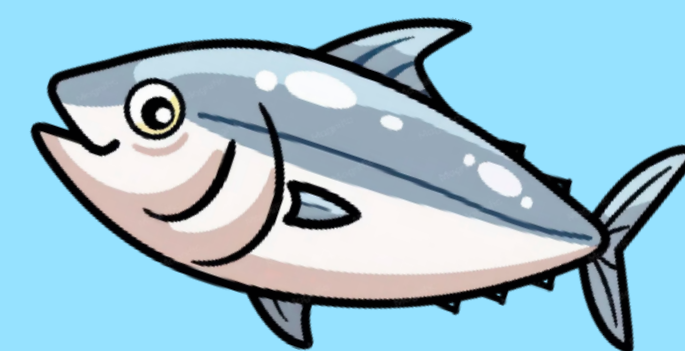


TUNA NEWS



Windsor Bluefins

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The ***Tuna News*** is your weekly source of all things bluefins! Stay up to date with upcoming meets, volunteer opportunities, schedules, photos, announcements and more.



Swim Meet Deadlines

Parents are required to accept or decline their swimmer's attendance for upcoming swim meets through our webinar by **11:59 p.m. on the Sunday before the following weekend's meets.**

For example, by **Sunday, June 12 at 11:59 p.m.**, please submit your swimmer's availability for the **Lunenburg** and **Bridgewater** swim meets.

Swim Meet Essentials

What to bring to swim meets?

- Swimsuit
- Goggles
- Team Swim Cap
- Towels
- Team shirt and warm clothes to wear inbetween events
- Shoes
- Water Bottle
- Snacks/Lunch
- Sunscreen

Where to go at swim meets?

When you arrive at the swim meet, please look for the **Windsor Bluefins** team tent and set up your swimmer's belongings there. This is our team's home base throughout the day, where swimmers can relax between events, cheer on their teammates, and receive updates from the coaches.



Practice Essentials

Please bring the following to every practice:

- Swimsuit
- Goggles
- Swim cap
- Towel
- Water bottle

Tuesday & Thursday Morning Practices (bluefins only):

Swimmers attending morning practices should also bring **athletic clothes and athletic shoes** for dryland training that takes place after practice.

Arriving at Practice:

Swimmers are expected to arrive 15 minutes before practice begins. This time is used for activation, setting up the flags and lane lines, and ensuring everyone is ready to start practice on time.



Introducing the... PB Jar!

Starting this weekend, each time a swimmer makes a new **Personal Best** at a time trial or swim meet, their name will be entered into our PB jar! the PB jar will be updated in each newsletter and at the end of the summer we will draw a name or two from the jar for a prize!



The PB Jar will be at all swim meets and time trials throughout the season. You'll find the jar, along with small blank slips of paper and pens, at the team tent. Every time you achieve a personal best, write your name on a slip of paper (you can also include the event and your new time if you'd like!) and place it in the PB Jar.



Meet The Coaches



Ethan Kershaw - Head Coach

Ethan has been a dedicated member of the Windsor Bluefins coaching staff, serving as an Assistant Coach from 2022 to 2025 before joining SWAT as an Assistant Coach for the 2025–2026 season. He is an **NCCP Level 1 Certified** coach with a strong competitive swimming background. Ethan represented Team Nova Scotia at the **2022 and 2025 Canada Games**. Beginning in the fall of 2026, he will compete as a varsity swimmer with the **Dalhousie Tigers** while pursuing a **Bachelor of Science in Kinesiology** at Dalhousie University. Ethan is passionate about developing swimmers of all ages and helping athletes build confidence, skills, and a lifelong love of the sport.



Alana Mercier - Assistant Coach

Alana has been an Assistant Coach with the Windsor Bluefins since 2025 and joined SWAT as an Assistant Coach for the 2025–2026 season. She is **NCCP Community Coach Certified** and previously swam competitively with SWAT, giving her valuable experience and insight as both an athlete and coach. In addition to coaching, Alana is a certified lifeguard and swim instructor, where she enjoys helping swimmers of all ages build confidence, improve their skills, and develop a love for the water. In the fall of 2026, she will begin pursuing a **Bachelor of Science in Nursing**, continuing her passion for helping others both in and out of the pool.



Members Needed on Provincial Committee

The Windsor Bluefins are excited to be hosting the **Provincial Championships** this season, and we are looking for members to join our Provincial Committee.

If you are interested in getting involved or would like to learn more, please email windsorbluefins@gmail.com. Your support is greatly appreciated and will play an important role in making this event a success!

Meet Schedule

Saturday, July 11th - Hosted by **Bedford Beavers**

Sunday July 12th - Hosted by **Digby Dolphins**

Saturday July 18th - Hosted by **Lunenburg Mariners**

Sunday July 19th - Hosted by **Bridgewater Barracudas**

Saturday July 25th - Hosted by **Waeg waves/ East Hants Stingrays (@ Shearwater)**

Sunday July 26th - Hosted by **Kentville Marlins**

Saturday August 1st - Hosted by **Colby Sailfish**

Sunday August 2nd - Hosted by **St. Margaret's bay Breakers**

Friday August 14th - Sunday August 16th - **PROVINCIALS** hosted by **Windsor Bluefins**