

ROW SWIMMING

REGION OF WATERLOO SWIM CLUB

TALK TO US

Swimmer's Corner entries wanted!

Submit your ROW inspired work here!

MEET HIGHLIGHTS

MAKING A SPLASH AT CHAMPIONSHIP MEETS

COACH SPOTLIGHT

Read and be inspired by Coach Kaitlyn's swimming journey!

MEET HIGHLIGHTS

Making a splash at WOSA 2025, London, ON

FOOD & NUTRITION SEMINAR

Follow Up Questions: How Proper Nutrition Powers Your Swim Performance



VOLUME 1

ISSUE 6

FEBRUARY NEWSLETTER

MEET HIGHLIGHTS

WOSA 2025

Region of Waterloo Swim Club



WESTERN ONTARIO SWIMMING ASSOCIATION (WOSA) REGIONAL CHAMPIONSHIPS

STRONG PERFORMANCES AND NEW QUALIFICATIONS

Canada Games Aquatic Centre, London, ON

The Western Ontario Swimming Association (WOSA) Regional Championships, held at the Canada Games Aquatic Complex in London, Ontario, brought together 26 clubs for an exciting three-day competition. Despite tough weather conditions, including the cancellation of practices earlier in the week, athletes raced hard in both heats and finals, with swimmers aged 13 and older competing for team points and top placements, while younger swimmers participated in timed finals. This meet was a key event heading into the winter season, with goals focused on personal bests, medal placements, and earning qualification times for major provincial championships like the Ontario Age Group (OAG) and Ontario Summer Championships (OSC).

The team finished in 7th place overall, with impressive individual and team performances. The athletes earned a total of 15 gold, 19 silver, and 15 bronze medals, showcasing the strong effort from the swimmers. Medalists included Cole B, Rhys B, Abigail C, and many others, all contributing to the team's success. Oliver M and Nora R met new OAG time standards, and Kate H and Madison T earned their first OSC qualification times in the 200 and 100 breaststroke respectively. With 10 first-time competitors at the meet, this championship provided valuable experience and opened the door for future achievements in the sport.



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DEAN BOLES INVITATIONAL

1 FEBRUARY 2025 | LAURIER POOL | @ROWSWIMMING.CA

The ROW-hosted competition, named after Dean Boles, the previous Head Coach and current CEO of Swim Ontario, brought together athletes of all ages in a unique racing format. Sessions were structured to include both 12&U and 13&O swimmers. The meet was held over two days, with Saturday featuring two Long Course Meter (LCM) sessions and Sunday hosting two Short Course Meter (SCM) sessions of the same events. This setup allowed athletes to focus on their individual goals, whether it was securing new qualification times for the Ontario Age Group (OAG) Championships or the Western Ontario Swimming Association (WOSA) Championships, or preparing for upcoming meets in different formats.

Performance highlights from the meet included notable club records, such as Beckett S setting a new mark in the 50 Breast SCM for 13/14 Boys, and Stella N achieving a record in the 50 Fly SCM for 11/12 Girls. New qualifiers also emerged from the competition, with Abigail F, Benton M, and Sky Q earning spots for the OAGs, while Vlad B qualified for WOSA. This event served as both a last-chance opportunity for qualification and a valuable training experience, providing swimmers with the chance to fine-tune their skills while racing at high intensities.



GMAC - SKILLS & THRILLS

2 February 2025

The GMAC-hosted Skills & Thrills competition marked the second of its kind for the year and the third overall meet for the athletes. For many, it was their first time racing at this level, and the initial nerves quickly faded once they hit the pool for their first event. Notably, several TOPs athletes took on their first 100m events—distances they typically don't race—but their coaches believed they were ready to tackle the challenge, and they rose to the occasion. Head Coach AJ attended his first GMAC Skills & Thrills and thoroughly enjoyed the experience, embracing the younger energy of the meet. It gave him the opportunity to connect with new faces and strengthen relationships with athletes from past seasons. He expressed great excitement about the promising potential of ROW's next generation of swimmers, and the event left him eager to continue fostering the growth and development of these athletes.



CLUB CHAMPIONSHIP #2

22 January 2025

The second club championship, held on Wednesday, January 22nd, had an exciting freestyle theme that brought a lot of energy to the event. The atmosphere was electric, with enthusiastic cheering from both swimmers and spectators alike. One of the highlights of the meet was the 33x25 Free "Wave" Relay, which injected a surge of energy and team spirit into the competition. The relay event was a game-changer, dramatically shifting the final team scores and adding an element of surprise.

At the end of the meet, the scores were close, with White team leading with 60 points, Blue team trailing just behind at 58 points, and Black team closely following with 57 points. It was a thrilling event that showcased the competitive spirit and teamwork of all participants.





What do you believe are the most important life lessons that young swimmers can take away from the sport, beyond the pool?

Time management, coachability, and self-responsibility are key life lessons that swimming teaches. Swimmers quickly learn how to manage their time effectively, balancing school, practice, and other commitments. Self-responsibility is huge—whether it's making sure their bags are packed, knowing their training schedule, or communicating with teachers about missing school for meets. Being coachable teaches them to accept feedback, adapt, and grow, which are vital skills both in and out of the pool.



Looking back at your career, what has been the most unexpected lesson you've learned as a coach?

The most unexpected lesson I've learned is the importance of being flexible as a coach. Every swimmer is unique, with different goals and reasons for being in the sport. Some are driven by the desire to compete at the highest level, while others are focused on fitness, personal growth, or simply enjoying the sport. Understanding these varying aspirations and adapting my coaching approach to meet each swimmer's individual needs—whether physical, mental, or goal-oriented—has been crucial. Being able to adjust programming to fit these differences has helped me connect with my athletes more effectively and guide them toward success in ways that align with their personal journeys.

What inspired you to transition from being an athlete to a coach, and how has your experience as a swimmer shaped your approach to coaching?

From a young age, I was drawn to swimming, and by the time I was 12, I knew I wanted to become a swim coach. I was deeply influenced by the support my coaches provided, the lessons I learned, and the strong sense of community within the clubs I swam for. As someone with a learning disability, I didn't always feel successful in school, and I often struggled with my self-esteem. But the support of my coaches and teammates in the pool gave me a sense of belonging and helped me build confidence. The impact of being part of a team and the sport itself was huge in my life—it taught me discipline, resilience, and how to work toward a goal, not just as an individual, but as part of something greater. The camaraderie and sense of belonging swimming gave me were truly special. As a coach, I aim to recreate that same family atmosphere, focusing on each swimmer's individual growth while nurturing teamwork. My own experiences in the sport have given me a deep understanding of the challenges athletes face and the mindset required to overcome them, and I strive to pass those valuable lessons on to my swimmers.



What are your goals for the upcoming season, and how can swimmers set personal goals to improve in the pool?

For myself, my goals this year include prioritizing family, focusing on mental health wellness, and exploring some hobbies like baking more! For swimmers, the start of the year is a perfect time to revisit your goals and assess your progress. Take a moment to reflect on what you've accomplished so far and where you'd like to improve. Set goals that challenge you and push you to be better. Most importantly, remember to focus on the process—not just the results. Growth comes from the effort you put in every day.



COACHES' SPOTLIGHT

Kaitlyn Schultz

*Coach for
AGD, RSA AG, & RSA.*



Can you share an example of a time when a swimmer faced a significant challenge, and how you worked with them to overcome it?

A memorable challenge was when provincials required swimmers to meet specific time standards in both the 400 IM and 800 Free. This was particularly tough for swimmers who struggled with distance freestyle. The pressure was high, and some swimmers struggled physically and mentally. We worked on building their confidence and breaking down each event into manageable goals. It took time, but by focusing on the process, we saw significant improvements. Alongside that, I helped them navigate injuries and mental health struggles that arose, supporting them through these hurdles as a coach and mentor.

What specific skills or habits do you emphasize the most with younger swimmers to set a strong foundation for their swimming careers?

The most important skills I focus on are listening, remembering, and applying feedback. I always remind swimmers that their primary responsibility is to actively listen to their coach—keeping their ears above water and eyes on the coach when instructions are given. If staying focused is tough, I suggest placing both hands on the wall to limit distractions and make it easier to concentrate. If feedback isn't clear, it's important to ask meaningful questions to fully understand how to improve. After each workout, it's crucial to reflect on the feedback you received—whether it's for the group or specific to you—and carry that into your next practice. The more you apply that feedback, the faster you'll see progress!

FOOD AND NUTRITION SEMINAR

FUELING FOR SUCCESS: HOW PROPER NUTRITION POWERS YOUR SWIM PERFORMANCE

Follow-up Questions

To perform at your best, you need to treat your nutrition with the same level of planning and attention as your training. As a swimmer, this means understanding that your body needs the right amount of fuel to maximize performance. What counts as "enough" fuel varies based on factors like your age, weight, and activity level. It's essential to listen to your body and recognize the signs of underfueling, such as feeling unusually tired, noticing changes in strength or muscle mass, getting sick more often, or even feeling moody or irritable.

If you're not properly fueled, you might experience issues like stomach discomfort or trouble with digestion, which can affect your focus and overall training. Remember, food is your fuel, and fueling your body correctly can make a significant difference in how you feel and perform in the water. So, ensure you're getting enough to support your training goals and maintain your energy levels.

Should I have soda or not?

Soda can be part of your diet, but it's important to focus on prioritizing foods that fuel your body. It's not about labeling foods as "good" or "bad" but recognizing that different foods have their place at different times. For example, enjoying a Coke at a social event or a celebration with friends or family is perfectly fine. The key is learning to balance and make conscious choices, focusing on how your body feels—whether it's hungry or full—rather than over-restricting or obsessing over food choices.

Should I take supplements?

Supplements should be the last thing to focus on, especially for younger athletes. The primary focus should always be on food first, as it provides the most significant improvements in performance and health. Only consider supplements like iron or vitamin D if recommended by a doctor. Supplements like creatine are typically discussed with older athletes if needed. The main priority should be meeting your nutritional needs through a balanced diet.

A typical weekday...		
Meal	Time	What
Pre-Swim	5:30 am	Quick Carb Pre-workout Snack: E.g. Fig bar + glass of OJ
Post-Swim (breakfast)	7:30 am	Performance plate breakfast (+4 Rs): E.g. Bagel with peanut butter, yogurt cup, fruit, milk or chocolate milk
Snack #1 (school)	10 am	High-performance snack (carb + protein) E.g. Granola bar + 2x cheese string + grapes
Lunch (school)	12-1 pm	Performance plate lunch E.g. Turkey sandwich with lettuce, side of vegs, cut up fruit, juice box or milk carton
Snack #2 (after-school/pre-practice)	3-4 pm	High-performance snack (carb + protein) E.g. Muffin + trail mix
Dinner (home)	5-7 pm	Performance plate dinner E.g. Burrito bowl: Rice, chicken, tomatoes/salsa, avocado glass of milk
Snack #3 (recovery snack)	10 pm	High-performance snack (carb + protein) – E.g. Greek

Meet Days

Day Before → Hard Training Day Performance Plate at meals

Morning Of Meet → Hard Training Day Performance Plate at breakfast (min 1-2 hours before session)

- E.g. Bagel + scrambled eggs + sliced fruit + glass of juice or milk

During the day →

AM Session (7-12 am)

- Have something for breakfast (even if not full meal) with top up carb snack before
- Can sip on sports drink throughout the session or small carb based snacks
- Lunch → Recovery meal

PM Session (5-8 pm)

- Either have breakfast, lunch, pre-session snack
- Can sip on sports drink throughout the session or small carb based snacks
- Dinner → Recovery meal OR early dinner, pre-session snack, larger recovery snack afterwards

CAN UNDER-FUELING AFFECT MY SWIMMING PERFORMANCE?

Yes, under-fueling can negatively impact your swimming performance. Without enough energy, you may feel more fatigued, slower, or less focused in the water. Proper fueling is crucial for maintaining strength, endurance, and overall performance in swimming.

HOW SHOULD I HYDRATE DURING SWIM PRACTICE?

It's important to hydrate consistently during swim practice. Aim to drink from a 500ml bottle throughout each hour, taking sips every 10 to 15 minutes rather than chugging it all at once. If your practice lasts longer than an hour, consider adding a source of carbohydrates, like a sports drink, to help maintain energy levels.

INTRODUCING ASSISTANT COACHES

PART 1



ELAN CANTKIER

	SCHOOL	LAURIER
	SWIM EXPERIENCE	1 YEAR
	COACH EXPERIENCE	1 YEAR
	FUN FACT	I LOVE MOVIES
	FAVOURITE FOOD	CHICKEN WINGS
	FAVOURITE SPORT	BASKETBALL



OLIVIA FRANCIS

	SCHOOL	LAURIER
	SWIM EXPERIENCE	5 YEARS
	COACH EXPERIENCE	5 YEARS
	FUN FACT	FIRST RACE: 200 FLY
	FAVOURITE FOOD	CHIPOTLE BURRITO BOWL
	FAVOURITE SPORT	SWIMMING



ISABELLE DANALLOV

	SCHOOL	LAURIER
	SWIM EXPERIENCE	9 YEAR
	COACH EXPERIENCE	1 YEAR
	FUN FACT	SWAM FOR 9 YEARS
	FAVOURITE FOOD	SUSHI
	FAVOURITE SPORT	BASKETBALL



PARNIA ABGHARI

	SCHOOL	KCI
	SWIM EXPERIENCE	3 YEAR
	COACH EXPERIENCE	1 YEAR
	FUN FACT	LOVE LEARNING SCIENCE
	FAVOURITE FOOD	ANY PASTA DISH
	FAVOURITE SPORT	SWIMMING



TRYSTEN STOKES

	SCHOOL	CONESTOGA COLLEGE
	SWIM EXPERIENCE	DNS
	COACH EXPERIENCE	8 YEARS
	FUN FACT	HAVE 2 CATS & 1 DOG
	FAVOURITE FOOD	DNS
	FAVOURITE SPORT	DNS

WHAT'S COMING UP NEXT MONTH?

IMPORTANT UPDATES

IMPORTANT REMINDERS

- New 15-16 age group records were added to the record board.
- Summer Programming information was posted on February 6th. [Click here for more information.](#)
- Open Water Championships is pushed to July 26th-27th
- To check your FPP points, follow this [link](#). Once on the page, you can find a video at the bottom for guidance.
- Fundraising Update - We are seeking sponsors for our 2024/2025 season. (See [sponsorship letter](#))



» POOL CLOSURE DUE TO CHEMICAL IMBALANCES

The safety of our swimmers always comes first, and while the week leading into Regionals was far from ideal from both an athlete and coach perspective, we must prioritize their well-being. Situations like the pool closure due to chemical imbalances and weather-related closures are challenging, but they remind us of the importance of trusting the training we've put in place and focusing on what we can control. Although it was frustrating to lose critical preparation time, every ROW athlete rose to the occasion and demonstrated clear progress from September until now.

» IMPORTANT DATES

- Feb 27-Mar 2: OAG
- Mar 7-9: Wilmot
- Mar 10-16: March Break (All groups off)
- March 26: Club Championship
- Spring Spirit Store coming in March!

click here!

SUMMER PROGRAMMING 2025
REGISTRATION OPENING DATE: FEBRUARY 6TH @ 12:00PM

Junior Performance Camp

- Dates: July 14th to 18th
- Time: 10:00 AM to 4:30 PM
- Location: WELT
- Pre-requisites:
 - Registered competitive athletes with Swim Canada
 - Proficiency in all four competitive swim strokes
 - At least 20 minutes of swim ability
 - At least 10 minutes of swim ability
- Cost: \$150 (\$100 early bird) * \$2000000000

Summer Swim Team

- Dates: Monday, Wednesday, Thursday, from July 7th to August 7th
- Time: 10:00 AM to 12:00 PM
- Location: WELT
- Pre-requisites:
 - 10 & 11 year athletes, based on ability
 - 12 & 13 year athletes, based on ability
 - 14 & 15 year athletes, based on ability
 - 16 & 17 year athletes, based on ability
 - 18 & 19 year athletes, based on ability
- Cost: \$150 (\$100 early bird) for 10-hour session * \$2000000000

Age Group Performance Camp

- Dates: July 21st to 25th
- Time: 10:00 AM to 4:30 PM
- Location: WELT
- Pre-requisites:
 - Registered competitive athletes with Swim Canada
 - Proficiency in all four competitive swim strokes
 - At least 20 minutes of swim ability
 - At least 10 minutes of swim ability
- Cost: \$150 (\$100 early bird) * \$2000000000

Senior Performance Camp

- Dates: July 28th to August 1st
- Time: 10:00 AM to 4:30 PM
- Location: WELT
- Pre-requisites:
 - Registered competitive athletes with Swim Canada
 - Proficiency in all four competitive swim strokes
 - At least 20 minutes of swim ability
 - At least 10 minutes of swim ability
- Cost: \$150 (\$100 early bird) for 10-hour session * \$2000000000

Performance Camps focus: Water sessions include stroke breakdown, technical development, and speed work, with an emphasis on starts, turns, and finishes. Dry sessions target movement skills, athletic ability, goal setting, nutrition, mental skills, and a guest speaker from Canadian National Team.

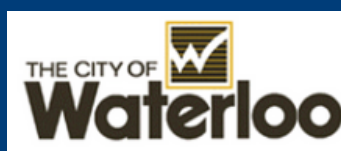
» ROW SUMMER PROGRAMMING 2025

Our Summer Performance Camps are perfect for young swimmers looking to elevate their skills! The Junior Performance Camp (8-10 years) runs July 14-18, focusing on key skills like starts, turns, and finishes. The Age Group Performance Camp (10-12 years) follows from July 21-25, with an emphasis on stroke technique and speed. The Senior Performance Camp (12+) takes place July 28-August 1, offering advanced training for competitive athletes. Each camp includes water and dryland sessions, technical drills, and for the senior group, mentorship from a Canadian National Team member.

We are also offering a Summer Swim Team from July 7th to August 7th. The Swim Team program is designed for swimmers of all levels, with separate sessions for younger swimmers and more experienced athletes. These sessions will include skill development and a focus on fun, while introducing the fundamentals of competitive swimming for new swimmers.

OUR SPONSORS

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FAST, FIERCE, UNSTOPPABLE!

Region of Waterloo Swim Club



#60ROWNATION

MORE PICTURES FROM WOSA 2025 LONDON, ONARIO



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Compete



CHASE THE FINISH LINE – SWIM WITH HEART!

Region of Waterloo Swim Club