



Region of Waterloo Swim Club NEWSLETTER

December 2024 Vol 1. Issue 4



Happy Holidays!

As the holiday season wraps us in its warmth and joy, we want to extend our heartfelt wishes to all our swim club families. May your homes be filled with love, laughter, and the magic of the season. It's a wonderful time to reflect on the successes of the past year and look forward to the exciting opportunities ahead.

With the New Year just around the corner, we're gearing up for an action-packed swim season. Championship meets are on the horizon in February, and we're confident our swimmers will rise to the challenge and make us proud. Let's keep supporting one another, both in and out of the pool, as we dive into 2025 with energy and determination.

Here's to a holiday season full of cheer and a New Year brimming with success and fast swims!

FROM BOARD OF DIRECTORS

A Record Breaking Month Team Showdown and OJI

Our ROW swimmers competed tirelessly to earn the highest points at the Team Showdown in Brantford. Six club records were shattered, spanning freestyle, breaststroke, butterfly, and backstroke, showcasing our swimmers' proficiency in all four strokes. At the Ontario Junior International (OJI) meet, Patrick Liu set a new 100-meter freestyle short course record for senior men.



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Pool Temperature and Performance Which Pool Boosts Performance?

Lucas Lloyd-Bee, one of our ND swimmers, conducted research to examine the relationship between pool temperature and swimmer performance. To evaluate the impact of pool conditions, over 100,000 times were collected and compared to each swimmer's average time in their respective events. Using this data, he calculated the average time difference for each pool and event, creating a table that highlights how times either increased or decreased based on these variations. His findings, based on data from six pools where our ROW swimmers compete, reveal that the London Aquatic Club (LAC) pool offers the best overall performance. For more details, visit our [Swimmer's Corner](#).

communications@rowswimming.ca



ROW Awards Banquet



The swim club's November awards banquet was an astounding success, filled with laughter, excitement, and proud moments. Swimmers, coaches, and families came together to celebrate the achievements of the past season. Among the highlights was the presentation of the prestigious Gold Award to Patrick Liu and the Silver Award to Le Anne Du, both recognized for earning the highest FINA points in their respective events. Their hard work and dedication were met with enthusiastic applause, setting an inspiring tone for the evening.

The younger swimmers added to the lively atmosphere, their boundless energy and joy filling the banquet hall. It was heartwarming to see their excitement as they cheered for their teammates and eagerly awaited their turn to shine. The only minor hiccup of the evening? The ND boys' table being called last for dinner, a detail they playfully grumbled about but took in good humor. All in all, it was a memorable night celebrating the club's accomplishments. Rumor has it that one of the ND boys managed to down nine pieces of dessert by the end of the banquet—possibly in an attempt to break a club record or create one!





Our club delivered an extraordinary performance at the Team Showdown, exceeding all expectations with incredible personal bests, unmatched energy, and an inspiring sense of unity. Competing with nearly 100 swimmers—a testament to our collaborative spirit—we embraced the challenge of competing for the Team Banner, showcasing what it truly means to be part of #ROWNATION. Our athletes raced with unmatched determination, supporting each other and pushing their limits for the team's cause. The high-spirited cheering, relentless effort in every heat, and unwavering focus after setbacks reflected the essence of ROW's team culture.

Among the many achievements, ROW swimmers earned an impressive medal count of 33 gold, 29 silver, and 21 bronze, with standout performances from athletes Nicholas W., Aric C., Olivia S., and Eliza L., who also set new club records. Over 80% of our swimmers achieved personal bests—far exceeding the norm—and several earned new qualifications for upcoming competitions. ROW's success at Team Showdown sets an exciting tone for the rest of the season, with this event serving as a remarkable preview of what's to come. For more detailed meet results, [click here](#).




Congrats!
Aris Chan

New Club record
100 FR SC 54.50
200 FR SC 2:00.13

Team Showdown 2024




Congrats!
Eliza Lin

New Club record
100 FLY SC 1:16.08

Team Showdown 2024




Congrats!
Olivia Snyder

New Club record
200 BK SC 2:28.37

Team Showdown 2024




Congrats!
Nicholas Wei

New Club records
100 BR SC 1:09.36
100 BR SC 2:29.66

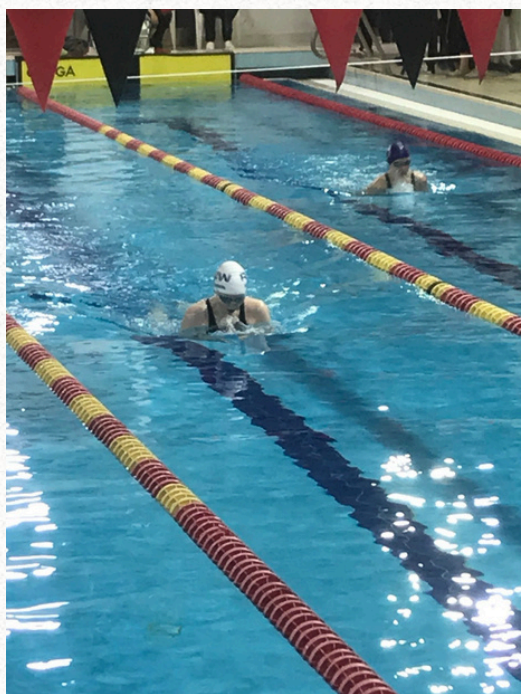
Team Showdown 2024





➤➤➤ ONTARIO JUNIOR INTERNATIONAL (OJI)

We extend our heartfelt congratulations to our exceptional swimmers—Le Anne D., Mia T., Sunny X., and Patrick L.—who proudly represented the Region of Waterloo Swim Club at the prestigious Ontario Junior International (OJI) this past weekend. Competing on an international stage is a testament to their dedication and hard work. A special commendation goes to Patrick L. for securing a bronze medal in the 100 Free and setting a new Senior Men's Club Record with an impressive time of 49.89. This remarkable achievement highlights his commitment and excellence in the sport. Well done, Patrick!



➤➤➤ GMAC DASH FOR CASH

This meet was a fantastic opportunity to race both main events and "off events," with many swimmers getting the chance to try new events! Despite coming off a challenging few weeks of high volume and intense training, both in the water and on dryland, the swimmers still gave it their all. We saw an impressive 57% best time percentage, and several swimmers qualified for Regionals in February (Abigail C. 200IM, 400IM, 800FR, Margaritta H. 200BK, 400FR, Dakota L. 800FR & Leonardo M. 50BR). The swimmers showed great strategy, raced fiercely over the three days, and supported each other by cheering on their teammates race after race!

COACHES' SPOTLIGHT



Q. What's one of your favourite moments from working with the junior swimmers?

"One of my most vivid memories is from the first year I started running most of our 10 & under development. We went to WOSA where we had a number of athletes qualify for their first Festival Championships – the energy and enthusiasm on deck that weekend is something I continue to strive and recreate at all competitions I go to."

Q. What advice would you give to swimmers who are looking to reach their goals this season and improve their performance?

"For swimmers aiming to reach their goals and improve performance this season, my advice centers on pushing boundaries and staying positive. Start by asking yourself, 'What's the hardest I've ever worked, and how can I push just a little harder?'" Progress requires clear self-awareness, so identify specific areas to improve, whether it's physical strength, technical skills, or developing better habits. Understand that creating change is a process and that positivity plays a huge role in productivity. When things don't go as planned, maintaining a positive mindset can be the key to staying on track and motivated."

Q. If you could give one piece of advice to parents of younger swimmers, what would it be to help them support their child's journey in swimming?

"Let your child be the driver in their swimming journey – I have found that the swimmers who continue to have the healthiest relationship with the sport and performance are the ones with least amount of outside pressure and they have the ability to brush off performances that didn't go the way they wanted them to. This sport is an incredible journey, but it can last a very long time – if we can't joy in the small successes and the day to day process, kids won't want to do it for the long haul. There are always positives to take away from every race or practice despite what the outcome is."

Q. The first swim meet and race is always a big one – and sometimes, it's normal to feel nervous. Do you have advice for younger swimmers as they take on their first races of the season, and how would you go about building their confidence?

"In order to build confidence and manage nerves we use very controlled settings to help the kids develop an understanding on what to expect before they go to the meet. The first thing I tell young athletes is that coaches will never put a swimmer in any events that we don't believe they are ready for, this builds confidence in their abilities to do the events. All 10 & under athletes get pre-meet chats by their coaches so they are educated on what to expect at the swim meet then they are given time to ask any questions they may have on topics they are nervous about. Prior to going to the meet we also practice meet warm ups and will do distances in practice that match races for the kids to make sure they are confident in their abilities."

Q. You have a very extensive experience coaching different swimmers over the years! How have these athletes surprised or inspired you in ways you didn't expect?

"10 & under swimmers are surprising in the sense that they can be incredibly intelligent, mindful and witty, which is a side of them that lots of people don't get to see. Young athletes are capable of many things in this sport, I learned very early on in working with them that as long as I can help instill confidence in them and their abilities that many goals they may have can be achieved. Their desire to reach their goals, be accepting of feedback and drive to work hard continues to inspire me to try and be the best coach I can be for them in their formative years in the sport."

Coach of Tops and Junior Development 1 & 2



Q. What do you find most rewarding about watching swimmers progress through their swimming journeys, whether it's mastering a new skill or achieving a personal goal?

"There are many things that I find rewarding as I watch swimmers continue on their swimming journey and beyond:

- 1. As young swimmers – watching them continue to learn about the sport and develop a love for it. They start to get invested and begin to have goals that they work towards everyday. I love seeing kids fall in love with the sport that I did at their age.*
- 2. As age group swimmers – when they are out of my group, I continue to keep tabs on them and watch them evolve as athletes and people over time. To see that they are still motivated and continue to work hard to achieve their personal goals in the sport, which is something that started when they were a young swimmer in my group is very rewarding to see.*
- 3. As people – seeing the interpersonal skills they have developed over their years as competitive swimmers used to advance them in their lives outside of the pool. Some skills that have landed them in University degrees or careers once they later graduate."*

Yours sincerely,

Carly Martin



POOL TEMPERATURE & PERFORMANCE

Research by Lucas Lloyd-Bee (ND)

Competitive swimming has steadily improved over the years due to factors like advancements in pool infrastructure and changes in regulations, including lane ropes, pool depth, and water quality. By analyzing a large set of swim times, we can gain valuable insights into trends across different pools. This motivates my research into how water conditions affect swimming speed, with the goal of designing faster pools for the future.

While much of swim time analysis focuses on trends, understanding which pool conditions lead to faster performances can help coaches and athletes optimize training methods. However, there is limited research on which pool conditions are most beneficial for swimming performance. This study will analyze around 100,000 swim times from six pools in Ontario to identify which conditions contribute most to athletic success and improve our understanding of optimal swimming environments.

Pool Name	Temperature	Percent Difference of Times
Markham Pan Am	26°C	0.184615%
Windsor Aquatic	26°C	0.044924%
Etobicoke Olympium	27°C	-0.267702%
Canada Games	28°C	-0.331997%
Toronto Pan Am	28°C	-0.035413%
Wayne Gretzky Aquatic Center	29°C	0.603585%

DATA & METHODOLOGY

The research study involves six swim pools across Ontario: the Windsor International Aquatic and Training Center, Wayne Gretzky Center Pool, TPASC, Markham Pan Am, the London Canada Games Aquatic Center, and the Etobicoke Olympium. The study will span approximately 30 swim meets held during the 2022-2023 season, from September 2022 to June 2023. A total of 32 swim meets will be analyzed, which include a mix of short-course and long-course events, with each pool contributing approximately 50% of each type. This balanced approach is critical, as long-course pools (50m) tend to slow swimmers down compared to short-course pools (25m) due to fewer opportunities to push off the wall, which is the fastest part of a race.

To analyze the impact of pool conditions on athletes' performance, over 100,000 times were collected and compared to each swimmer's average time in their respective events. Using this data, we determined the average time difference for each pool and event, creating a table showing how times either increased or decreased based on these differences.

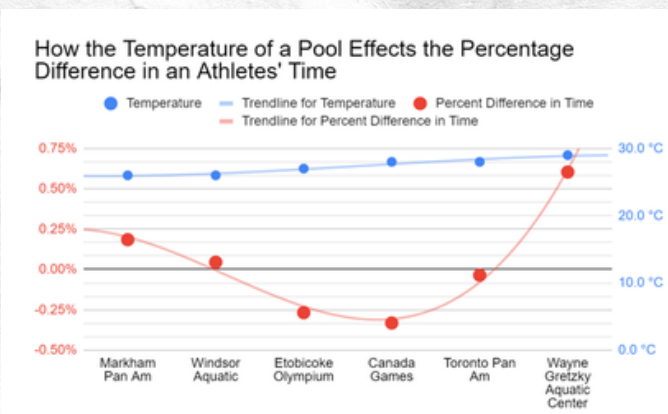
Additionally, the time differences were converted into percentages by dividing the difference between actual and average times by the average time, then multiplying by 100. These findings were presented in various data tables and boxplots, both graphically and numerically illustrating the performance differences between pools. The analysis revealed the average percentage of time added or dropped for each event and pool, providing a comprehensive view of performance trends.

WHICH POOL IS THE BEST?

CANADA GAMES (LONDON)

The graph below suggests that temperature significantly affects athlete performance, with the percent difference in times increasing as temperatures approach the extremes of the data set. The trendlines indicate that temperatures around 27.5°C are optimal, with performance declining both above and below this temperature. **The Canada Games Pool in London stands out as the best performer in Southern Ontario, as swimmers tend to drop the most time there.**

The data highlights that even small temperature changes from the optimal 27.5°C negatively impact performance. This reinforces the importance of maintaining an ideal pool temperature for elite competitions. For the best results, especially in Olympic-level pools, temperatures should be kept between 27-28°C.



IMPORTANT

UPDATES

BECOMING A ROW BOARD MEMBER

Our general election will take place in January, and we are seeking volunteers to join our Board. ROW is governed by a Board of Directors made up of parent volunteers who are elected for three-year terms, with a maximum of two consecutive terms. Elections occur at the Annual General Meeting (AGM), which is typically held in December or January. Any vacancies are announced ahead of the AGM each year. Board members are assigned various responsibilities and lead committees, including coach, member, and meet management liaison, treasurer, communications, social media, fundraising, external relations, and FPP.



This opportunity is open to all members, as well as non-members, since a Board of Directors (BoD) position does not require membership in the Region of Waterloo Swim Club. The BoD has identified certain skills that would enhance the current Board, though these are not mandatory:

- Sales and Marketing experience
- Legal expertise
- Fundraising
- Financial expertise (Treasurer)
- Human Resources knowledge/experience
- Digital Communications (websites, social media, etc.)

In addition to these skills, the BoD aims to better reflect the diversity of the club's swimmers and encourages applications from all ethnic backgrounds.

If you have any questions or would like to speak with a current BoD member, please feel free to reach out by email at board@rowswimming.ca or chat with a BoD member at the pool or a swim meet. An email will be sent in early January with instructions for nominating yourself to the Board of Directors for the AGM election.

IMPORTANT DATES:

- Jan 11-12 New Year Cup
- Jan 17-19 Scarborough Winter Invite
- Jan 22 Club Championship
- Jan Nutrition Talk
- Jan ROW AGM Meeting
- Feb 1-2 Dean Boles
- Feb 2 Skills & Thrills GMAC

OUR SPONSORS



WALTER FEDY



REMINDERS:

- Custom Swim Caps have arrived.
- Confirm your attendance for upcoming meets.
- Planning is underway for the Travel Meet to Windsor in May.
- Nutrition Talk this January.
- 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 FOR THE
AMAZING PICTURES!**

MEMORIES

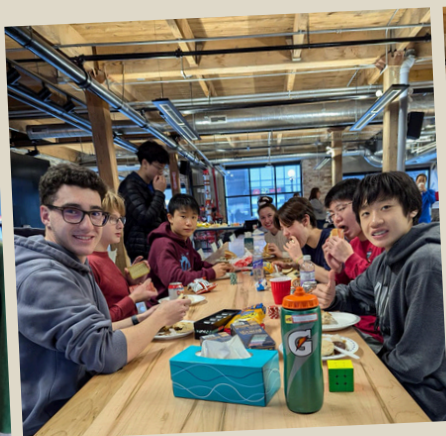
Fun Outside the Pool



PD1 Secret Santa



ND Secret Santa



ND Perfect Potluck



RSA Comp Holiday Party



PD2 Lunch

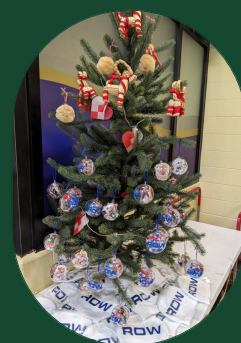


JD1 Gift Exchange



SD Ice cream Parlor

Thank you, Meet Management, for the
Custom-Made Bell Heats Ornaments!





Happy
Holiday

