

# ROW SWIMMING

<https://www.rowswimming.ca/>

## MEET HIGHLIGHTS

Read about ROW's stellar performance at the Ontario Age Group meet!

## COACH SPOTLIGHT CHLOE HUGHES

How does Coach Chloe juggle school, coaching, and personal time?

## SWIMMER'S CORNER

ROWClipped

Swimmer's Corner entries wanted!

*Submit your ROW inspired work here!*

Volume 1

Issue 7

**MARCH 2025**

*Region of Waterloo Swim Club (ROW) aims to provide opportunities for each of its athletes to attain their maximum individual potential in the sport of competitive swimming.*

REGION OF WATERLOO  
**ROW**  
SWIM CLUB



# OAG 2025 MEDAL COUNT

At the 2025 Ontario Age Group Swim Meet, our club swimmers showcased their remarkable talent and determination, earning a total of 27 medals across all four strokes. With 7 Gold, 9 Silver, and 11 Bronze, our athletes made a significant impact in both the boys' and girls' events, finishing 6th overall.



**7 GOLD MEDALS**



**9 SILVER MEDALS**



**11 BRONZE MEDALS**





# MEET HIGHLIGHTS: ONTARIO AGE GROUP 2025

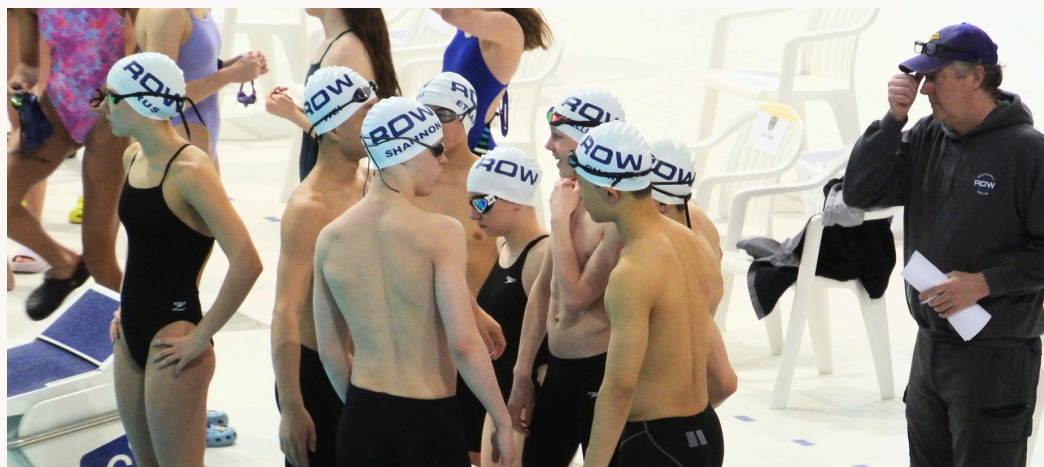
FEBRUARY 27 TO MARCH 2, 2025 | MPAC & TPASC | @ROWSWIMMING.CA

The Ontario Age Group Swim Meet, held from February 27 to March 2 this year, showcased the impressive talent and competitive spirit of swimmers across the province. Although the event was not classified as a championship meet, it served as an important opportunity for swimmers to compete at a high level, refine their skills, and push for personal and club records. Swim Ontario, the provincial governing body for competitive swimming, organizes this event annually to provide swimmers with opportunities to compete at a high level and achieve provincial standards. The 2025 OAG meet took place over four days at two venues: the Toronto Pan Am Sports Centre (TPASC) and the Markham Pan Am Centre (MPAC), featuring Long Course Meters (LCM) competitions.

The competition format was structured to accommodate various age groups and classifications. At TPASC, swimmers aged 15 and over, as well as Para Level 2 and above, competed in heats and finals. At MPAC, athletes aged 13-14 participated in heats and finals, while swimmers aged 12 and under, along with Para Level 1, competed in timed finals. This structure ensured that athletes faced appropriate competition, fostering a fair and competitive environment.

The event saw strong performances from our swim club, with several athletes setting new club records in various events. Notably, Beckett S. claimed the 13/14 Boys LCM 100 Breaststroke record, while Nic W. set a new benchmark in the 13/14 Boys LCM 200 Breaststroke. Olivia S. made waves in the 11/12 Girls category, setting club records in the LCM 100 Back, 200 Back, and 100 Free, while Chris R. excelled in the 11/12 Boys LCM 200 Butterfly.

Our club finished an impressive 6th overall combined between both the boys' and girls' events, reflecting the depth and strength of our swimmers. In total, our club athletes earned 27 medals—7 Gold, 9 Silver, and 11 Bronze—demonstrating their exceptional skills and determination. While the event wasn't a championship meet, it still provided valuable experience for swimmers to measure their progress and set the stage for future competitive opportunities. The performances at this meet serve as a testament to the hard work and dedication of our athletes and coaches.




**Congrats!**  
**Chris Rus**

New Club record  
11/12 Boys 200 Fly LCM  
2:30.58

Ontario Age Group 2025





**Congrats!**  
**Beckett Shannon**

New Club record  
13/14 Boys 100 Breast LCM  
1:11.99  
13/14 Boys 50 Breast SCM  
32.48

Ontario Age Group 2025  
Wilmet Invitational 2025





**Congrats!**  
**Olivia Snyder**

New Club records  
11/12 Girls 100m free LCM  
1:03.13  
11/12 Girls 200m Back LCM  
2:31.22  
11/12 Girls 100m Back LCM  
1:09.24

Ontario Age Group 2025





**Congrats!**  
**Nicholas Wei**

New Club record  
13/14 Boys 200 Breast LCM  
2:33.94

Ontario Age Group 2025






# ACES SPRING CLASSIC 2025

MARCH 7 - 8, 2025 | WAAC POOL | @ROWSWIMMING.CA

The Wilmot swim meet was a remarkable event for the SD group, with 12 athletes competing over the weekend and achieving outstanding results. The athletes combined for an impressive 53 personal bests out of 72 events swum, translating to a remarkable 73.61% best time percentage. The meet also saw 26 top-three finishes, highlighting the hard work and dedication of the swimmers.

Notably, several swimmers earned qualifications for regional events. Finn C. secured his spot at the 16-year-old Regionals in the 1500 Freestyle, while Dakota L. also added the 1500 FR to her growing list of regional times for her age group. Leo M., in his first-ever 400 IM, qualified for the 13-year-old regional event, showcasing his potential in this challenging race. Erin G. also added the 400 IM for the 17 & over category to her regional lineup. The weekend was a huge success, with many athletes hitting new milestones and showing continued growth in their swimming careers.

## CLUB CHAMPIONSHIP #3

26 March 2025

Club Champs #3 took place on Wednesday, March 26th, with the swimmers once again divided into white, blue, and black teams. The event kicked off with a challenging but fun 25m underwater dolphin kick, where everyone gave it their all. The times were recorded as a baseline, allowing coaches to track progress and work with each swimmer through the rest of the season.

The team relay was a highlight of the evening, with all members of each team lining up and down their lane, from blocks to bulkhead, in the water. The teams had to work together to move 10 objects down the pool, making sure that each member touched the item without it touching the water. The Blue Team came out on top, showing great teamwork and enthusiasm. Coaches and swimmers alike had a blast throughout the evening, and the event wrapped up with fun team photos, capturing the spirit of the day.





# Coach's spotlight

## 1 AS A FORMER COMPETITIVE SWIMMER YOURSELF, HOW DOES YOUR EXPERIENCE AS AN ATHLETE SHAPE YOUR COACHING PHILOSOPHY?

My coaching philosophy is deeply influenced by the impact my coaches had on me. When I first started swimming, I was just looking for a sport I enjoyed, but it quickly became more than that. The pool, my teammates, and my coaches created a space where I could push my limits and grow. Swimming built my confidence, challenged me to step outside my comfort zone, and taught me to trust in my abilities.

Because of this, I recognize how crucial a coach's role is—not just in developing swimmers but in shaping confident, well-rounded individuals. That's why I prioritize getting to know my athletes beyond their performance in the pool, learning about their interests, goals, and passions.

My goal is to create an environment where swimmers gain confidence, build meaningful relationships, and develop skills that will benefit them long after they leave the pool—just as swimming did for me.

## 2 WHAT DOES A TYPICAL DAY OR WEEK LOOK LIKE FOR YOU JUGGLING SCHOOL, COACHING, AND PERSONAL TIME?

Balancing school, coaching, and personal time is a constant juggling act. Transitioning from my BA at Guelph to commuting to Western for my BEd and now supply teaching—all while coaching—has made time management essential. My color-coded desk calendar keeps me on track!

Some days, I go from the pool to a supply job and then back to the pool in the evening. It can be overwhelming, but the pool deck remains my reset button. No matter how my day has gone, I make it a priority to show up with a clear mind and give my swimmers my best. Balancing everything isn't always easy, but I hope it shows my swimmers that it's possible to stay committed to the sport they love, prioritize their education, and still make time for themselves. Teaching, coaching, and being around my swimmers and students every day makes even the busiest times worth it.

## 3 THE SWIMMERS YOU COACH HAVE QUITE A LARGE AGE GAP FROM AGES 4 TO 16. DOES YOUR COACHING APPROACH CHANGE FOR SWIMMERS OF DIFFERING AGES?

Coaching swimmers across a wide age range requires adapting my approach to meet their individual needs. Every swimmer enters the sport with different abilities and goals, and I believe each one deserves an environment where they can thrive.

For younger swimmers, the focus is on building confidence, water awareness, and trust. For older athletes, it shifts toward refining technique, achieving personal bests, and overcoming mental barriers. Each age group presents unique challenges, and I've learned valuable lessons from every swimmer I've coached, regardless of age or skill level.

From teaching patience and trust to beginners to helping competitive athletes navigate the physical and mental demands of the sport, my goal is for my swimmers to leave each practice not only stronger in the pool but also more confident in themselves.

4

## HOW DO YOU HELP YOUR SWIMMERS STAY MOTIVATED, ESPECIALLY IN THE MIDDLE OF A LONG SEASON OR WHEN FACING CHALLENGES IN THEIR PERFORMANCE?

I focus on celebrating the small wins. Success isn't just about big milestones—it's about the little moments of progress along the way. Whether it's a better streamline, stronger underwaters, or simply showing up and giving their best effort, I make sure my swimmers recognize their hard work, even when results aren't immediate.

One way I encourage this is by having swimmers identify one good thing from each practice or race—something they excelled in that day. This shifts their focus from what went wrong to what went right.

Another key factor in staying motivated is understanding their "why." At the beginning of the season in RSA Comp, swimmers fill out goal sheets that help me understand what swimming means to them—whether it's competition, friendships, personal challenge, or something else entirely. When training gets tough or a race doesn't go their way, reminding them of their "why" helps keep them grounded.

I also make a point to check in regularly, ensuring they feel seen and supported. From greeting them with a smile when they arrive to giving a fist bump after practice, I want every swimmer to know they are valued—not just for their performance, but for their effort and presence. Feeling supported goes a long way in keeping them engaged and motivated throughout the season.

5

## WHAT ADVICE WOULD YOU GIVE TO YOUNG ATHLETES WHO ARE ALSO STUDENTS TRYING TO BALANCE SPORTS, SCHOOL, AND OTHER RESPONSIBILITIES WHILE AVOIDING BURNOUT?

The best advice I can give is to manage your time well but also give yourself grace. Balancing practices, schoolwork, and everything in between can feel overwhelming. Some days are harder than others, and that's okay.

One of the biggest lessons I've learned is the importance of resetting. If I have a stressful day at school, I remind myself to leave that behind when I step onto the pool deck and be present for my swimmers. The same applies in reverse—if a practice doesn't go well, I don't carry that frustration into my schoolwork or teaching. It's not always easy, but it's a mindset worth cultivating.

I've also learned the importance of taking breaks and making space for things I enjoy outside of coaching and teaching. It's easy to stay busy when you love what you do, but downtime is essential. Whether it's spending time with friends, reading, or watching a comfort series, taking those moments helps prevent burnout. Finding a routine that works for you and being kind to yourself through challenges makes all the difference.

# Chloe Hughes



Coaching  
RSA Competitive



# INTRODUCING ASSISTANT COACHES

## PART 2



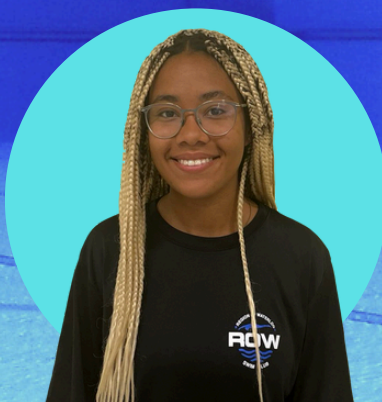
**NATHAN WEI**

|  |                  |                    |
|--|------------------|--------------------|
|  | SWIM EXPERIENCE  | 7 YEARS            |
|  | COACH EXPERIENCE | ~2 YEARS           |
|  | FUN FACT         | LOVE BREAST & BACK |
|  | FAVOURITE FOOD   | DUMPLINGS          |
|  | FAVOURITE SPORT  | SWIMMING           |



**ANNA MARKOVIC**

|  |                  |                    |
|--|------------------|--------------------|
|  | SWIM EXPERIENCE  | 2 YEARS            |
|  | COACH EXPERIENCE | 2 YEARS            |
|  | FUN FACT         | OWN >600 BRACELETS |
|  | FAVOURITE FOOD   | SUSHI              |
|  | FAVOURITE SPORT  | SWIMMING           |



**NAIMA LOTIMER**

|  |                  |                  |
|--|------------------|------------------|
|  | SWIM EXPERIENCE  | 3 YEARS          |
|  | COACH EXPERIENCE | 2 YEARS          |
|  | FUN FACT         | LOVES TO CROCHET |
|  | FAVOURITE FOOD   | SOUP             |
|  | FAVOURITE SPORT  | SWIMMING         |



**GABBY HUI**

|  |                  |                       |
|--|------------------|-----------------------|
|  | SWIM EXPERIENCE  | 4 YEARS               |
|  | COACH EXPERIENCE | 2.5 YEARS             |
|  | FUN FACT         | TAKING BUSINESS MAJOR |
|  | FAVOURITE FOOD   | PIZZA                 |
|  | FAVOURITE SPORT  | SWIMMING              |



**AEROWYN ROE**

|  |                  |                       |
|--|------------------|-----------------------|
|  | SWIM EXPERIENCE  | 4 YEARS               |
|  | COACH EXPERIENCE | 3 YEARS               |
|  | FUN FACT         | FAV RACE: 200M BREAST |
|  | FAVOURITE FOOD   | PASTA                 |
|  | FAVOURITE SPORT  | SWIMMING              |





# SWIM-A-THON 2025

## Annual Fundraising Event

MARCH 1 TO MAY 31, 2025

The ROW Swim-a-Thon officially kicked off on March 1st, and we're off to a fantastic start! Last year, we raised just over \$12,000, and this year, we're determined to surpass that amount. Remember, 90% of all proceeds go directly to supporting our club, while the remaining 10% helps fund Swim Ontario, providing valuable events and opportunities for swimmers across the community.



Join the Swim-a-Thon and raise a minimum of \$50 to earn 1 FPP. And don't forget, the popular Cap Contest is back! Design the official Swim-a-Thon Cap for a chance to have your creation featured. Plus, if you raise \$150 or more, you'll earn an exclusive Swim-a-Thon Cap, to be handed out at the end-of-year picnic.

Swim-a-Thon Update! We're halfway to our goal of raising \$12,000! Huge thanks to everyone who has been fundraising and showing up for the cause! Let's keep up the hard work and push to reach that goal—every donation counts! If you haven't already, reach out to your family and friends for support!

### HOW TO GET INVOLVED:

- Create profile here: <https://donate.swimming.ca/>
- Set a goal – swim continuously for 3-5km!
- Share the link with friends and family to help raise funds!
- All details, history and donation information can be found on the Swim-A-Thon website: [Swimming Canada Donations – Support Your Local Swim Clubs](#)

### CAP CONTEST IS BACK!

- Design the official Swim-a-Thon Cap that will be voted on during Swim-a-Thon day!
- Download the cap proof from the website and submit your design.
- Rules: Maximum 3 colors, and simple designs work best for printing.

### EXCLUSIVE SWIM-A-THON CAP REWARD!

Raise \$150 or more to earn a Swim-a-Thon Cap, which will be distributed at our end-of-year picnic.

### MORE WAYS TO WIN!

The Swim-A-Thon Raffle that will take place on the day of the swim-a-thon. For every \$25 raised (previously \$100) you'll earn one ticket to be entered into our prize draw.



# SWIMMER'S CORNER By Olivia Guo (ND)

*ROW Clipped is an Instagram page run by senior ND swimmers, featuring memes, candid moments, and snapshots from practices and meets. It's a great way of capturing the humor and camaraderie of the team while celebrating the ups (and downs) of competitive swimming!*

# ROWCLIPPED



## ROW PICTURES & MEMES

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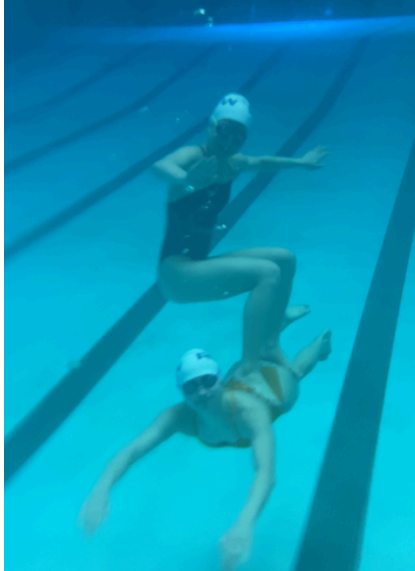
[ON INSTAGRAM](#)



# SWIMMER'S CORNER

SWIMMER'S CORNER

SWIMMER'S CORNER



# SWIMMER'S CORNER



## WHAT'S COMING UP NEXT MONTH?

# IMPORTANT UPDATES

## IMPORTANT REMINDERS

- **Summer Programming information** was posted on February 6th. [Click here for more information.](#)
- **Open Water Championships** is pushed to July 26th.
- **Fundraising Update** - We are seeking sponsors for our 2024/2025 season. (See [sponsorship letter](#))
- **ROW Members Survey 2025:** Remember to fill out the anonymous survey ([Click here](#)) about your experience before April 14.



### » ROOF LEAK IN THE BACK ROOM

As you may have noticed during practices at Laurier, much of our meet equipment was placed on the deck due to a roof leak caused by snow buildup. Fortunately, the equipment was not damaged, and the board of directors is considering securing additional insurance for the valuable timing equipment. This issue stems from the building's structure, and while we can't guarantee it won't happen again, we will take all necessary precautions by using sealed boxes and wraps to protect the equipment.

### » IMPORTANT DATES

- April 5 Swim-a-thon
- April 10-13 Canadian Open
- April 11-13 Cunningham Classic
- April 30 Deadline for Open Water Signup
- May 2-4 Windsor Travel Meet

Click here!




**SAVE THE DATE!**

Open Water Swimming Championships  
July 26th, 2025  
Gull Lake Rotary Park,  
Gravenhurst, ON

**Program of Events**  
Session 1 - 7:30am Registration - 5KM, 3KM  
Session 2 - 9:30am Registration - 4x500m RELAY  
Session 3 - 12:30pm Registration - 1KM

Detailed Event Package Coming Soon! - [SwimOntario.com](http://SwimOntario.com)





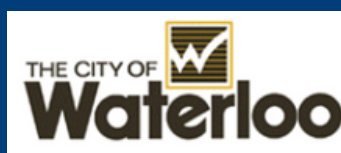
## » 2025 ONTARIO OPEN WATER CHAMPIONSHIP

The 2025 Ontario Open Water Championships, originally scheduled for July 19th and 20th, has been moved to a single day on **July 26th** at Gull Lake in Gravenhurst. Athletes aged 11 and older are invited to participate, provided they can comfortably complete at least 1km in open water. Training will be available for participants once their group schedules finish, with no additional training fees. A tentative training schedule has been attached, and we are considering a test run on the afternoon of Monday, July 14th (TBC).

The event has now been posted on TeamUnify, and [RSVPs](#) are due by April 30th. Athletes should indicate which event they're interested in (3km, 5km, or 1km), and whether they want to participate in the 4x500m relay. PD1 swimmers will finish their season on July 13th but may join the open water group after that. For more details, visit Swim Ontario's website. We're excited for a great showing at this year's Championships!

## OUR SPONSORS

**WALTER FEDY**

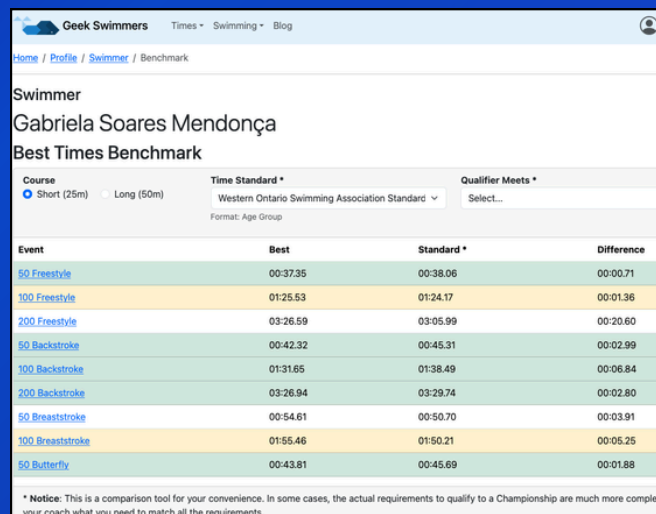






## NEW FEATURE: PARENTS CAN NOW ENTER AND BENCHMARK SWIMMERS' BEST TIMES ON GEEK SWIMMERS!

It was a request since day 1, and we finally got it done: We can now save the swimmers' best times on Geek Swimmers and benchmark all of them simultaneously! After creating an account and saving the best times, all we have to do is select the time standard and optionally the meet to see the comparisons. Events appear in green when the times reach the selected standards and yellow when the times are 5% above the standards. It helps to identify and plan the events for upcoming meets, achieve goals, and balance performance across events and strokes, preventing early specialization. Check this out at <https://www.geekswimmers.com>. If you have any questions, reach out to [contact@geekswimmers.com](mailto:contact@geekswimmers.com).



Geek Swimmers Times • Swimming • Blog

Home / Profile / Swimmer / Benchmark

Swimmer  
Gabriela Soares Mendonça

Best Times Benchmark

Course: ☒ Short (25m) ☐ Long (50m) Time Standard: Western Ontario Swimming Association Standard Qualifier Meets: Select...

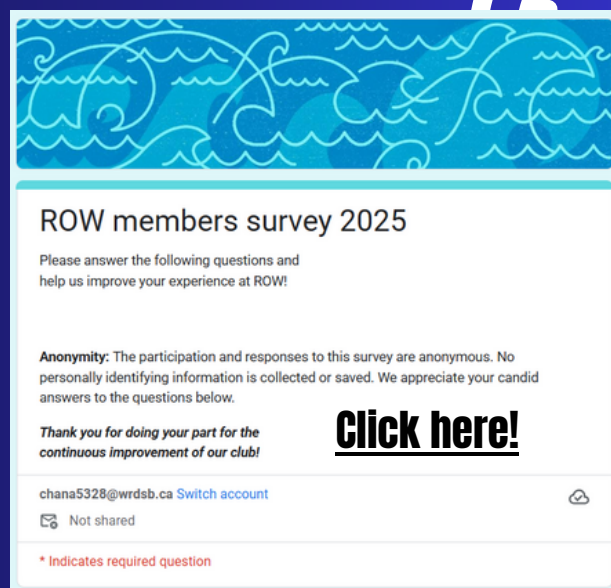
Format: Age Group

| Event            | Best     | Standard * | Difference |
|------------------|----------|------------|------------|
| 50 Freestyle     | 00:37.35 | 00:38.06   | 00:00.71   |
| 100 Freestyle    | 01:25.53 | 01:24.17   | 00:01.36   |
| 200 Freestyle    | 03:26.59 | 03:05.99   | 00:20.60   |
| 50 Backstroke    | 00:42.32 | 00:45.31   | 00:02.99   |
| 100 Backstroke   | 01:31.65 | 01:38.49   | 00:06.84   |
| 200 Backstroke   | 03:26.94 | 03:29.74   | 00:02.80   |
| 50 Breaststroke  | 00:54.61 | 00:50.70   | 00:03.91   |
| 100 Breaststroke | 01:55.46 | 01:50.21   | 00:05.25   |
| 50 Butterfly     | 00:43.81 | 00:45.69   | 00:01.88   |

\* Notice: This is a comparison tool for your convenience. In some cases, the actual requirements to qualify to a Championship are much more complex than your coach what you need to match all the requirements.

## ROW MEMBERS SURVEY 2025

*Thank you again for your participation in last year's member survey. We've implemented several changes based on your suggestions, including this newsletter to reduce the number of club-wide emails. The survey is now open—please be sure to complete it before April 14.*



ROW members survey 2025

Please answer the following questions and help us improve your experience at ROW!

**Anonymity:** The participation and responses to this survey are anonymous. No personally identifying information is collected or saved. We appreciate your candid answers to the questions below.

**Thank you for doing your part for the continuous improvement of our club!**

**Click here!**

chana5328@wrdsb.ca [Switch account](#)

Not shared

\* Indicates required question





**Incredible!**

**Awesome!**

**Congratulations**

**ONTARIO AGE GROUPS OAG 2025!**  
Region of Waterloo Swim Club







# Great Memories

# Club Champ #3

# Endless Fun!!!