

ROW

SUMMER
Newsletter
2025

V1 N°09

END OF SEASON REMARKS

*Head Coach
Alex Johnson*

MEET HIGHLIGHTS

*Canadian Trials,
AGI, WOSA, OSC*

SWIMMER'S CORNER

*Sunny Xu | Le Anne Du
ROW at Canadian Trials
Victoria BC*



End of Season Remarks: A Record- Breaking Year for ROW

As we bring the 2024–2025 swim season to a close, the Region of Waterloo Swim Club (ROW) has every reason to celebrate. It's been a year defined by remarkable growth, unwavering commitment, and truly inspiring performances—both in and out of the pool.

33 Records. One Unforgettable Season

In a club steeped in history, breaking records is no small feat. Yet this season, our swimmers shattered 33 club records across a range of events. These achievements are a reflection of the depth of talent, relentless training, and high-performance culture our swimmers and coaches continue to build together.

Making Waves at Provincials

ROW athletes made a strong mark on the provincial stage, earning Top 10 finishes at both Winter and Summer Ontario Provincial Championships. The results speak volumes about the development of our athletes and their ability to rise to the occasion when it counts.

A Thriving Community

This season wasn't just about times and podiums—it was about people. Club membership reached an all-time high, a testament to the strength of our programs and the trust our community places in us. Participation in club-run events was also at record levels, from the Awards Banquet, Club Picnic and YMCA team-building event to our team travel meets. ROW families showed up and showed out, creating an environment where swimmers feel supported and connected.

Thank You to Our Team Behind the Team

To our coaching staff—thank you for your vision, dedication, and ability to bring out the best in every swimmer. To our families and volunteers—your energy, support, and countless hours behind the scenes make all of this possible. To our athletes—your commitment, grit, and love for the sport is what makes ROW so special.

Looking Ahead

With our sights set on the 2025–2026 season, there's never been more momentum behind this club. Whether you're moving up in age group, joining our competitive stream for the first time, or chasing national-level goals—know that ROW will be right there with you every step of the way. Until then, rest up, reflect on what you've accomplished, and stay connected. The water will be waiting—and so will we.

#ROWNATION



~ **Coach AJ**





**2025 Bell
Canadian Trials**



2025 BELL CANADIAN SWIMMING TRIALS

Strong Performances and Personal Bests

The 2025 Bell Canadian Swimming Trials brought together the country's top athletes for one of the most prestigious events on the national swimming calendar. Held annually to showcase Canada's best talent and often serve as a selection meet for international competitions, the Trials are a true test of skill, resilience, and elite performance. Our ROW swimmers rose to the occasion, proudly representing our club with determination and excellence on the national stage.

Alec Elliott delivered an impressive performance, capturing a silver medal in the Para 400 Free on Day 2 and competing strongly in the 100 Fly and 200 IM later in the week. His efforts earned him a spot on the Para Worlds team – congratulations, Alec! Le Anne Du had a breakthrough meet, achieving a personal milestone by breaking the one-minute barrier in the 100 Free time trial (59.78) and adding best times in both the 50 Free and 200 Back. Sunny X also stood out, making the final in the 200 Back, and taking on a tough lineup of events throughout the week, including the 100 Back, 200 Fly, and the grueling 1500 Free.

ROW Swimmers Shine at Canada's Premier Meet

These performances highlight not only the hard work and dedication of our swimmers but also the strength of the ROW program. Competing at the Canadian Trials is an achievement in itself, and our athletes did so with pride and purpose. Congratulations to Alec, Le Anne, and Sunny for representing ROW with excellence at this national-level meet!

**VICTORIA, BC
JUNE 7 -12TH**



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2025 WOSA



**WINDOR, ON
JUNE 13-15TH**

WESTERN REGION LC CHAMPIONSHIPS

ROW Competes at Prestigious WOSA Regional Championships

From June 12 to 15, ROW sent a strong team of 57 swimmers – 28 girls and 29 boys – to compete at the prestigious WOSA Regional Championships in Windsor. As one of the most competitive regional meets in Ontario, the event brought together top swimmers from clubs across the Western region, offering a high-level racing environment and an important stepping stone toward provincial and national-level competition. Our team rose to the challenge and delivered exceptional results.

Personal Bests, Podiums, and Team Spirit Shine

An incredible 95% of our swimmers achieved at least one personal best in their individual events, demonstrating both the depth of talent and the hard work put in throughout the season. ROW swimmers earned a total of 21 gold, 18 silver, and 13 bronze medals in individual events. Our relay teams also had a strong showing, winning gold in the Mixed 10 & Under 200 Medley, silver in the Boys 11-12 200 Medley, and bronze in multiple 10 & Under relays for both girls and boys. Outside the pool, swimmers had a chance to relax and bond at the outdoor film festival hosted just steps from the sport centre – a fun way to unwind between sessions. It was a weekend full of fast swims, great memories, and club pride!



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2025 AGE
GROUP INT'L

2025 AGE GROUP INTERNATIONAL LC

Club Records Fall in Etobicoke Showdown

Our ROW swimmers had an outstanding performance at the 2025 Age Group International Meet held in Etobicoke from June 6 to 8, bringing home an impressive total of 35 medals—17 gold, 10 silver, and 8 bronze. The meet drew top swimmers from across the province and beyond, and our athletes rose to the occasion with incredible swims, strong team spirit, and remarkable results.

Several swimmers broke club records during the competition. Olivia Snyder set the pace in the 12 & under girls category, re-breaking her own club records in three events: the 200m freestyle with a time of 2:12.18, the 50m backstroke in 33.03, and the 200m backstroke in 2:30.02—all while claiming gold. On the boys' side, Ethan Wu set a new 13-14 boys club record in the 50m backstroke with a time of 29.12. Beckett Shannon also delivered standout performances, breaking the 13-14 boys club records in the 100m breaststroke (1:11.01) and 50m breaststroke (31.89). Stella Neable added to the excitement with new club records of 1:06.98 in the 100m butterfly and 30.62 in the 50m butterfly.

Congratulations to all swimmers for their hard work and success. Your achievements continue to raise the bar and inspire the entire ROW community!

ETOBICOKE, ON
JUNE 5-8TH



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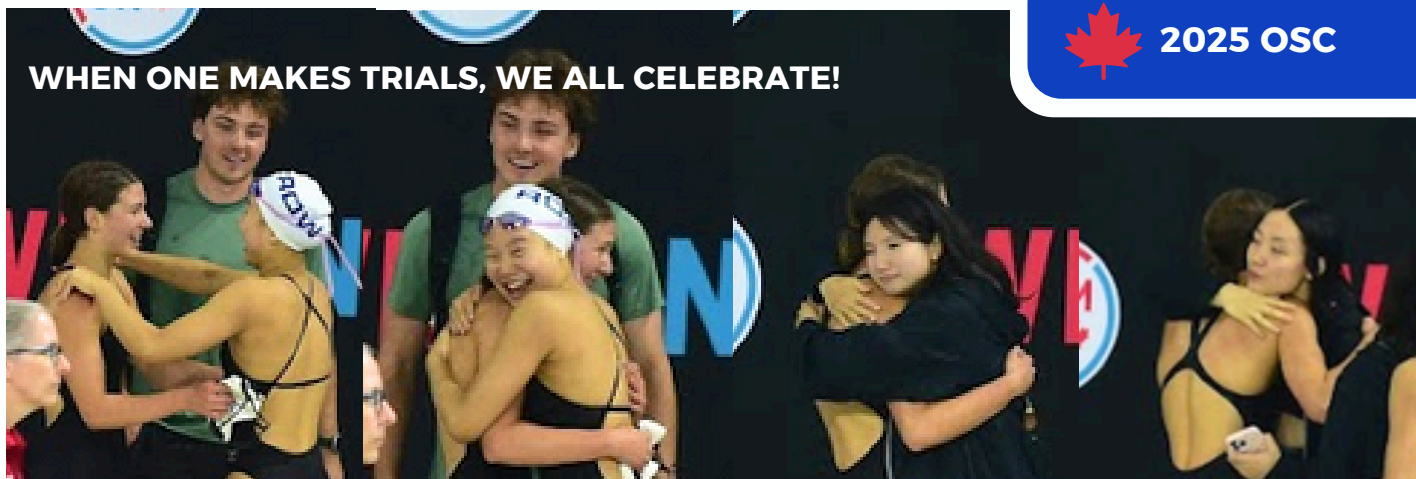


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2025 OSC

WHEN ONE MAKES TRIALS, WE ALL CELEBRATE!

TORONTO, ON
JULY 9-13TH

ONTARIO SWIMMING CHAMPIONSHIPS

Strong Team Finish at OSC

Our team delivered another impressive performance at the Ontario Swimming Championships, finishing 8th overall in the province. This marks our second consecutive Top 10 team finish, a testament to the dedication, depth, and consistency of our athletes and coaches. Over the course of five long and demanding days, our swimmers demonstrated not only physical endurance but also mental strength—racing with purpose, focus, and incredible team spirit.

Standout Performances & Club Records

The meet was packed with highlights, and our swimmers rose to the occasion with clutch performances and several new club records. Lucas LB opened the meet with a strong swim in the 200 IM, breaking the club record for 15/16 Boys. In the 15/16 Girls category, Mia T earned a silver medal in the 100 backstroke and added a bronze in the 200 back. Stella N had a breakout meet in the 12 Girls category, capturing silver in the 200 IM and racing to gold in the 200 butterfly—setting a new club record in the process. Olivia S delivered one of the most remarkable performances of the meet. She won gold in the 100 free and 100 back, both in club record time, and earned silver in the 200 back and 200 free—with the 200 free also setting a new club mark. Her consistency and versatility across multiple strokes and distances made her one of the top performers of the championship. Eliza L brought home a bronze medal in the 11 & under 200 fly, while Tommy F earned bronze in the 12 Boys 200 fly with a gritty finish. Sophie R claimed silver in the 13/14 Girls 200 fly and tied the Junior Trials Qualification Standard, a major milestone in her competitive development. Sunny X added another medal to the tally with silver in the 15/16 Girls 800 free. Para swimmer Alec Elliott was also a force in the pool, winning gold in the 50 free and competing strongly in the 100 fly, showing what determination and elite-level preparation can achieve.

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2025 OSC



OSC: BEYOND THE RESULTS

Relay Record and Team Cohesion

Relays are where the energy and unity of a team truly shine, and our 12 Girls stepped up in a big way. The 4x50 freestyle relay team—made up of Olivia S, Madison T, Stella N, and Eliza L—not only raced with heart but also broke the club record in the event. It was a special moment for the team and a symbol of the shared progress made this season. The chemistry and trust among these young swimmers were on full display, setting the tone for future relays to come.

High Point Recognition

In addition to podium finishes, several swimmers were among the top-ranked athletes for high point awards in their age groups—recognizing consistent excellence across multiple events. Olivia S tied for second overall in the 12 Girls category, while Stella N finished fourth and Eliza L ranked 10th in the 11 & under group. In the 15/16 Girls division, Mia T and Sunny X placed 10th and 11th respectively, and Sophie R tied for 12th among all 14 & under Girls. Tommy F also tied for 12th in the 12 Boys category. Meanwhile, Alec Elliott was crowned Overall Para Male High Point Winner, a well-earned honor for his outstanding swims.

Growth, Grit, and Maturity

As we close the chapter on this OSC meet, the future looks bright. From personal breakthroughs to record-setting swims, every performance contributed to our shared success. We extend our heartfelt thanks to the athletes, families, and coaching staff who made this possible. With momentum on our side and valuable experience gained, we now set our sights on new goals ahead. Let's keep building, racing, and rising—together.

**TORONTO, ON
JULY 9-13TH**



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Congratulations



Congrats!
Olivia Snyder

New Club Records

- 11/12 Girls 200 FR LCM
2:12.18
- 11/12 Girls 200 BK LCM
2:30.02
- 11/12 Girls 50 BK LCM
33.03

2025 Age Group
International LC

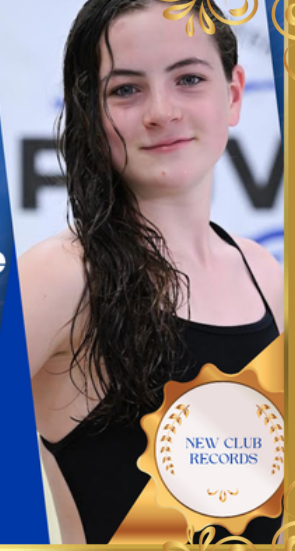


Congrats!
Stella Neable

New Club Records

- 11/12 Girls 100 FLY LCM
1:06.98
- 11/12 Girls 50 FLY LCM
30.62

2025 Age Group
International LC



Congrats!
Ethan Wu

New Club Record

- 50m Back LCM 29.12

2025 Age Group
International LC

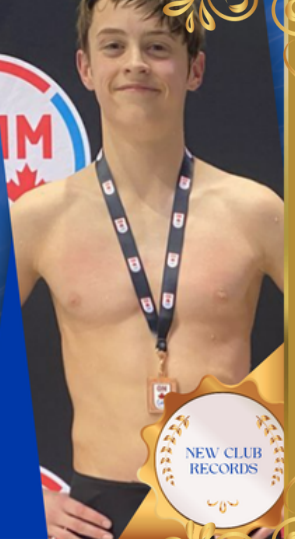


Congrats!
Beckett Shannon

New Club Records

- 13/14 Boys 100 BR Breast
LCM 1:11.01
- 13/14 Boys 50 BR Breast
LCM 31.89

2025 Age Group
International LC



Records at Age Group
International 2025
Region of Waterloo
Swim Club

Congratulations



Records at Ontario Swimming Championships 2025

Region of Waterloo
Swim Club

Congratulations



ROW
REGION OF WATERLOO
SWIM CLUB

Congrats!
Olivia Snyder

New Club Record

12&U 4x50m FR RELAY LCM
2:02.04
11/12 Girls 100m BK LCM 1:09.11
11/12 Girls 100m FR LCM 1:01.02
11/12 Girls 200m FR LCM 2:11.59

Ontario Swimming Championships 2025

NEW CLUB RECORD

A celebratory graphic for Olivia Snyder, a young swimmer, showing her with a medal and a 'V' hand gesture. The background is blue with a gold border and a gold ribbon on the left.



ROW
REGION OF WATERLOO
SWIM CLUB

Congrats!
Eliza Lin

New Club record

12 & U 4x50m FR RELAY
LCM 2:02.04

Ontario Swimming Championships 2025

NEW CLUB RECORD

A celebratory graphic for Eliza Lin, a young swimmer, showing her in a black swimsuit. The background is blue with a gold border and a gold ribbon on the left.



ROW
REGION OF WATERLOO
SWIM CLUB

Congrats!
Madison Tran

New Club record

12 & U 4x50m FR RELAY
LCM 2:02.04

Ontario Swimming Championships 2025

NEW CLUB RECORD

A celebratory graphic for Madison Tran, a young swimmer, showing her in a white t-shirt with 'LOVE MY DAD' text. The background is blue with a gold border and a gold ribbon on the left.

More Records at Ontario
Swimming Championships 2025

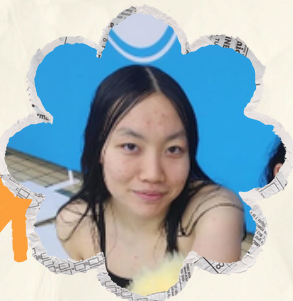
Region of Waterloo
Swim Club

SWIMMER'S

corner

ROW AT CANADIAN TRIALS 2025

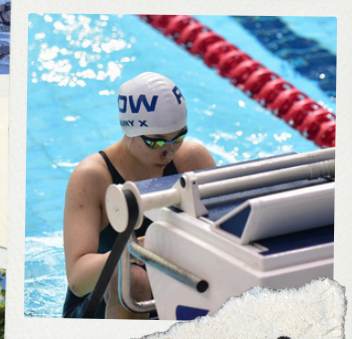
In this month's Swimmer's Corner, we caught up with Sunny Xu and Le Anne Du, who proudly represented ROW at the Canadian Trials in Victoria. They shared their experiences competing at this prestigious national meet, offering insights into the challenges and excitement of racing at the elite level. We hope their stories will inspire fellow swimmers in our club and provide a glimpse into what it takes to compete among Canada's best.



Sunny Xu

I had the incredible opportunity to race at the Canadian Swimming Trials 2025. It was an unforgettable experience, not only because of the elite level of racing, but also because of the amazing memories made outside of the pool. Despite swimming being the main focus of the trip, we still had plenty of time to explore Victoria. We visited Butchart Gardens, which was really beautiful. We also spent time at Beacon Hill Park, which was a great way to step away from the pool and enjoy the outdoors.

One of the most memorable parts of the trip was watching none other than Summer McIntosh break three world records. Seeing those races in person was incredible as the energy in the crowd was electric, and it's something that I'll always remember. Overall, the trip was a wonderful experience that taught me valuable lessons and deepened my appreciation for this sport.



courage





Le Anne Du

I thought that Trials was a great experience, because I was exposed to a completely different living and racing environment than what I was used to. The city was beautiful, filled with many scenic areas for sightseeing up in the mountains and down by the ocean.

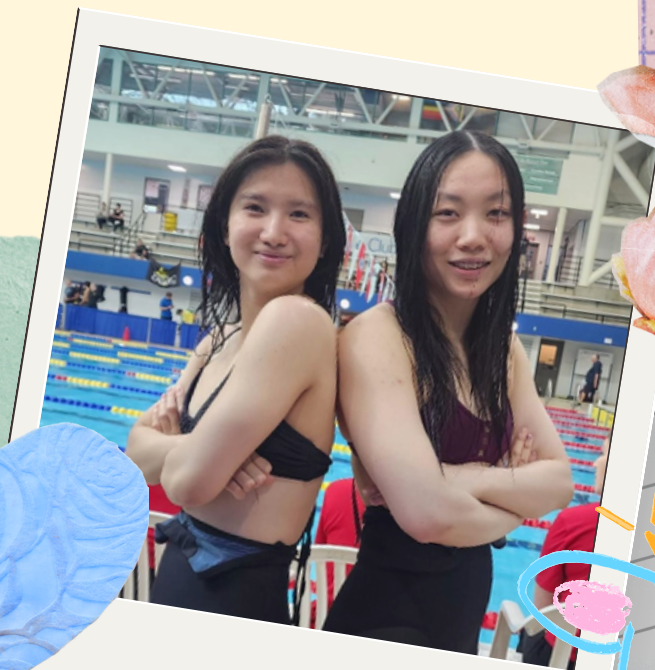
My highlight of the meet was the 200m backstroke time trial. Coming off of an injury, I had no clue how the race would turn out. With little confidence, I had to trust in the training we did up until that point, and ignore any anxious thoughts leading up to the race. I had always felt that my previous backstroke PBs were untouchable, especially the longer 200m. I shook off my nervousness and focused on racing to the best of my ability – surprising myself when I finished just under a second off my best.

Overall, I learned a lot about myself as a swimmer through this trip, and it helped me develop race strategies and plans that prepared me for racing in higher level meets.



 *Victoria BC*

2025 Bell Canadian Swimming Trials





LEVEL 4

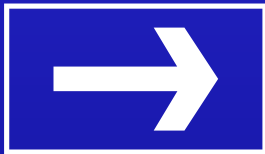
OFFICIAL

JUNE 2025

CONGRATULATIONS!

ROW
Swim Club

GAVIN
BEE



Congratulations to Gavin on achieving Level 4 Swimming Official certification, a major milestone, a designation that recognizes his dedication, leadership, and high-level officiating competence. To earn this prestigious green pin certification, Gavin successfully completed multiple advanced requirements, including officiating in various Level II roles, delivering officials' clinics under supervision, and acting as a Referee across five sessions at different competitions.

This Level 4 certification reflects not just a technical milestone, but years of commitment and service to the sport. The path includes at least one year of active officiating at Level III, participation in mentorship and development opportunities, and meeting rigorous evaluation standards. Please join us in congratulating Gavin on this outstanding accomplishment!

Volunteer officials are a vital part of our club, making it possible for us to host our own swim meets—an essential part of our swimmers' development and progression in the sport. For more information on swim official development, please visit: [Swim Ontario – Referee Development](#).



IMPORTANT UPDATES SUMMER 2025

SPIRIT WEAR STORE OPEN ALL YEAR!

We're thrilled to announce that the Spirit Wear Store will now be open year-round! Starting October 1st, you'll be able to shop anytime — with orders collected and processed on the last day of every month. This means quicker turnaround times and more flexibility for everyone!



IMPORTANT DATES

- July 4 -6th Paul Hauch
- July 9-13th OSC
- July 26th Open Water
- August 7-10th Short Course Nationals



ONTARIO SWIMMING CHAMPIONSHIPS!

Congratulations to our amazing team of 31 swimmers on a fantastic Ontario Swimming Championships! We're so proud of your hard work, dedication, and team spirit throughout the meet.

FRESH AIR AND FAST LAPS: OUTDOOR PRACTICES FUEL SUMMER READINESS!

With the Laurier pool closed from June 9th to 17th, many of our swim groups took advantage of training at the outdoor pool. While schedule changes can be challenging, the shift brought a refreshing change of pace — literally and figuratively. Swimmers embraced the fresh air and open sky, turning each practice into a fun and energizing experience.

The outdoor environment also provided an ideal early preparation for upcoming competitions, particularly the Ontario Open Water Championships at Gull Lake.



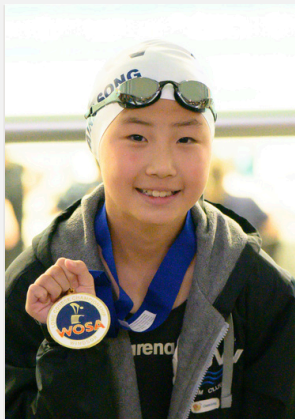
HOW TO CHECK YOUR FPP POINTS?

To check your Family Participation Program (FPP) points, please visit the ROW website at [this link](#). There, you'll find step-by-step instructions on how to view your points. For a visual walkthrough, you can also watch this helpful video tutorial: [FPP Points Video Guide](#).

OUR SPONSORS

WALTERFEDY





ROW at the Races



MOMENTS
THAT MADE
WAVES



TEAM SPIRIT

Chasing Dreams,
One Lap at a Time



Do more of what
you love

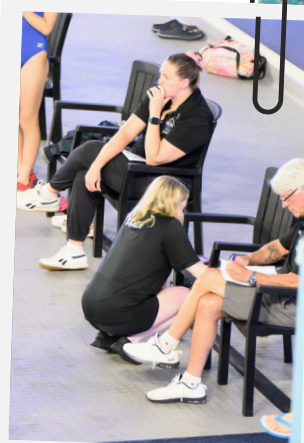
Speed

WOSA
2025

Windsor



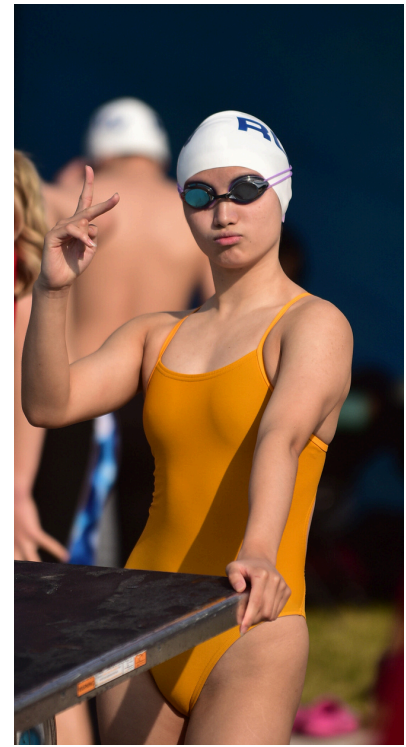
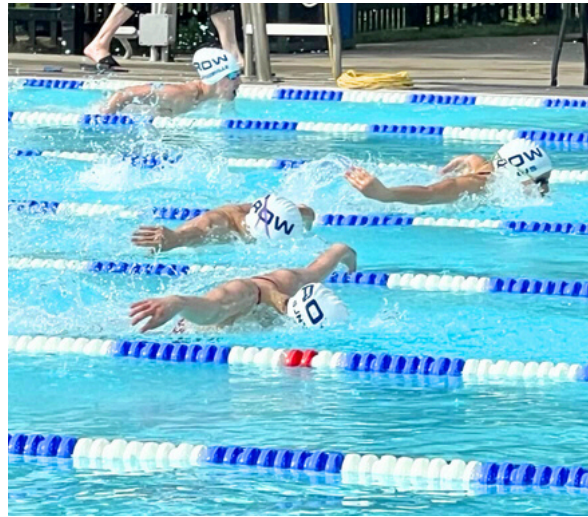
STRONGER TOGETHER,
FASTER TOGETHER



Where Hard Work
Meets the Wall

HAPPINESS



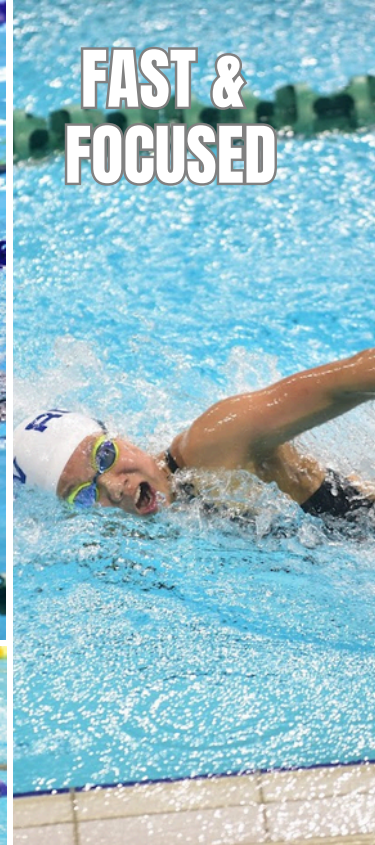
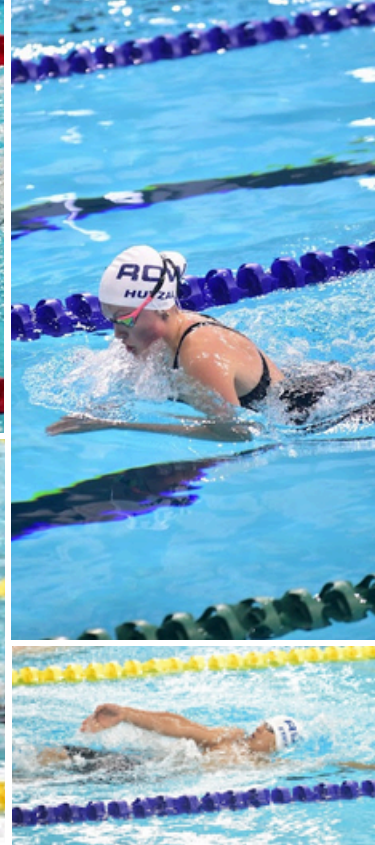


It's all
about
fun!!!

Burlington Outdoor 2025



ONE CLUB, ONE GOAL



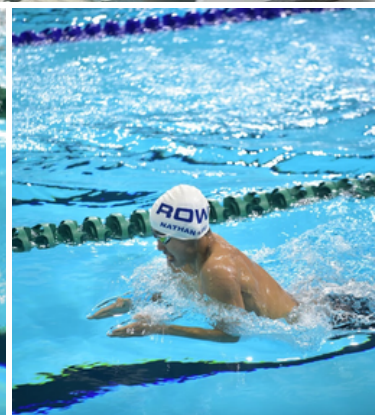
FAST & FOCUSED



RECORD BREAKER



POWER IN MOTION



OSC 2025

2025 END OF SEASON RECAP



ND Lake House Fun



AGD Breakfast



PD2 Bowling



SD Breakfast



JD1 watching the Titan's game



JD2 Ice Cream Parlor



RSA COM Ice Cream Parlor



ND Beach Party



SD Pool Party



FUN OUTSIDE THE POOL!!!

Thank you



Dear Coaches, Parents, and Volunteers,

We would like to extend our heartfelt thanks to everyone who contributed to the success of our swim club this season. From the dedicated coaches who not only train and care for our swimmers during practices and competitions but also actively participate in club activities and gatherings, to the incredible parents and volunteers who supported us at every turn — your commitment has made a lasting impact. Our in-house Club Champs, including eliminators and fun games, would not have been possible without the tireless efforts of our coaches and meet management team. A special thank you to our meet management for their incredible attention to detail — from the beautiful Christmas ornament prizes at the novice meet to the polished bells for the long-distance races — your thoughtfulness added a memorable touch to each event.

The club thrives because of the many hands and hearts behind the scenes. We are deeply grateful to all committee members across social media, communication, fundraising, and clothing — your work is essential to everything we do. A special thank you goes to our travel committee for their exceptional planning of the Windsor meet in March, ensuring a smooth and meaningful experience for our swimmers and families. And to our volunteer photographers — Dake Yu, Ted Lin, Ting Ting Liu, Lin Yao, and group parents — thank you for the beautiful photos that bring our website, social media, and newsletter to life. Your contributions help us capture and share the spirit of our club in such a meaningful way.

We are incredibly proud of the season we've had — from national-level achievements to record-breaking performances by our younger swimmers. The 2024–2025 season would not have been the same without each and every one of you. Thank you all for your unwavering dedication and generosity. Have a great summer! Hope your summer is filled with fun and sunshine!

With gratitude,
ROW Board of Directors





ROW End of Season Picnic



Have a great summer!

