

May 2025

Vol. 1 Issue 09

CLUB
CHAMPIONSHIP

COACH SPOTLIGHT

**RUSS
FRANKLIN**

**SWIMMER'S
CORNER**

ERIN GUO
EDWARD NACHE

MEET HIGHLIGHTS:

AMANDA REASON
GMAC INVITATIONAL
TOP CUP

ROW SWIMMING

View online at <https://www.rowswimming.ca/page/news/monthly-newsletters>



DISCOVER THE MAGIC OF TRAVEL MEET

From May 2nd to 4th, our swimmers delivered outstanding performances at the Windsor travel meet, especially in the distance events. In the 800m freestyle, Zade M achieved the biggest personal best with an incredible 1 minute and 30 second drop, while Olivia S improved by 38 seconds. In the 1500m freestyle, Nikolai T completed the race for the first time, and Kentaro D achieved his second OSC standard, qualifying him to race at the Ontario Swimming Championships this summer. The 400 IM also saw major breakthroughs, with Hazel YB dropping 27.4 seconds and Ethan W improving by 10.4 seconds.

Chasing Growth, Not Medals

Success continued across a range of events. In the 200m breaststroke, Sophie R dropped 3.41 seconds and Xavier H by 2.77. Beth T and Nic W both achieved strong personal bests in the 50m freestyle, with drops of 0.92 and 0.86 seconds, respectively. Erin G shaved off 5.35 seconds in the 200m backstroke, while Le Anne D, Sebastian F, and Rhys B posted impressive time drops in the 100m butterfly. In freestyle, Sophie R and Zade M had notable improvements in the 200m, and in the 400m, Ruby L dropped 14.25 seconds while Zade M improved by 8.41 seconds. Anna GF and Ethan W also posted solid personal bests in the 50m breaststroke, rounding out a weekend full of personal growth and competitive spirit. The Windsor travel meet was not only filled with fast swims but also great memories and fun with teammates. A big thank you to our four amazing chaperones for doing such a fantastic job keeping everything running smoothly and taking great care of our swimmers. We hope everyone remembers the laughter, the team spirit, and the moments shared outside the pool—even if there's a rumor going around that a few boys might have forgotten what a shower is!

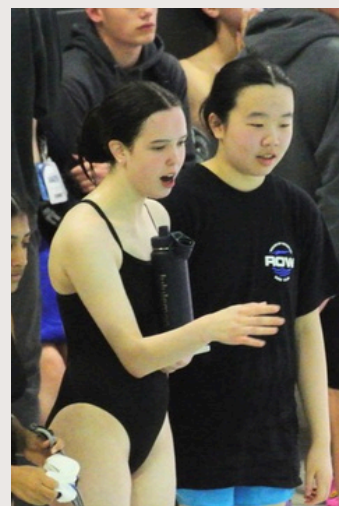


STRONG SWIMS AND FIRST-TIME MILESTONES AT GMAC

From May 9 to 11, our swimmers competed at the GMAC swim meet, delivering a weekend full of strong performances and exciting time drops. Noteworthy personal bests came from Alyssa S, who dropped nearly 3 seconds in both the 50 Free and 50 Breast, and Michael T, who took off 4.73 seconds in the 100 Fly. Aubrey P had a standout meet with an 11.04-second PB in the 100 Fly and a 7.05-second drop in the 200 IM, while Cam S and Oliver O each cut over 6 seconds in the 200 Back. In the 400 IM, Jonathon T raced the event for the first time and placed 5th, while SF S also made their debut with an impressive gold medal finish. Amy H also took on the 400 Free for the first time, placing 4th overall.

Big Time Drops and Fast Finishes Across All Events

Shorter events saw an explosion of PBs across the board. Alex B, Ellen B, Chloe F, Suyu B, and Harper C all made big improvements in the 50 Free, while Oliver O and Tiger Q made major gains in their 200 IM and 100 Back events. Aubrey P, Emilia T, and Alyssa S each had great swims in the 100 Free, with Leo S achieving massive drops in both the 100 Free (22.8 seconds) and 50 Fly (13.32 seconds). Other impressive swims came from Jimin P in the 100 Back, Camilla C in the 200 IM, and Amy H in the 100 Fly. The meet closed on a high note with standout performances in the 800 Free, where Erin G took home gold and Ruby L achieved a 19.24-second personal best. While racing and achieving personal bests is always important, what truly stood out was the incredible team spirit on display—cheering each other on, supporting teammates between races, and celebrating every success together. That energy is what makes our team special!





ROW SHINES AT TOP CUP WITH TEAM SPIRIT

From May 9 to 11, our PD2, JD1, and JD2 swimmers proudly represented ROW at the 2024 TOP Cup in Etobicoke—the premier meet in Ontario exclusively for 10 & under athletes. This highly competitive event saw swimmers compete in both short course (SCM) and long course (LCM) formats, with only the top 16 fastest entries qualifying for the LCM sessions. Our swimmers rose to the occasion, delivering strong performances and memorable races throughout the weekend.

Highlights included Atlas Lin earning silver in the 50 Fly (SCM) and bronze in the 100 Breast (SCM), then adding another silver in the 50 Breast (LCM) and bronze in the 200 Breast (SCM). Daphne L also stood out with a silver medal finish in the 50 Breast (LCM), while Claire H raced to a bronze in the 50 Back (SCM). These results reflect the great progress and competitive spirit across all three groups, and we're proud of every swimmer who qualified, raced hard, and supported their teammates. And of course, one of the highlights of the weekend—especially for our young swimmers—was spotting the ice cream truck outside the pool to cap off a fun and successful meet!



REGION OF WATERLOO SWIM CLUB

4

ROW NEWSLETTER MAY 2025





club championships

4

MAY 14, 2025

Club Championship #4 took place on Wednesday, May 14, bringing another evening of high energy and team spirit as the club was once again divided into three teams—Black, White, and Blue—to face off in the thrilling eliminator events. Each race started with six swimmers, gradually narrowing down to four, then the top two, who battled it out in an exciting final round. The fast-paced format kept everyone on their toes, and the cheering from teammates made each race even more intense and exciting.

The night wrapped up with a special relay event that had everyone laughing and strategizing. Swimmers had to take turns swimming from one side of the pool to the other while putting on—and then taking off—a T-shirt, adding an extra layer of fun and challenge. It was a great way to end the evening with smiles and teamwork on full display. And once again, the Blue Team emerged victorious, claiming the Club Championship title with pride and plenty of celebration.

A huge thank you goes out to our volunteer photographers, Ted and Ting Ting, for capturing so many great moments throughout the evening. We also want to extend our sincere appreciation to all the volunteer officials whose support made this exciting night of racing possible. Special thanks to those who dedicated extra time and effort to set up and manage the timing system, ensuring real-time updates for each eliminator round—a challenging and complex task that added so much to the experience.

COACHES' spotlight

Region of Waterloo
Swim Club

Q1. As you continue to mentor the next generation of swimmers, what changes or trends in the sport are you most excited about?

As far as "New Trends" in the Sport of Swimming, I would have to say that not much has changed over the years. Some Equipment and Bathing Suit Technology has improved. I will say, there is a lot more emphasis on Coaches' Education and Safety which is a good thing.

In my opinion there is a disturbing, not exciting trend in the way we are currently running competitions. Is it just me or do other people also get the feeling that the Revenues from meet entries are taking priority over "Fun and Performance". Host Clubs will intentionally "Over Subscribe" their meet entries forcing management to 1- Split Warm Ups, 2- Shorten Warm Ups, 3- Cancel Relays. As a result, Fun and Performance suffers.

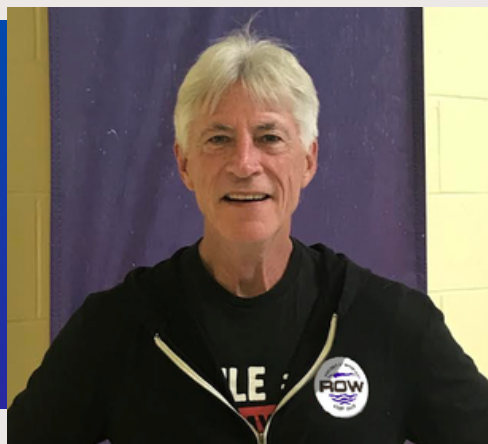
Q2. Outside of the pool, what activities or interests bring you joy and balance in your life?

It is no secret that having "Balance" in one's life is the key to having general wellbeing both Physically and Mentally. This applies to the young and old. For me, I am a fanatic about staying in shape, a bit of a Gym Rat I would say. I also enjoy playing the Guitar daily as well as doing crossword puzzles. Seasonally, I enjoy growing my own vegetables and when time permits, we go camping with my daughter.

Lastly but not leastly? I get a huge rush and dose of reality, working with Special Needs kids and young adults. I started a Special Olympics Swim Program this year for the KW region with the Volunteer help of at least 8 ROW swimmers. Couldn't do it without them!

RUSS FRANKLIN

COACHING PD2



Q3. Is there a funny or unexpected moment from a swim meet or training camp that you still laugh about today?

To pick one Funny/Unexpected Memory is difficult after so many years in the Sport. But if I had to pick one....

During the 2000 Sydney Olympic, 2 Canadian Swimmers were lauded by the coaching staff for having the Best Team Spirit. These two swimmers were the first at the pool in the morning (they had finished their events) and reserved the best spots in the Bleachers for Team Canada. How thoughtful and committed to the team they were. Little did the coaches know that these swimmers would hide their team uniforms in the pool Bathrooms, break Curfew by staying out all night, only to show up at the pool bathroom in the early morning put on their uniforms and then reserve the seats.

COACHES' SPOTLIGHT

Q4. In your view, what are the key qualities that distinguish a good swimmer from a great one?

Qualities of a "Great Person/Swimmer" where the definition of great comes in many forms and in all shapes and sizes, so Physical Attributes do play a role but not as much as you might think.

A great Person/Swimmer needs a great Support Team, including Parents and Siblings. Support is not just the driving and paying the Bills. It is about working together to foster Self-Determination, Accountability, Resilience and Self-Esteem.

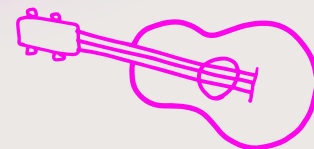
Too many Parents are either not involved enough or just as bad, too involved. A Great Person/Swimmer needs people around them to share their dreams and feelings about how important swimming is to them as opposed to being regularly reminded how much this is costing both in money and time. The classical example of the parent(s) being too involved has the parent video taping and coaching on the side.

A Great Person/Swimmer have had some great coaches/mentors that know/knew the pathways to success and help guide them on their journey, no matter where it leads.

A Great Person/Swimmer has a Passion for the Sport with the necessary Patience shown by all. Remember, Rome wasn't built in a day!

Q5. If you could relive one moment from your coaching career, which would it be and why?

If I could relive a moment; In Swimming there is not a specific moment to relive. Each moment is special in their own way and are all worth reliving. However, on the Personal side, the moment I wish to relive are the moments I have missed with the Family during my coaching career. Events like Birthdays, Anniversaries, Graduation etc.



Swimmer's Corner!

As we approach the end of the swim season, we take a moment in our Swimmers' Corner to celebrate two of our graduating athletes—Erin Guo and Eddie Nache. Both Erin and Eddie will be graduating from high school this June and wrapping up their time with ROW. We're incredibly proud of everything they've accomplished, both in and out of the pool. In this special feature, we invite you to read their reflections and personal stories—honest, heartfelt accounts of their journeys with ROW, the lessons they've learned, and the lasting impact swimming has had on their lives. Their words are sure to inspire our younger swimmers and remind us all of the power of dedication, teamwork, and resilience. As they dive into this exciting new chapter beyond competitive swimming, we wish Erin and Eddie all the very best in the adventures ahead. You'll always be part of the ROW family.



Erin Guo (SD)

FINDING STRENGTH IN THE POOL

I officially started practicing at the Region of Waterloo Swim Club in my grade 9 year, which was considered later than most. However, my goal was always to have fun and stay physically fit through exercise. Through swimming, I have learned the importance of discipline and pushing through tasks, even when I don't feel like doing them at the moment. It has also become one of my biggest protective factors, something I can always rely on when I'm having a rough day. In those moments, I swim until I'm out of breath, using it as a way to reset and escape from everything else. I love the community I have built with my teammates and am grateful for all my coaches throughout my time at ROW for their support. It has been a huge part of my life and was even my first job and volunteer position. As I move on to university, I will always be grateful for my experiences with ROW, the lessons I've learned, and the role it has played in shaping the person I am today.



Edward Nache (ND)

Swimmer's Corner!

Growth Through Discipline

For the past 11 years, swimming has been part of my everyday life. I started out at ROW as a small kid who just loved the water and racing, but over the years the sport evolved into something much bigger than that, it evolved into a solid foundation of my life. Swimming provided me with balance, organization, and purpose throughout my life, and especially during the challenges of high school. Since I'm graduating, it is simple enough for me to notice the manner in which this journey has shaped what I am today. Mentally, physically, and emotionally. I was taught discipline by swimming at a young age. Getting up early for morning practice, working hard in the afternoon, and yet keeping up with school was never a piece of cake, but it instilled time management skills in me that I now rely on each day. Given such a hectic timetable, I had no other choice but to be systematic and focused with time. I learnt the ability to prioritize, stay focused, and divide my responsibilities without ever feeling overwhelmed all of the time. These abilities came in very handy during exam times, when school stress was high and time felt short. Even then, swimming gave me the discipline I needed to stay on track. The routine of going to the pool helped me decompress and refocus, allowing me to come back to my studies with a clearer head and more energy. Swimming wasn't just about staying active, it became a way to stay mentally strong.



Edward Nache (ND)

Lessons in Resilience and Belief

During stressful weeks filled with assignments, tests, and deadlines, the pool offered me a space to escape and reset. There is something about being in the pool, stripping away screens and noise from the world, that calms the mind. It reassured me and kept me emotionally grounded. No matter how bad a day had been, I always felt better when I left practice compared to when I arrived. That was what grounded me, even when all around me seemed to be falling apart. Most importantly, swimming over the years taught me the value of being present, putting in work, and believing in the process. There were just so many practices where I was tired, discouraged, or frustrated, but showing up anyway and moving through those moments created a resilience of a kind that now benefits me. I came to understand that progress isn't always immediate, and that success is not about being perfect. It is about commitment. That mindset got me through tough races, tough schoolwork, and tough times in life. It's one of the biggest things I'll take with me as I go on in life. None of it would have been possible without the people who provided their support along the way, particularly Coach AJ. I've been honoured to swim with him for the past 10 years. AJ has been a mentor and a nudger to do better. Whether it was a technical adjustment in practice or a simple question for which I was seeking advice, he was there to help. His guidance, tolerance, and trust in me played a major role in my growth. I can really say that I would not have reached where I am today if it were not for his guidance.

A Grateful Goodbye, A Confident Future

The ROW community too has been like a second family to me. I've made forever friendships and memories that I'll always cherish, from tough practices to exciting meets, from morning team breakfasts after Saturday practices to cheering each other on at competitions. Having teammates with similar goals and supporting one another made a competitive yet caring atmosphere. It motivated me to practice harder while also making me feel that I wasn't alone. Looking back on the past 11 years, I can see everything that swimming has done for me. It's kept me physically fit, mentally focused, and emotionally grounded. It's helped me handle pressures of school, taught me how to manage stress, and taught me a good work ethic. Most of all, it's taught me how to be proactive in life, to take charge of my time, pursue what I desire with confidence, and constantly strive to be my best self. Today, as I graduate and start a new chapter of my life, I feel grateful for all that swimming and ROW has given me. The things that I've learned in the pool will stick with me long after I've finished competing. They've shaped who I am, toughened me up, and prepared me to deal with whatever comes next. No matter where life takes me, I'll be able to carry the lessons and memories from this experience along with me and always be able to look back and say with pride that I was a part of ROW.

Swimmer's Corner!

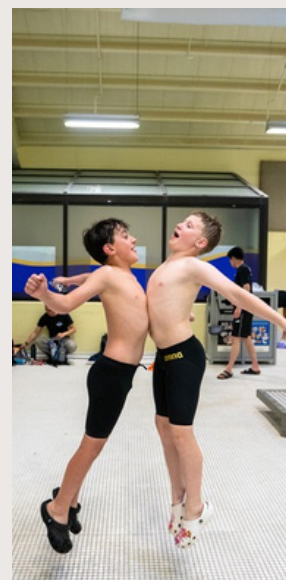
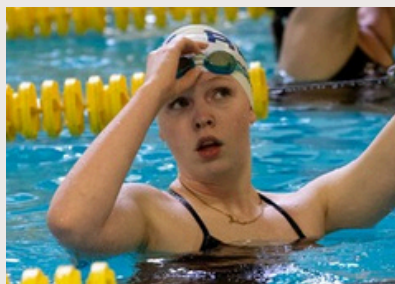


IMPORTANT UPDATES MAY 2025

DON'T MISS OUT ON OUR SUMMER CAMP!

Spots are filling up fast, but there are still a few spaces available. Check out the program details and secure your spot today! [click here](#).

Follow us on [X](#), & [Instagram](#)



CANADIAN TRIALS!



Let's cheer on Le Anne Du, Alec Elliot, and Sunny Xu as they head to Canadian Trials in Victoria this month! We're so proud of you—best of luck and have an amazing experience!

IMPORTANT DATES

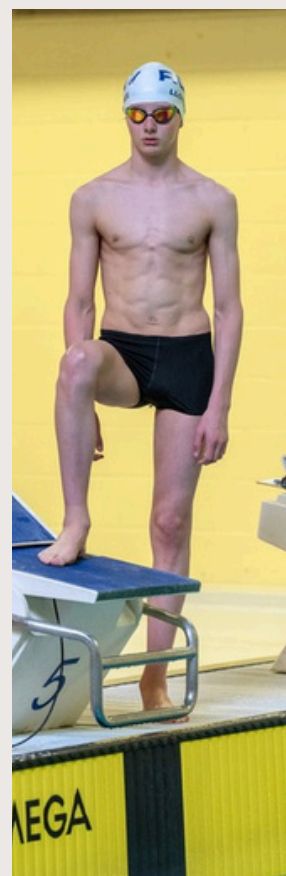
- June 6-8th AGI
- June 7th Year End Splash
- June 8th HAC Novice Meet
- June 6-12th Canadian Trial
- June 13-15th WOSA
- June 20-22rd Burlington Outdoor
- June 25th Year End Picnic



AIR QUALITY ISSUE

We wanted to provide a brief update regarding the recent air quality concerns at the Laurier pool. Our coaching staff submitted reports using the facility's QR code system on Thursday, May 22 and again on Friday morning, based on feedback from athletes. While not the worst we've experienced, the conditions were enough to warrant adjustments to our training sessions.

Based on past experience, improvements typically occur within 24-48 hours. We are continuing to follow up with the Laurier facility manager and will send out an email update.

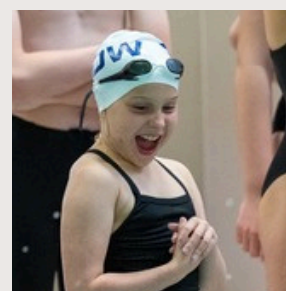


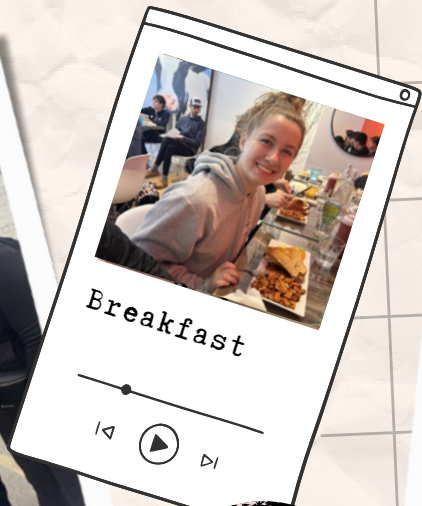
POOL CLOSURE

Due to the planned closure of the Laurier pool, we've adjusted our swim schedule to ensure uninterrupted training. Thank you for your continued support and flexibility—please see the [new schedule](#) for June 9th to 17th.

OUR SPONSORS

WALTERFEDY





Breakfast



Travel

MANIFEST



Travel Meet

Windsor May 2025



Boarding



Enjoy what you love





CLUB CHAMPIONSHIP #4

Eliminator
More photos

