for Red Swim Caps (Coach Meghan has them!) just waiting for swimmers to complete their payments. Please check your outstanding invoices to complete.

If you're paying your program fees in one payment, you can reach out to Amanda directly to confirm. [centuriontreasurer@gmail.com](mailto:centuriontreasurer@gmail.com)

**TEAM GEAR & SWIM EQUIPMENT** - Team Gear is available on our Fundy Team Store. Sweaters, shirts, sweatpants, etc. New additions will be added soon! Stay tuned for special orders that take place during the year - {Caps, Track Suits & Team Suits} Link to the Team Store is located in the Member Hub. Also, a link to our LY SPORT team page where you can order swim equipment with our team code.



Don't  
Forget!

**The Member Hub on our Website is a great place to find info!**

## MARK YOUR CALENDARS

**Our team will be hosting meets on the following dates here in Truro, and we will be looking to parents to help make it all possible. Watch your inboxes for updates on roles available.**

November 9<sup>th</sup> - Distance Meet  
December 12<sup>th</sup>-14<sup>th</sup>- Candy Cane  
January 25<sup>th</sup>- NT & AA Meet  
May 23-24<sup>th</sup> -Nova Tech Explosion  
June 6<sup>th</sup>-7<sup>th</sup> - 12 & Under Festival

**All swim meet dates are available on the website.**