



Monthly Newsletter

January 2025

Region of Waterloo Swim Club

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Happy New Year

January 2025 Vol 1. Issue 5.

UPDATES TO THE BOARD OF DIRECTORS

Election Results from AGM

Congratulations to Todd Snyder and Liz Akeroyd on their elections to the board! Todd, a dedicated parent and tech-savvy contributor, brings valuable experience in swim meet operations, communications, and cybersecurity improvements. Liz, a passionate advocate and experienced leader, has made significant contributions to fundraising, program development, and strategic governance during her previous term. Both bring unique skills and a shared commitment to fostering a thriving environment for athletes, coaches, and families.

CELEBRATING NEW CLUB RECORDS!

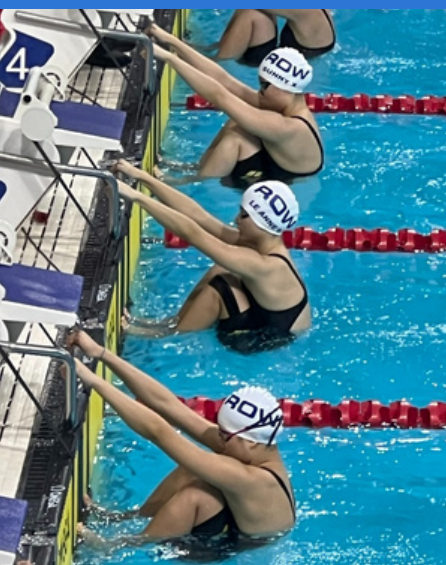
New Year Cup & Scarborough Invite

This month, the club celebrates outstanding achievements with new records set by Chris R. in the 200 Fly, Beckett S. in the 50 Breast, Nic W. in the 200 Breast, and Olivia S. in the 100 Back. These impressive performances highlight the dedication and skill of our swimmers. Congratulations to all on these remarkable milestones!

FUELING SUCCESS THROUGH NUTRITION

Key to Growth and Performance

Understanding how nutrition impacts performance motivates swimmers to make informed, healthy choices and reach their full potential. Educating young swimmers on nutrition is vital and a balanced diet fuels training, supports recovery, and promotes healthy development.



Fall Season Highlights



January 2025

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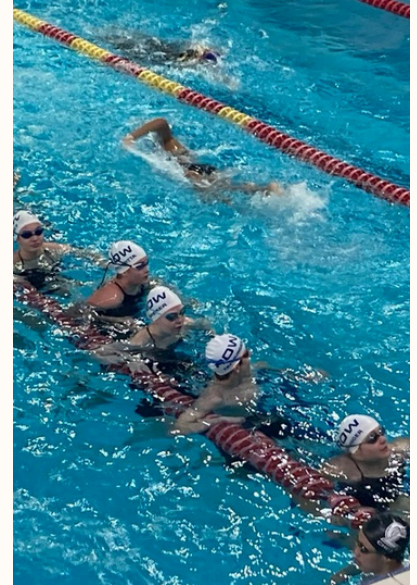
Happy New Year

Year End Reviews

HEAD COACHES' NOTE

The club celebrated a strong showing this season, highlighted by a 3rd-place finish at the Team Showdown. Numerous swimmers achieved qualification standards for major competitions, reflecting their dedication and growth.

Ontario Age Group Qualifiers included athletes from National Development (Aerowyn R, Joseph L, Kentaro D, Edy N, Nathan L, Nic W, Aris C, Lucas LB, Patrick L, Megan B, Sophie R, Olivia G, Mia T, Le Anne D, and Sunny X), Provincial Development 1 (Beckett S, Michael T, Edan W, Esther S, Chris R, Ethan W, Zade M, Sebastian H, Nikkolai T, Athena L, and Olivia S), and Provincial Development 2 (Nora H, Alex GF, Tommy F, Cole B, Stella N, and Eliza L). Swimmers require at least one qualification standard for OAGs and two for OSCs, underscoring their achievements and readiness for the next level.



NATIONAL DEVELOPMENT, PD1 & PD2

The National and Provincial Development swimmers had an exceptional season, competing in events like the Fall First Try, NYAC Cup, Nothers, and OJI/Team Showdown. With high commitment, energetic training, and strong team spirit, they achieved new milestones, including first-time qualifications for major competitions and breaking several meet and club records. These accomplishments highlight their progress, skill development, and a promising foundation for future success.

SD, JD1, AGD, AND RSA COMPETITIVE

JD1, Age Group Development, RSA Competitive, and Senior Development swimmers had a successful season, achieving new milestones and tackling challenging events like the 200m Fly and 400m IM. Several qualified for the Western Region Swimming Championships, while others neared new standards such as WOSA and OAGs, reflecting their progress and teamwork.

TOPS, JD2, AND RSA AGE GROUP

JD2, TOPs, and RSA Age Group swimmers had a remarkable fall season of progress and achievements. Competing in events like the Fall First Try and ROW Novice Meet, they improved technical skills, embraced challenging races, and achieved over 90% personal best times, showcasing their hard work, confidence, and team pride.

>>> [READ MORE](#)



Chris Rus

New Club Record
11/12 Boys
200 Fly LCM
2:30.81

Scarborough Invite

Beckett Shannon

New Club Record
13/14 Boys
50 Breast LCM
32.53

Scarborough Invite

Olivia Snyder

New Club Record
11/12 Girls SCM
100 Back
1:08.15

New Year Cup

Nicholas Wei

New Club Record
13/14 Boys
200 Breast LCM
2:38.74

Scarborough Invite

Meet Highlights

January 2025 • Scarborough Winter Invite • New Year Cup • Region of Waterloo Swim Club

SCARBOROUGH PAN AM WINTER CLASSIC

The Scarborough Pan AM Winter Classic provided an excellent 2.5-day LCM tune-up opportunity at the Toronto Pan AM Sports Complex. This meet marked the first competition back for ND and PD1 swimmers after a 10-day holiday break, landing in the middle of a demanding training block. The focus was on rediscovering racing form, building intensity, and gaining valuable experience with several LCM sessions under little rest. Athletes aimed to gauge their readiness as they approach championship meets, with goals centered on effort, form, and finding their competitive rhythm.



The team delivered outstanding results, achieving approximately 70% LCM personal bests—a remarkable accomplishment for this stage of the season. The performance metrics speak volumes, with a medal count of 27 golds, 9 silvers, and 21 bronzes earned by a broad group of swimmers, and Rhys B qualifying for the 14-year-old boys' 50 Free OAG.

The meet also saw impressive club records, including Chris R in the 200 Fly, Beckett S in the 50 Breast, and Nic W in the 200 Breast. These results highlight the athletes' dedication and the support from coaches and teammates. Many athletes embraced challenging schedules, including events like the 400m Free or IM followed closely by the 200m Back or Free, demonstrating resilience and growth. A big thank-you to Scarborough for hosting such a well-organized and competitive event, setting the stage for an exciting championship season ahead!



AT ETOBICOKE OLYMPIUM

The New Year's Cup brought an exciting new format this year, transforming the former A/B meet into a 3-day event for all athletes, including 12&U swimmers and a first-ever for many 10&U participants.

NEW YEAR'S CUP

The team delivered strong results, earning 4 gold, 9 silver, and 15 bronze medals, with standout performances from Cole B, Liam B, Abigail C, and many others. Several swimmers achieved new qualifications, including Harper C, Gabi S, Tim X, and Tiger Q for WOSA, and Charlie D and Liam B for OAGs. A highlight of the meet was Olivia Snyder setting a new club record in the 11/12 Girls SCM 100 Back. Congratulations to all participants, and a big thank-you to ESWIM for hosting such a fantastic event!



Many athletes achieved significant milestones, such as racing their first 400 IMs or 800 Frees, while JD2 athletes gained confidence and showed consistent race skills.

COACHES' SPOTLIGHT



Where do you see yourself in the next five years in terms of your swimming and coaching career?

In terms of my swimming career, the plan is to continue to enjoy my retirement from the sport I dedicated over 20 years of my life to. I will continue to swim from time to time. Since September I have been swimming once a week, while supplementing in more running and weight training. Back in October I completed my first half marathon. I have in the plans at least 1 half marathon for 2025 and hopefully a couple of 10km races throughout the year. When it comes to coaching, I hope to still be coaching with ROW and continue to build upon the success we have had as a team over the past several years. Through this, I will look to continue to enhance my credentials and always be a sponge when it comes to learning from my coaching colleagues on deck. I truly have enjoyed the transition of being an athlete on the national team, to jumping into coaching Senior Development. There have been many success stories from each of my athletes and I look forward to continue in celebrating their achievements as we head into the final Short Course meets and gear up for Long Course in the coming months.

Having competed at several international meets, including the 2023 Para Pan American Games, what advice would you give to swimmers aspiring to compete at the international level?

Take in the moment of the opportunity you have worked so hard to achieve. Whenever I stepped onto the international stage, be it at the Para World Championships in 2022 or at the Para Pan American Games in 2023, the feeling never got old and I was always extremely grateful to represent my country. Competing on the world stage doesn't happen overnight! It takes seasons of hard work, dedication, learning, and having fun to achieve these goals. As I grew older in sport one of my top goals was to have fun at all my competitions, trying to remember what it was like as an age grouper going multiple best times at meets. It is important to recall, not every swimmer's progression in sport is the same. Some will peak early, level off for a few years and rebound in university years, while others may peak later in life, and some may constantly chip away at their performances. At the end of the day, it is not the times that are remembered, it's the experiences you had, the pools you traveled to, the friendships you made, and commitment demonstrated.

What are some key traits you hope to instill in your swimmers based on your own journey as an athlete?

I have a few, in no particular order come to mind. Confidence, Resilience, Determination, and Optimism. All these are many puzzles pieces that can come together to create amazing things in our sport. Each swimmer's pathway will brush these traits (along with several others) in their races, training sessions, or while experiencing adversities. A key piece to remember is every athlete's pathway is completely different as well as the way they measure success. This is why it is so important to have our own goals and aspirations in our sport and in our own lives.

The new year is a great time to make new goals! What are some of your goals for the upcoming year, and do you have any advice for swimmers looking to make new goals themselves?

My goals for the upcoming year include preparing for my second half marathon. Last fall I completed my first race at the Toronto Waterfront Marathon in 2 hours and 10 minutes. My goal for this year's race is to break the 2-hour barrier. In order to this I will continue to run a couple of times a week, while increasing this in the spring and summer months. A secondary goal of mine is to go for a walk every single day for a minimum of 10 minutes. After completing half a month's worth of these already, I have found this to be an excellent time to reflect on my day, take a break from school work, set writing, entry planning, but also an opportunity to get outside and enjoy the fresh air. For swimmers looking to make new goals for 2025, my advice is to try and keep your goals manageable. Ask yourself first, is the goal I am setting for myself short term or long term? If it is a time related goals, for example, a swimmer wants to qualify for Ontario Swimming Championships in the summer. The first question is what are the swimmers' current times? How many seconds does the swimmer need to drop in order to achieve the standard? What will the swimmer do in workouts to improve their chances of achieving this goal? Goal setting is an excellent tool to set the pathway for your season. It is equally important to check-in with your goals and adjust them when necessary.

What's your go-to pre-race meal or routine that helped you during competitions?

Before morning heats, it was always, get something into my system, coffee to kickstart things, eggs, carbs, fruits, and hydration. Pasta and veggies following finals to replenish my body. In terms of routines, I always would take a walk around the pool deck. I even did this at pools I commonly raced at. I would do this to check out the environment, see the signage of advertisements, notice the flags, specifically the colours and patterns, as well as notice the lights. Were they being dim or bright? All these little things helped me be ready to go in the venue. I would see how long my walk is to the ready room from where the team was sitting. At all international meets there is a hard line when the ready room closes and you won't race if you are seconds late! So, showing up early to the ready room was always paramount. I always listened to music on route to the blocks to get ready to race. Often times I would also chat with friends and teammates in the ready rooms to calm the nerves as well hype each other up.

If you had to write a motivational speech for ROW swimmers, what would the opening line be and why?

"Live in the moment and enjoy the journey you are on because one day your competitive swimming career will come to a close." Many times, through this season alone I have told the swimmers in SD, don't blink because the meet will be over, or the first block of our season will be completed. We have completed our first 4 months of the season and nearing the end of the Short Course season. It is important to be present in the moment and enjoy the pathway we are on. At competitions swimmers get to enjoy the fruits of their labour from workouts. Remember the experiences and memories you are making along your journey.



EDUCATING YOUR SWIMMER

Young swimmers experience growth spurts that increase their need for energy and nutrients like protein, iron, and calcium. It's important for young athletes to learn nutrition knowledge and practical skills early, enabling them to take responsibility for their intake during competition travel or when leaving home for an enhanced training environment.

A BALANCED DIET & KEEPING HYDRATED

Optimizing Diet for Elite Swimmers: Flexibility, Hydration, and Health

Swimmers are all different, there is no one-size-fits-all diet. These needs also change throughout the season, requiring flexibility. Aquatic athletes should follow a balanced diet rich in energy, carbohydrates, protein, and micronutrients to support immune function and health. Indoor training may reduce vitamin D levels, while bone health requires sufficient energy, nutrients, and weight-bearing activities, which are often limited in aquatic sports. Elite swimmers face tough training and competitions in challenging conditions.

To cope, they should stay hydrated, consume enough carbs, protein, and iron at high altitudes, adjust fluid and carb intake based on race conditions, and maintain strict food and water hygiene while traveling. Swimmers should adopt a well-structured diet, adjusting energy and nutrient intake to align with training and competition demands. Nutrition should account for individual needs during tapering, complex competition schedules, and the off-season.

Adapting to Training & Competition Needs

Food & Nutrition Talk on Feb 8

- Swimmers need extra energy during growth, intense training, or high-altitude sessions; carb-rich snacks like smoothies or liquid meals can help.
- During reduced training, adjust energy intake by limiting high-calorie snacks and focusing on fiber-rich foods and lean proteins.
- Lifelong healthy eating habits are built through family support, with special attention to young and female athletes' needs.
- It is particularly useful for children and adolescents to develop habits around choosing healthy snacks.
- You will receive an email about registration from the club for Nutrition Talk on Feb 8.

HYDRATION

Staying hydrated is vital for performance, with sufficient fluids before, during, and after swimming practice being essential.

MEAL PLAN FOR A MEET

Swimmers should follow a race-day snack and fluid plan tailored to their needs, avoiding both overeating and underpreparation.

DURING COMPETITION

For all-day meets, swimmers should bring carb-rich foods. Opt for quick-digesting snacks or sports products if races are under 60 minutes apart.

PRELIM AND FINAL

During championship meets, swimmers typically have a large lunch after the morning heats and a light, carb-rich snack before the evening finals.

MORE RESOURCES

More information about food and nutrition from [World Aquatics](#) and [USA Swimming](#) websites.

THE PROMISE OF NUTRIGENOMICS

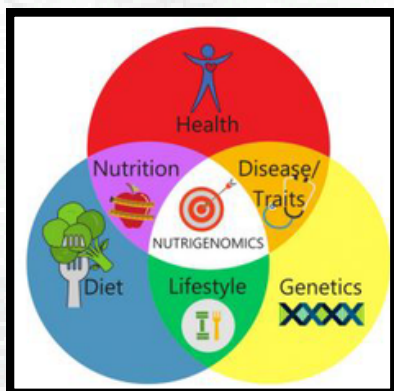
REACHING YOUR FULL (GENETIC) POTENTIAL



Research by Sophie Rus (ND)

Nutrigenomics and Nutrigenetics are two fields that study how genes and nutrition interact. Nutrigenetics analyzes how differences in your genes can predict how your body will likely respond to certain nutrients, while nutrigenomics looks at how nutrition can impact gene expression. In addition athletes are continuously looking for ways to push the boundaries of athletic performance. This field holds an important potential to provide solutions. Most people see nutrition on a very surface level, for example, how it will make you feel after you eat it. Though this can be important, we know that from the emerging science of nutrigenomics, that food affects you on a much deeper level.

It is important to keep in mind that food can profoundly change your gene expression, not your DNA. (Gene expression is the process by which a gene's information is used to trigger the production of a protein that serves some function in the body.) Therefore, this can dramatically change the overall activity of the cell, and can have massive effects on your body.



ATHLETIC PERFORMANCE

There are many physical traits that can help determine your athletic ability, for example the predominant fiber type that make up your muscles: slow twitch and fast twitch. Personalized nutrition for athletes has been becoming more popular, and can help with performance, along with many other benefits.

The most common genes associated with athletic performance are ACE and ACTN3. These both have certain alleles that can affect your endurance, speed, and overall strength.

Emerging research suggests that dietary patterns and specific foods can modulate ACE gene expression and activity, for example diets with an increased intake of potassium have been shown to decrease ACE activity, reducing the risk of hypertension and type 2 diabetes, indirectly affecting sports performance. The same is for the ACTN3, though there isn't much research on specific foods that can affect it.

Dark leafy greens
Cruciferous vegetables
Liver
Beets
Beans and legumes
Okra
Mushrooms
Seeds
Turmeric
Rosemary
Berries
Tea



METHYLATION CHARGED SUPERFOODS

Certain foods are likely to interact with the ways in which genes function, with implications for health and athletic performance.

In sum, nutrition has a potentially large effect on sports performance that manifests itself through gene expression. With whole food nutrition, you can harness methylation to make positive changes. Emerging nutrigenomics research suggests that dietary patterns and specific foods can modulate ACE gene expression and activity. Diets with an increased intake of potassium, soy protein, alpha-linolenic acid, and low in sodium have been shown to decrease ACE activity, potentially reducing the risk of hypertension and type 2 diabetes, and thus indirectly affecting sports performance.

As for the ACTN3, while specific dietary interventions to modify its expression are not very well documented, it is believed that foods that are low in fat, high in antioxidants and protein, omega-3 fatty acids, in vitamin D and appropriate hydration support muscle health and function.

IMPORTANT

UPDATES

COACHES STRATEGIZE MEET SELECTIONS

Coaches carefully choose meets based on the event structure, length, and locations, ensuring they align with championship meets and avoid conflicts with ROW-hosted swim events. This planning is a detailed and challenging process, made more difficult by Swim Canada's new registration system this year, which often complicates access to upcoming meet information. For instance, one of the reasons that the Scarborough Invite was selected because of its 16+ finals, providing valuable opportunities for swimmers in the 15-year-old age group to compete and secure more chances to swim in the finals.



GUIDELINES FOR ELECTRONIC DEVICE USAGE

During swim meets, swimmers are advised to use electronic devices, such as cell phones, tablets, or computers, solely for purposes related to swim meets or swimming. It is also acceptable to use these devices for listening to music. However, playing video games on deck is not permitted.

To foster a sense of community and team spirit, swimmers are encouraged to observe events during the meet and cheer for their teammates whenever possible. Active participation and support help build a positive and engaging atmosphere for everyone involved.



IMPORTANT DATES:

- Feb 1-2 Dean Boles
- Feb 2 Skills & Thrills GMAC
- Feb 8 Nutrition Talk
- Feb 14-16 WOSA
- Feb 17 Family Day (All groups off)
- Feb 27-Mar 2 OAG

OUR SPONSORS



WALTER FEDY



REMINDERS:

- Spring Spirit Wear Store coming in March!
- Club records are currently displayed on deck, and a new bulletin board will soon be installed in the upstairs hallway to showcase them.
- Nutrition Talk on Feb 8.
- Fundraising Update - We are seeking sponsors for our 2024/2025 season. (See [sponsorship letter](#))
- Follow us on [X](#), & [Instagram](#)

Thank you to our volunteer photographer Lin Yao for the amazing pictures!

SWIM MEET ETIQUETTE



Be respectful to others at all times:

Address questions or concerns to coaches; Avoid calling swimmers on deck from the viewing gallery



No eating or drinking on deck:

Drinking water only may be consumed on deck; food and sugary drinks must be in glass-free containers and consumed outside the pool deck area



**Deck Rules:
Authorized Access
Only – No Outdoor
Shoes Allowed**

Only swimmers, coaches, officials are permitted on deck; Walk on deck at all times; No outdoor shoes on deck

PRACTICE GUIDELINES

To ensure smooth and effective practices, we ask swimmers and parents to follow these guidelines:

- Swimmers must always follow their coach's instructions.
- Parents are not allowed on the pool deck during practices.
- Concerns about practice or coaching should be addressed respectfully outside practice hours through proper channels.

Parent Conduct

Parents are expected to model respectful behavior. Arguing with coaches or undermining their authority disrupts the positive environment we strive for. Please review the Member Code of Conduct on the ROW Swimming website for detailed expectations.

CANADA SUMMER GAMES PRE-SELECTION CAMP

On January 16th, Sunny X and Le Anne D represented Swim Ontario by attending and participating in the Canada Summer Games Pre-Selection Camp.



NEW SWIM ONTARIO PHOTOGRAPHY, VIDEOGRAPHY & CELLPHONE PROCEDURE

Effective January 21, 2025, Swim Ontario's new Photography, Videography, and Cellphone Procedure establishes minimum standards for device use at sanctioned events. It prohibits photography and videography behind swimming blocks (except for limited coaching purposes), in locker rooms, bathrooms, and prep areas. Images or videos that are demeaning, sexualized, prone to misuse, or taken without consent are strictly forbidden. Participants and spectators must follow these standards, which are governed by the Swim Ontario Code of Conduct, with violations subject to disciplinary action. (For more details: [Swim Ontario Photography, Videography and Cellphone procedure](#))

SHARE YOUR SWIM MEET MOMENTS WITH US!

Our dedicated volunteer photographer, Lin Yao, is doing an incredible job capturing professional photos and videos for our newsletter and social media. However, it's impossible for him to be everywhere or cover every swim meet. We warmly encourage you to share any photos or videos you have from swim meets, so our posts can reflect a wider range of events and participants beyond those attended by committee members. Please feel free to forward your files directly to communications — we'd love to showcase your contributions!

Showcase Your Work in Swimmers' Corner!

Your swimmer's work could be featured in Swimmers' Corner, just like the amazing food and nutrition research project on page 6! Submit your entries [here](#)!



ISING TO THE CHALLENGE!

Region of Waterloo Swim Club