

January

2026

TRURO CENTURIONS

SWIM CLUB

Welcome back to the 2026 swim season! As we return to the pool, we're not just starting another year—we're beginning a new opportunity to grow stronger, faster, and more confident together. Every practice, every lap, and every race is a chance to push past limits, learn from challenges, and celebrate progress. This season is about commitment, resilience, and believing in yourself and your teammates, even on the toughest days. Success isn't only measured by times on the board, but by effort, teamwork, and the determination to show up ready to improve. Support one another, stay focused on your goals, and remember that hard work in practice builds confidence in competition. Let's bring positive energy to the deck, pride to our team, and passion to every swim. I look forward to leading our team of coaches and swimmers into the next portion of our season!

Happy New Year!

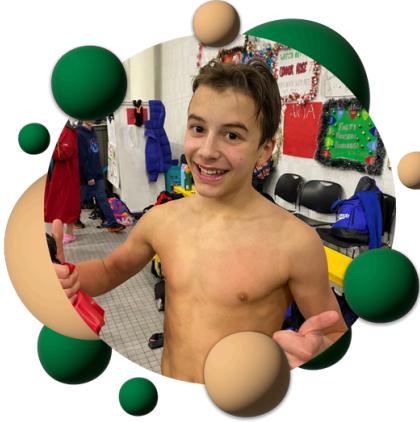


Marissa Hunter 200 Back, Candy Cane Invitational 2025

January IMPORTANT DATES

- January 5th - First Day Back ALL GROUPS
- January 7th - Age Group Goal Setting 4:30PM
- January 14th - Nova Tech Parent Meeting 5:00PM
- January 21st - Age Group Parent Meeting 5:00PM
- January 25th - AA & NT Meet @ Home
- January 30th/31st - AAA Meet at Dal

The Candy Cane Invitational did not disappoint! Our team had a fantastic meet with **127 Personal Best Times, multiple AAA times and East Coast Times, and multiple club records!** That was just pre-season! Thank you to all the volunteers who made the 2025 Candy Cane Invitational a huge success! To the hospitality, canteen, merchandise, officials, support crews... we cannot do it without you! So thank you again for a great weekend! It truly was one to remember!



A new PROVINCIAL RECORD!!

Congratulations Kai Todd on breaking the 11-12 Boys **Provincial** Record in the 50 Back with a time of 31.43!



2026

COACH MEGHAN

This season has been one of growth and power for the Centurions. We are seeing our swimmers shine in all levels from our new skills program to our top performers. I'm fortunate to lead our talented group of coaches who are placing the building blocks for long term success within our program. When I came to the Centurions in 2023, my goal was to help build the future of our team and grow each year. We want to be a competitor amongst the field. I am so proud of this team and everything we are building together. Thank you to the parents and supporters for showing up off deck, to the swimmers for showing up on deck, and the coaching team for believing in our mission and building a culture of positivity, respect and excellence both on and off the pool deck! I cannot wait to see what 2026 has to offer! Happy New Year!



Raya Dalrymple at the Candy Cane Invitational 2025

Swimmers of the Month

december

AGE GROUP

Katie Macdonald



Katie Macdonald is our December swimmer of the month. Katie had a breakthrough meet this month at the Candy Cane Invitational. There was no question Katie showed up to race when she dominated her 400 IM and 200 IM and absolutely crushed her 400 and 800 free! Rounding out the perfect meet with 7/7 personal best times. A reflection of the hard work she's been putting in at practice. Katie has levelled up this season, and with continued hard work and focus, we look forward to seeing her shine! Congrats Katie! Looking forward to an awesome 2026!

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

Felipe Krepsky

Felipe is NT swimmer of the month for December and what a month he has had! Not only did Felipe make his times to move into AA, he also participated in his first big meet at the Candy Cane Invitational in December. When Felipe stepped on deck on September he had a goal in mind to improve his swimming and we have seen that play out in each practice. With his big smile, he has been a role model for his teammates by leading the group in activation and being the first to jump into the pool ready to go. This had certainly paid off as Felipe has not only improved his times this year but he has improved his stamina and his strokes. Felipe has been impressing all his coaches and we are so excited to see what he will be able to achieve in 2026. Congrats Felipe and keep up the hard work!

Coaches Julie, Jess & Mel



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.



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

E-Transfers for Account Payments

Thank you to our treasurer Amanda Betts for taking great care of our accounts! A quick note/ reminder that as of January, we are only able to accept e-transfer for billing. We tried something new, but the fees exceeding the benefit, and we want to ensure that that funds within our club are available for things like equipment, lane rentals, swim meets, and special projects. Thank you for understanding. Any questions regarding your accounts can be sent directly to Amanda.



Questions about your swimmer account?

Amanda our Team Treasurer:
centuriontreasurer@gmail.com

VOLUNTEERS/ OFFICIALS WILL BE NEEDED ON THESE DATES:

January 25th - AA & NT Meet
May 23rd/24th - Nova Tech Explosion
June 6th/7th - 12 & Under Festival

Best Seat in the House

Become an OFFICIAL!!

We're always looking to help parents get involved. The best seat in the house is as a timer or official. It's easy to get involved! Our sport depends on the help from parents and supports to run successful swim meets. We will be offering information on how to become an official at our parent meetings this month.

January 14th from 5-6PM for Nova Tech
January 21st from 5-6Pm for Age Group