

>>> NOVEMBER 2024 <<<

MONTHLY NEWSLETTER

Region of Waterloo Swim Club



TOP NEWS OF THE MONTH

CLUB CHAMPIONSHIP

October 2nd, 2024



>>> READ MORE: KICK-START MEETS

The club championship was a tremendous success! Members were divided into three teams: White, Black, and Blue. Senior swimmers set a wonderful example for the younger ones, showcasing team spirit and enthusiasm. Coaches and swimmers added to the excitement by wearing costumes and accessories that enhanced the team vibe. The event concluded with a three-way tie, leaving everyone with smiles. A big thank you to our dedicated coaches for making this event happen, and we look forward to the next one in December!

>>> READ MORE

The **Swimmer's Corner** is dedicated building team spirit! Learn about the personal swimming journeys of ROW swimmers and be inspired by their dedication, resilience, and love for the sport. In addition, our coaches are integral members of the ROW community. **Coach Spotlight** aims to highlight the incredible contributions of our coaches, whose encouragement play a crucial role in shaping each swimmer's journey. Let's go ROW!

SWIMMER'S CORNER

Featuring: Coach
Spotlight



➤➤➤ FALL FIRST TRY

The first meet of the season began following a morning workout focused on teaching meet expectations and team cheers. This event served as an important learning tool by helping swimmers assess and identify areas for improvement and shaking off the “dust” after summer break. 136 ROW athletes from 7 to 17 years old raced together in a single session, and showcasing a diverse range of experience from just one year to eleven years. Overall, the meet was a fantastic way to kick off the season as we head into future meets!

Impressive highlights include two new club records: Ethan W set a time of 1:07.64 in the 11/12 boys SCM 100 Back, while Eliza L clocked in at 34.75 in the 9/10 girls SCM 50 Fly. Despite being the first meet of the year, a high percentage of athletes achieved personal best in SCM, exceeding expectations and competition was intense across all age groups, with some thrilling races. It was also wonderful to see senior athletes bonding with younger swimmers, enhancing our club's sense of community. Thank you to the swimming officials and HHAC & KWST for joining us at our meet last weekend; your support made the event a success!



➤➤➤ BAC INVITATIONAL

From November 1-3, 60 ROW swimmers from SD, RSA Comp, AGD, and JDI groups attended the BAC Invite in Brantford. Competing in timed finals, the swimmers tested new strokes and distances, achieving an impressive 82% best time rate. The mix of veteran and novice racers fostered team spirit, with athletes showing strong #ROWNATION pride, especially in relays. Congratulations to first-time WOSA qualifiers Dakota L and Sophia L! We look forward to the Wilmot Fall Invite on November 16-17 in Baden.



➤➤➤ FALL SKILLS AND THRILLS

On Sunday, November 3rd, ROW took 80 novice swimmers to their first meet of the 2024-2025 season at the University of Guelph, marking an exciting debut for 30 of them. The swimmers embraced new experiences, from navigating warm-ups to practicing dives and learning marshalling, all with smiles and enthusiasm. Their performance reflected the hard work they've put into training, with noticeable improvements across the board. Congratulations to our TOPs and RSA AG swimmers on their achievements, and we look forward to seeing them compete again at the ROW Novice Meet on December 1st at Laurier!

NYAC CUP MEET HIGHLIGHTS

The NYAC Cup, held over three days at Toronto Pan Am Sports Centre (TPASC), featured a competitive field with heats and finals for 13 and over and timed finals for 12 and under. Known as one of the fastest pools in the province, TPASC hosted 33 teams, including elite competitors from clubs like OAK, NYAC, TSC, WAC, Brock, HTAC from Halifax, and Neptune from Montreal, as well as university teams from Waterloo and Guelph. The event even witnessed a new Canadian record in the men's 50 Breaststroke set by Olympian Javier Acevedo, adding to the excitement of the meet.

ROW swimmers exceeded early-season expectations, achieving numerous lifetime personal bests and moving up significantly from their seeded positions. Their race strategies and skills were executed with focus and energy, leading to multiple milestones. Notably, four new club records were set; Ethan W. broke records in the 50 Free, 50 Back, and 100 Back for 11/12 Boys SCM, and Beckett S. set a new record in the 50 Breast for 13/14 Boys SCM.

Several ROW athletes achieved OSC standards, including Olivia S., Chris R., Nathan L., Athena L., Ethan W., Sebastian H., Megan B., Eliza L., Zade M., and Stella N. Additionally, Nora H., Alex G-F, and Nikkolai T. achieved qualifying times for OAGs. These qualifications reflect the strong training foundation and commitment of the athletes. Altogether, ROW swimmers brought home 13 golds, 14 silvers, and 4 bronze medals, capping an impressive meet and setting a high benchmark for future competitions.




**REGION OF WATERLOO
ROW
SWIM CLUB**

Congrats!
Beckett Shannon
New Club record
50m Breast SC 32.79

NYAC Meet Nov 2024



**NEW CLUB RECORD
50m BREAST SC 32.79**



**REGION OF WATERLOO
ROW
SWIM CLUB**

Congrats!
Ethan Wu
New Club records
50m free SC 27.05
50m Back SC 30.31
100M Back SC 1.05.59

NYAC Meet Nov 2024

NEW CLUB RECORDS



**REGION OF WATERLOO
ROW
SWIM CLUB**

Congrats!
Eliza Lin
New Club record
50m FLY SC 34.75

FALL First try Oct 2024

**NEW CLUB RECORD
50m FLY SC 34.75**

PROGRAM STRUCTURE & PATHWAY

4

>>> PROGRAM DESIGN

We implement the Long Term Athlete Development model established by the National Coaching Certification Program (NCCP) to shape our swim program structure. This approach acknowledges that athletic pathways are not always linear, and each athlete has unique needs. By providing a clear roadmap, we guide our swimmers through their development journey, ensuring they receive tailored support. Our primary focus is on fostering world-leading performance by creating a cutting-edge training and competitive environment that supports sustained international podium success.

In addition to performance, we emphasize comprehensive sport development by leading an organized, efficient, and integrated sport system that promotes excellence at all levels. To further enhance our training program, we offer opportunities for swimmers to participate in local, provincial, and national high-performance training camps. This holistic approach ensures that our athletes are well-prepared for competitive challenges, while also nurturing their individual growth and potential.



GROUP INTEGRITY

Swim group integrity is vital for fostering an effective training environment. By maintaining the integrity of groups, we ensure that each athlete aligns with the group's culture, including shared goals, attitudes, values, and beliefs. Additionally, all pre-requisites must be met, including performance levels, training abilities, and technical skills, to ensure everyone is at a similar stage of development. Given each group's training schedule functions as a unified program where each workout complements one another, ROW does not offer make-up workouts with other training groups or other scheduling amendments.



➤➤➤ ADVANCING TO A HIGHER SWIM GROUP

To move up to a higher swim group, athletes must meet specific group requirements and pre-requisites that ensure they are prepared for the increased demands. Performance expectations include demonstrating consistent improvement in skills and times, while the stage of development should align with the group's objectives. Pre-requisites involve mastering essential technical skills pertinent to the next level, as well as a commitment to attendance, punctuality, and dedication to group goals. Athletes must show a willingness to work collaboratively with teammates and contribute to the overall success of the group, demonstrating their readiness for greater challenges and responsibilities.



Click here!

"Make a splash and make your mark."



FINANCIAL ASSISTANCE

**4 AVAILABLE PROGRAMS FOR
THE REGION**

by ROW Communications



✓✓✓ ROW TRAINING BURSARY

The ROW Swim Club offers a training bursary to all members, with applications open from November 1st to December 15th each year, reviewed by an independent committee. Grants have an annual limit and are reviewed yearly by the ROW Board. Applications can be submitted via email or dropped off at WLU in a sealed envelope labeled "Training Bursary Application," with results announced by January 1st. Additional applications may be accepted if funds remain available. Bursaries will be credited to family accounts. For the application form, please click [here](#).

>>> CITY OF WATERLOO

The City of Waterloo's Fee Assistance Leisure Access Program provides financial support to low-income permanent residents, helping them participate in recreational, minor sports, and arts programs. Eligible individuals receive assistance as a credit. Eligibility is based on total family income. Click the [link](#) for more details.

>>> KITCHENER SPORT BURSARY

The ROW Swim Club and Kitchener Sports Association are ensuring all Kitchener-Waterloo children can participate in organized swimming; contact the ROW office for details.

>>> KIDSPORT ONTARIO & JUMPSTART

Similar programs are also available from [KidSport Ontario](#) and [JumpStart](#).

INVOICES, FEES, AND PAYMENT

>>> FINDING YOUR MONTHLY INVOICE

Even if you've been with ROW for a while, you could be excused for not knowing that the club generates monthly invoices for each family. Your invoices can be accessed through the ROW web site. They aren't sent to you, which is why you might not know about them. Each monthly invoice lists the items for that month, such as payments and new Meet Fees. You can see your account history by printing out all your recent Invoices and viewing them in order. More usefully, you can search your Account Invoice History. Doing so brings together all the Invoice items from a time period you specify in one convenient document. To locate your invoices, sign in on our website, then click "My Account" and select "My Invoice/Payment." For monthly invoices, click "Billing History" to view a table with links in the "Invoice Month" column, where the most recent invoice is at the top. Each invoice also includes an "Invoice Details" section for last month's items.



>>> HOW TO PAY?

You may pay by Pre-Authorized Debits (PADs) by completing and returning the PAD form when you register, along with a void cheque made payable to the ROW Swim Club. The easiest way to deliver cheques or drop off completed forms is to place them in the ROW mailbox by the bulletin board near the viewing gallery for the

WLU pool. Alternatively, you can mail items to ROW Swim Club, C/O Wilfrid Laurier University Athletic Complex, 75 University Ave W, Waterloo, ON N2L 3C5. You can also make payments via e-transfer to our Office Manager at:

OFFICE@ROWSWIMMING.CA.

>>> MEET FEES AND PRE-AUTHORIZED DEBITS (PADS)

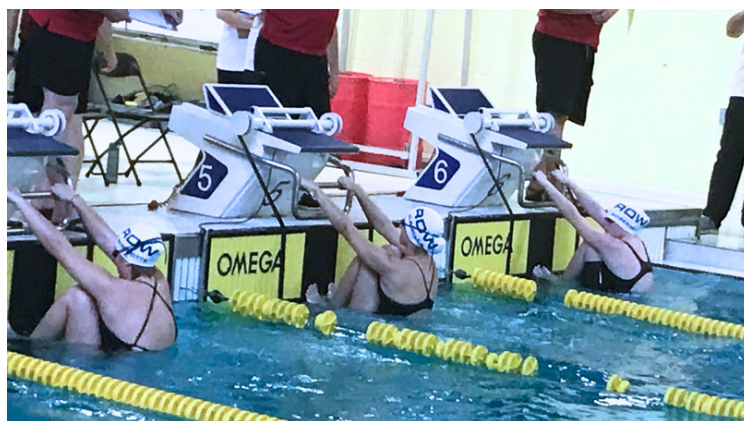
If you arrange to pay throughout the year via pre-authorized debits (PADs), the monthly debit amount is calculated so as to cover your swimmer's expected participation in meets. This adjustment means you're unlikely to be left owing a large amount at the end of the swim year. If your meet fees for the year exceed the pre-paid amount, there will be an outstanding balance on your account after your last PAD withdrawal in June or July. If your actual Meet Fees for the swim year are less than the predicted amount, a credit will remain on your account. This credit is automatically carried over and applied to reduce your fees for the next season. Alternatively, you can request that this amount be refunded to you at the end of the season.

HELP OUR ATHLETES ACHIEVE PEAK PERFORMANCE,
BOTH IN AND OUT OF THE POOL.

VERA NIELSEN *FAST & FREE* FUND

Your generous donations to the "Vera Nielsen Fast & Free Fund" will go towards mental performance training for swimmers and coaches.

Donate today via e-transfer:
Send your contribution to office@rowswimming.ca with the note: "For the Vera Nielsen Fast & Free Fund"



>>> COMMON FEES

- **Registration Fee:** A one time, non-refundable fee is due upon registration of every season. This amount includes membership in Swim Ontario which is required to compete in sanctioned swim meets and provides insurance coverage.
- **Training Fee:** The cost of the program covers facility usage, pool time rental, and coaching costs. This fee varies as the higher-level groups have more, and longer practices.
- **Meet Fees:** Charges incurred for registering for Meets. These amounts are amounts charged by the Host club and may be found in the Meet Package for each meet.
- **Team Travel Fee:** A fee to cover the costs of coaches attending the meet. For meets outside of Waterloo Region, the amount is \$25.00 per swimmer. If you have more than two swimmers in a household attending the same competition, the Team Travel Fee is only applied for two children.



SWIMMER'S *Corner*

A ROW Poem
Written by: Olivia Snyder

CALLING ALL SWIMMERS!

YOUR WORK CAN BE FEATURED HERE TOO, JUST LIKE THIS AMAZING POEM! SUBMIT YOUR ENTRIES [HERE!](#)

Row really rocks it's so radical it removes my rage

Swimming so satisfying it stimulates smiles and silliness

Radical Russ makes me race ridiculously hard
AJ answers my annoying questions like an awesome coach

Carly cherishes her cold coffee
Kaitlyn kicks butt with her kindness
Chloe is catastrophically cool
Tyson teaches terrifically

COACHES' SPOTLIGHT

Q. What inspired you to become a swim coach, and what keeps you passionate about coaching?

"I began coaching as a part-time job, because I was approached by the head coach of a local age group swim club. Afterwards, the relationships I built with families and coworkers, and the impact I had on the athletes and vice versa helped fuel my love for competitive swimming."

Q. How do you approach building a positive environment around swimmers and encourage team spirit?

"To be part of a positive environment, you need to contribute to a positive environment. I believe that establishing rules like "No complaining, no excuses, no grieving" helps set a constructive tone and enforces work ethic, discipline, and commitment. Building these traits are rewarding and enjoyable aspects of the sport and help swimmers feel pride and joy in their efforts. High-energy moments, whether during training or at meets, are essential, and I encourage team cheers and enthusiasm to keep spirits high. I also encourage the athletes to be themselves and create positive relationships with their teammates so issues can be easily resolved among, themselves, but I will also personally intervene if attitudes go south."



Q. What advice would you give to swimmers who are looking to reach their goals this season and improve their performance?

"For swimmers aiming to reach their goals and improve performance this season, my advice centers on pushing boundaries and staying positive. Start by asking yourself, "What's the hardest I've ever worked, and how can I push just a little harder?" Progress requires clear self-awareness, so identify specific areas to improve, whether it's physical strength, technical skills, or developing better habits. Understand that creating change is a process and that positivity plays a huge role in productivity. When things don't go as planned, maintaining a positive mindset can be the key to staying on track and motivated."

Q. What do you believe are important qualities for a swimmer to succeed, both in and out of the pool?

"Swimming is a sport where results are an honest reflection of determination and hard work- the strongest athletes build a good work ethic to reach their highest potential. It's important for athletes to show up to practice with a positive growth mindset and be accountable for their actions; if you are experiencing obstacles or barriers, what are YOU going to do? Adversity should be approached like a puzzle and not a problem, which is why the excitement of strategic racing makes every opportunity to compete fun and rewarding."

Q. What are your goals for the team this season?

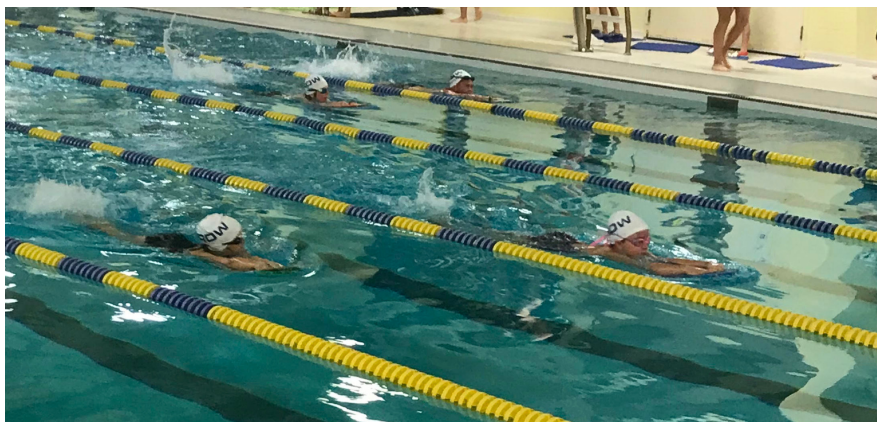
"This season, I plan to enhance our club's day-to-day systems and manage the growing membership effectively to build a pathway which equips athletes technically, physically, mentally, and emotionally. I'd also like to sustain our club's ranking among the top 5 regionally, top 10 provincially, and top 20 clubs nationally. This involves helping our athletes achieve their performance targets or provincial time standards with the goal of sending athletes to a Tour Team for the first time since 2009. Overall, I aim to express my gratitude more openly and celebrate each success, big or small, as our club works toward these shared goals."

IMPORTANT

UPDATES

UPDATE: AIR QUALITY AT LAURIER POOL

Thank you for everyone's patience as we navigated the temporary shutdown schedule last week due to unforeseen interruptions in training due to a pool closure. Groups can return to WLU as of Monday November 4 for regular scheduled training. **Please remind your swimmers to shower before coming onto the pool deck.** Showering before workouts at WLU is MANDATORY as was communicated in the opening email sent by ROW on November 1st; this small and easy action is to assist in both the water and air quality to reduce the production/release of trichloramines at the surface of the water.



Chloramines, though disinfectants, are less effective than free chlorine and cause eye, mucous membrane, and respiratory irritation in pools. These compounds form when free chlorine reacts with nitrogen-based compounds (amines) found in substances like sweat, urine, and personal care products. To reduce chloramine buildup, **it's crucial to shower before swimming, avoid urinating in the pool, and clean pool systems regularly without ammonia-based cleaners.** Indoor pools especially contend with trichloramine, a volatile chloramine that causes respiratory irritation, especially when water agitation increases. WLU is actively working to improve air quality at their pool complex through a comprehensive set of measures. They conduct regular water quality tests and maintain low chlorine levels to reduce chloramine buildup. Recently, they replaced UV lights, further lowering chloramine levels. To address air quality directly, WLU is enhancing the HVAC system by increasing airflow and cleaning vents, as well as regularly monitoring chloramine levels and testing air quality. Additional steps include controlling water levels during meets, frequent cleaning of tanks and drains, and monitoring chloramine levels multiple times daily. Together, these efforts aim to maintain a safe and comfortable environment for our athletes.

IMPORTANT DATES:

- Nov 1-3 BAC Invite
- Nov 3 Skills & Thrills GMAC
- Nov 18 Save the date - **Award Banquet**
- Nov 22nd-24th Nother's Meet
- Nov 22 Custom caps order deadline
- Dec 1 ROW Novice
- Dec 6th-8th GMAC Meet
- Dec 13th-15th Team Showdown
- Dec 12th-15th OJI Championship Meet

ROW AWARD BANQUET

Date: November 18, 2024

Time: 5:30 pm doors open

Location: St. George Banquet Hall,
665 King Street North- Waterloo

- 6:00 Dinner is Served
- 7:00-8:00pm Awards Presentation

REMINDERS:

- Fundraising Update - We are seeking sponsors for our 2024/2025 season. (See [sponsorship letter](#))
- Follow us on [X](#), & [Instagram](#)
- Declare attendance for Team Showdown
- Officiating volunteers for ROW Novice meet on Dec. 1 should sign up with the following [form](#)
- Custom caps order [form](#)

KEEP OUR POOL HEALTHY!



Shower Before Swimming:

Remove sweat, oils, and other contaminants



Use the Bathroom:

Take breaks when needed



Better Air Quality = Better Swimming:

Sweat and urine create tri-chloramines that affect air quality at water's surface



HOW TO VIEW MEET ENTRIES

1. Log into your account on the ROW website.
2. Reload/Refresh the page.
3. Navigate to the Meets/Events tab.
4. "Meet Entries" is now shown as the second tab below the Meets/Events category.

OUR SPONSORS



WALTERFEDY



UPCOMING DEVELOPMENT CAMPS

Throughout each swim season; Regional, Provincial and National swim camps are hosted for select athletes meeting performance criteria. Invitations are received by athletes for being a top performer within the designated region, age group, gender and events. So far this season, ROW athletes have received numerous invitations, highlighting exceptional performances from the 2023-2024 swim season:

- **WOSA Selection Camp:** Athletes from the Western Region born 2011 to 2013 are eligible, 6 Females and 6 Males per year of Birthday. Athletes are selected based on FINA points (200m FINA points + best event FINA points). Includes 2 swim sessions, 2 dryland sessions, and a talk with international level athlete
 - **Date:** November 10th at the Wayne Gretzky Centre in Brantford
 - **Invitations:** Athena Laskaris, Ethan Wu, Olivia Snyder, Chris Rus, Edan Wedderburn, Stella Neable
 - **Alternates:** Zade Mollenkamp, Nikkolai Turner, Finn Oxby
- **Swim Ontario Camp:** Athletes from Ontario born 2008 and younger are eligible, a total of 6 Females and 6 Males (+12 athletes from Quebec). Athletes with the top performances per gender in 1500 Free, 800 Free, 400 Free are selected. Includes distance focused training over 5 swim sessions.
 - **Date:** November 5th to November 7th at TPASC
 - **Invitations:** Sunny Xu
- **Canada Games - Pre-selection Camp:** Male athletes born 2008 and younger, and female athletes born 2009 and younger are eligible. The top 5 Females and top 5 Males per Olympic event are selected. This camp is focused on helping swimmers work towards competing for Team Ontario at the 2025 Canada Summer Games in Newfoundland.
 - **Date:** November 20th at TPASC
 - **Invitations:** Sunny Xu, Le Anne Du