

ROW

ROWSWIMMING.CA

OCTOBER 2025 VOL 2. ISSUE 2.

CELEBRATE OUR
12

OLYMPIANS
(PART I)



TORONTO WORLD CUP

A fun bus trip

FALL FIRST TRY

Making Waves to
Start the Season!

NEW PARENT HANDBOOK

Officiating
Swim Meet 101

MEET HIGHLIGHTS

FALL FIRST TRY

OCTOBER 18, 2025

What an incredible way to dive into a brand-new season! Our first meet of the year, Fall First Try, was more than just a competition — it was a celebration of teamwork, learning, and ROW pride. The day kicked off with a lively morning workout filled with cheers, laughter, and a quick refresher on meet routines and expectations. Swimmers came together to support one another, shake off the summer break, and get back into racing mode with smiles and determination.

With 137 ROW athletes ranging in age from 7 to 17 years old, the energy on deck was electric. From our youngest swimmers experiencing their first meet to our seasoned competitors chasing new goals, everyone brought enthusiasm and courage to the pool. It was inspiring to see the full spectrum of ROW talent on display — a true reminder of how far we've come and how bright the future looks!

And what a performance it was! An amazing 87% of swimmers achieved at least one personal best time, showing that all those hours of practice and dedication are paying off. Even more impressive, 37 swimmers earned best times in every single event they raced — a fantastic accomplishment that shows the power of focus, preparation, and perseverance.

A huge round of applause goes out to Liam Blais, Zade Moellenkamp, and Nikkolai Turner, who each achieved best times in all five of their events! And let's give a special shoutout to Amy Huang, who showed outstanding improvement with a blazing 41.92 in the 50m breaststroke, marking the biggest percentage drop of the meet!

The pool deck was filled with cheers, high-fives, and plenty of ROW spirit as our athletes encouraged one another from start to finish. We were thrilled to share the lanes with our friends from the Killer Whale Swim Team and the Huron Hurricanes Aquatic Club, who helped make the day even more exciting and full of great competition.

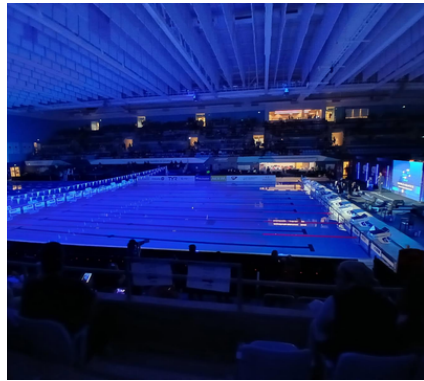
A huge thank you goes out to all the volunteer officials, timers, coaches, and parent helpers who made this event possible. Your time, energy, and positivity keep our meets running smoothly and create such a welcoming atmosphere for our swimmers. And to all the parents cheering in the stands — thank you for bringing the fun, the noise, and the spirit! You make every meet a celebration.



An Unforgettable Trip: ROW Swimmers Inspired by the World's Best!

TORONTO WORLD CUP

October 23-25, 2025



ROW Swimmers Inspired at the Toronto World Cup!

What an unforgettable experience! Forty of our ROW swimmers hopped on a bus for a fun team trip to Toronto to watch the world's best compete at the World Cup. The atmosphere was electric — full of speed, excitement, and inspiration! Our athletes had the incredible opportunity to see Canadian swimmers set world records and witness the intensity and thrill of elite-level racing up close.

Adding to the excitement, our very own ROW swimmer, Mia Tomic, made waves by achieving a personal best time of 29.79 in the 50m backstroke! What a fantastic accomplishment, Mia!

The trip was not only about watching fast swimming but also about team bonding, motivation, and fun. Seeing the world's best in action reminded our swimmers what's possible with hard work and dedication — and strengthened the ROW spirit as we head into the rest of the season.





50TH ANNIVERSARY HISTORY SERIES

OUR OLYMPIANS

(PART I)

Jim Hett
1976 Montreal



Jim Hett fondly remembers the excitement and energy of the 1976 Montreal Olympics, where crowds of spectators lined the path just to see athletes like him during the opening ceremonies. Born and raised in Waterloo, Hett was only 18 when he represented Canada in the 200-metre freestyle, placing 22nd out of 56 swimmers. Competing at the Olympics was, in his words, “the ride of my life.” His journey into swimming began after a childhood tragedy, when a friend drowned while they were playing in Waterloo Park. His mother enrolled him in swimming lessons soon after, sparking a lifelong connection to the sport. After his Olympic experience, Hett retired from competitive swimming but stayed involved as a coach with the Region of Waterloo Swim Club (ROW) and later at clubs in Sudbury, Peterborough, and Oshawa. He emphasized the importance of keeping swimming enjoyable for young athletes while balancing hard work and discipline.

Dave Heinbuch
1976 Montreal



When Dave Heinbuch earned a spot on the national swim team in high school, his Olympic dream became a tangible goal rather than a distant thought. With his sights set on competing at the highest level, he trained rigorously—first at the Laurier pool and later at Simon Fraser University. At 21, Heinbuch joined the Canadian team in Montreal, where he placed 15th in the 200-metre breaststroke. Returning to his hometown of Kitchener, he decided to give back to the sport by coaching at his alma mater, the University of Waterloo, leading both the men’s and women’s varsity swim teams for nine years. Having started his own swimming journey at age nine at the Kitchener YMCA and later at the Lincoln Road facility, Heinbuch says coaching allows him to stay connected to a sport that shaped his life. “I like to push kids and have fun at the same time,” he said. “But it’s hard balancing it—you have to connect with swimmers.”

Kevin Auger
1980 Moscow



Imagine training relentlessly for the Olympic trials—your body and mind perfectly tuned—only to learn your country won’t be competing. That was the reality for Kevin Auger, a Guelph native who spent much of his youth swimming with the Guelph Marlins before joining ROW in 1980 under coach Cliff Barry. He competed in the trials at Etobicoke, finishing the 200-metre butterfly in 2:01.28. Auger continued training with Barry until 1984 but was sidelined by tendonitis in his left arm, likely caused by a technical flaw in his stroke. Realizing the importance of proper fundamentals, he transitioned from swimmer to coach, leading the Cambridge Aquajets from 1984 to 1986 and then returning to guide the Marlins for a decade. “You get out of it what you put into it.” From early setbacks to lifelong success, Auger credits the sport with teaching discipline, goal-setting, and perseverance.

BREAKING NEWS



OUR ROW FAMILY IS GROWING — AND SO IS OUR SPIRIT!

The ROW family is growing fast! This season, we're thrilled to have over 360 swimmers registered — an incredible 10% increase from last year. Our club is stronger, louder, and more spirited than ever.

Way to go, ROW! Here's to another amazing year of growth, teamwork, and success both in and out of the pool!

SOPHIE RUS EARNs SPOT IN ONTARIO'S PODIUM DEVELOPMENT PROGRAM!

Congratulations to Sophie on her selection for the Swim Ontario Podium Development Program! She will train alongside Ontario's top 100m & 200m swimmers on October 29–30 at TPASC. We're proud to see her represent our club at this elite training opportunity!

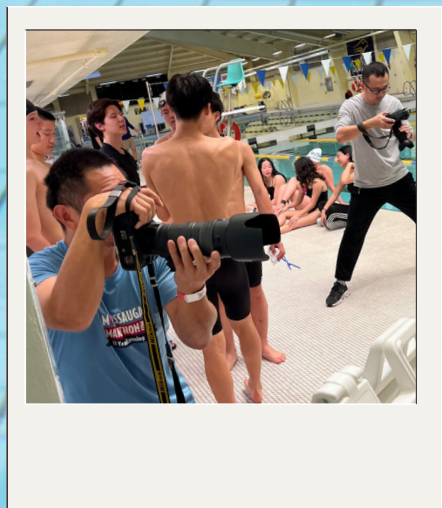


Thank You to Our Volunteer Photographers!



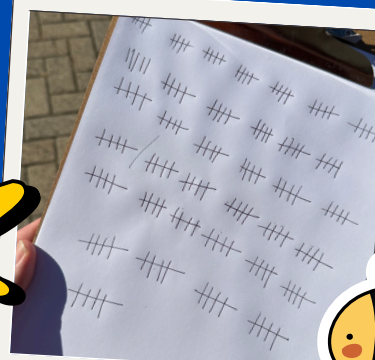
Over the past few weeks, four incredible photographers have been hard at work capturing club-wide photos — and we couldn't be more grateful! You might not realize it, but our volunteer photographers are using professional-grade cameras capable of producing images with Olympic-level quality. Their skill and dedication have made this year's photo sessions truly special. With 9 training groups, 295 swimmers, and 4 different poses per athlete, you can imagine the enormous effort involved — from organizing and shooting, to labeling, editing, and uploading hundreds of images to our server. It's a massive job, and they've handled it all with generosity, patience, and passion for our club.

We'd like to extend a heartfelt thank you to our talented photographers: Dake Yu, Ted Lin, Ting Ting Liu, and Lin Yao. Your time, expertise, and dedication mean so much to the entire ROW community! This year's photos are especially meaningful as we celebrate our 50th Anniversary. These individual and group photos will not only be featured on our social media and newsletters, but will also appear in our upcoming 50th Anniversary Yearbook — a keepsake that will capture this milestone in ROW history. Thank you again, Dake, Ted, Ting Ting, and Lin, for helping us preserve these special memories and showcase the spirit of our amazing team!





THANK YOU!



USED CLOTHING DRIVE FUNDRAISER – A HUGE SUCCESS!

Our Used Clothing Drive Fundraiser on October 26 was a fantastic success! So many parents and swimmers came out to support the effort, and together we collected an incredible 190 bags of clothing — nearly filling the entire truck! A big thank you to everyone who donated, sorted, and helped out on the day. Your generosity and teamwork make a real difference in supporting our Senior Team's upcoming Winter Training Camp.

IMPORTANT

UPDATES

HELP MAKE ROW'S 50TH ANNIVERSARY GALA A SUCCESS

Coach Kaitlyn Mains is organizing the Region of Waterloo Swim Club's 50th Anniversary Gala, happening Saturday, April 25, 2026 at the Walper Hotel! This special evening will celebrate five decades of swimmers, coaches, and families who have shaped ROW into the incredible club it is today. To make the night truly special, we'd love your help with a few things:

How You Can Get Involved

Sponsorships

If you own a business, or work somewhere that supports community events, please consider becoming a Gala Sponsor. We have several sponsorship levels available, and all sponsors will be recognized at the event and in our promotions.

Silent Auction Donations

We're also collecting items and experiences for the silent auction, which will support our High Performance Fund for athlete development.

Gift cards, products, services, or unique experiences, every contribution helps!

Volunteer Help

We're looking for a few extra hands to help approach local businesses about sponsorships and auction items.

If you're comfortable sending a few emails or dropping off donation letters, please reach out, even a small bit of help makes a big difference. If you can help in any way, please email Kaitlyn at coachkaitlyn@rowswimming.ca. She'd love to hear from anyone interested in volunteering, donating or connecting her with potential sponsors. Thank you all so much for supporting ROW,

IMPORTANT DATES:

- Nov 2 Skills & Thrills GMAC
- Nov 7th -9th BAC Fall Invitational
- Nov 14th-16th NYAC Cup
- Nov 15th -16th ACES Fall Invitational
- Nov 24 **Award Banquet**
- Nov 21st - 23rd Nother's Meet
- Nov 27th-30th AGI Short Course
- Dec 5-7 GMAC Dash 4 Cash
- Dec 6th ROW Novice Meet #1
- Dec 12th-14th Team Showdown
- Dec 11th-14th OJI Championship Meet

ROW AWARD BANQUET

Date: November 24, 2024

Time: 5:15 pm doors open

Location: St. George Banquet Hall,
665 King Street North- Waterloo

- 6:00 Dinner is Served
- 7:00-8:00pm Awards Presentation

REMINDERS:

- Fundraising Update - We are seeking sponsors for our 2025/2026 season. (See [sponsorship letter](#))
- Follow us on [X](#), & [Instagram](#)
- Declare attendance for AGI Short Course
- ROW Award Banquet Tickets — Sales End November 3

OUR SPONSORS

WALTERFEDY



Jumpstart



OFFICIATING



HOW DO I BECOME AN OFFICIAL?

ROW is hosting ten swim meets this season, and we need volunteers to make them a success! By becoming a swim official, you'll help ensure fair competition, gain a deeper understanding of the sport, and support our athletes. Volunteering also counts toward the Family Participation Program (FPP) — earn points by helping at ROW meets, attending online clinics, or volunteering at other clubs. Your time makes a big difference — thank you for being part of the action!

STEP 1: REGISTER

- To help on deck, you must be registered with Swimming Canada. If you haven't yet, please complete our [registration form](#).
- Once ROW begins the registration process, you'll receive an account in Swimming Canada's Registration and Event Management System (REMS), which uses SportLomo. If you've already registered a swimmer this year, you have a REMS account. If a new account is created, you'll receive an email titled "Activate SportLomo Account" and follow the instructions to activate it.
- You will receive an email from REMS titled "Needs More Information" with instructions to complete your official's account registration.

STEP 3: SIGN UP

- For ROW-hosted meets, all registered officials will receive an email requesting their availability in the weeks before the meet.
- In the week before the meet everyone who provided availability will be emailed the on deck assignments, also known as the "Officials Grid".
- A similar sign-up process is in place for all meets that ROW attends at other clubs. To volunteer for an away meet, locate the meet package online and look for the section on "officials." The package will typically either provide sign-up instructions or list the email address of an officials coordinator you can contact.

STEP 2: TRAINING CLINICS

- Once registered, you can access Swimming Canada's Learning Management System (LMS) by logging into REMS and clicking the "Login to LMS" button on your officials member card. For more details, refer to the [LMS User Guide for Officials](#).
- New officials should log in to the LMS and complete the online e-Modules "Intro to Officiating (Timekeeper)" and "Safety Marshal." ROW's Officials Administrators will also hold live clinics in-person or online once or twice this season, which will be announced to all registered officials. Be sure to register!

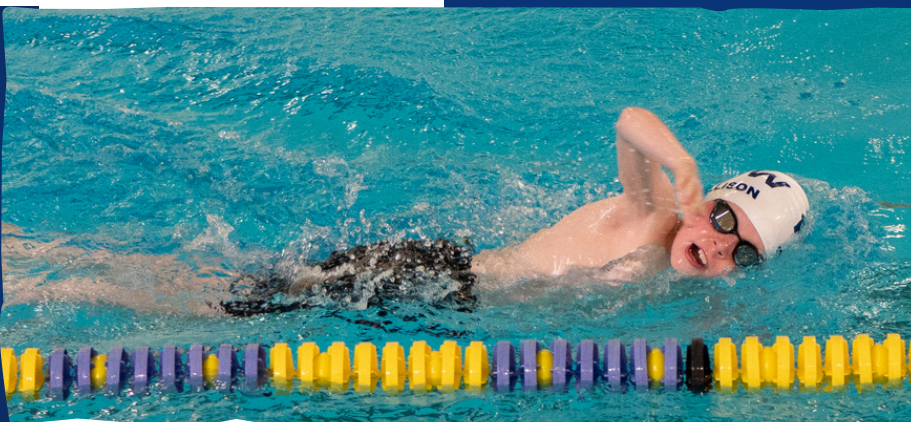
STEP 4: OFFICIATE

- When you help on deck as an official you need to follow a simple dress code:
 - Timers wear white shirt and black pants
 - All other officials wear a red shirt and black pants
- Once you have officiated as a timer more than once you can ask for "sign offs" at the position and will receive a card to keep track of your progress as an official.
- Once you receive two sign offs as a timer, you are certified as a Level 1 official and the ROW officials administrators will order you an official's name tag and red pin.

SWIM MEET *101*

ATTEND OR DECLINE

To ensure every swimmer has the chance to compete, swimmers will be automatically entered in upcoming meets unless you decline. To opt out, visit our website, open Team Events, select the meet, and click Attend/Decline. Please note: if your swimmer doesn't attend and hasn't declined, the meet fee will still be charged.



SWIM MEETS AND PREPARATION

Meet packages are a great place to start.

At ROW, we believe swimming is about more than just fast times—it's about building character, resilience, and a lifelong love of the sport. While not every swimmer starts with Olympic goals, every swimmer can challenge themselves to improve, take pride in their effort, and enjoy the journey along the way. Swim meets are a vital part of that journey. They offer a chance to see how hard work in practice translates into performance, to test yourself under pressure, and to celebrate progress—no matter the result. Competing teaches valuable life lessons: preparation, perseverance, sportsmanship, and teamwork. And yes, it can be a lot of fun too!

Planning your trip is essential, and the meet package is a great place to start. Parking and seating are limited, so arrive early! Here are two key reminders: scratching and officiating. Scratching refers to the last-minute removal of swimmers' names from events. If you'll be late or absent, please let your coach know as soon as possible. If the coach receives the information in time, they may be able to remove you from events. And if you're available, remember to sign up as an official—it's your ticket to joining your swimmers on deck!

DISQUALIFICATION

What is getting disqualified?

- Your swimmer may be disqualified from an event due to a violation of start, stroke, or turn rules.
- It's essential for young swimmers to learn the rules to improve their performance.
- See page 7 for details on how to become an official so you can better understand the rules.

MEET PACKAGE

Meet packages contain all the essential information you need, including warm-up times, event rules, and important details to help you prepare.

PACKING FOR THE MEET

First, your swimmer needs a race-legal, black bathing suit. Next, they'll need a white ROW swim cap, snacks, and warm comfy clothes for in between swims (ROW gear is preferred)! Don't forget to pack back-up equipment (goggles, caps, etc.) just in case!

PLANNING YOUR TRIP

Swimmers need to be on deck, ready to go, 15 minutes to half an hour before the warm-up begins. (Ask your coach for the exact time.)

TRACKING MEETS, RACES, AND RESULTS

Grab the App MeetMobile, which parents can use to track meets, races, and results. You will spend a lot of time with this app at meets!

CHECK OUT GEEKSWIMMERS – A POWERFUL TOOL FOR TRACKING PERFORMANCE!



Home / Profile / Swimmer / Benchmark

Geek Swimmers Times • Swimming • Blog WING HONG CHAN

NAME

Best Times Benchmark

Course: ☒ Short (25m) ☐ Long (50m)

Time Standard *: Western Ontario Swimming Association Standards

Qualifier Meets *: Select...

Age: 17

Format: Age Group

Event	Best	Standard *	Difference
50 Freestyle	00:30.00	00:30.08	00:00.08
100 Freestyle	01:05.20	01:04.99	00:00.21
200 Freestyle	02:24.11	02:22.91	00:01.20
400 Freestyle	05:03.97	05:03.50	00:00.47
800 Freestyle	10:43.30	10:37.46	00:05.84
50 Backstroke	00:37.16	00:33.76	00:03.40
100 Backstroke	01:15.99	01:13.40	00:02.59
200 Backstroke	02:43.19	02:40.82	00:02.37
50 Breaststroke	00:39.31	00:38.89	00:00.42
100 Breaststroke	01:25.11	01:24.54	00:00.57
200 Breaststroke	03:03.50	03:07.75	00:04.25
50 Butterfly	00:32.45	00:32.93	00:00.48
100 Butterfly	01:13.54	01:11.58	00:01.96
200 Butterfly	02:49.87	02:46.51	00:03.36
100 Medley	01:16.87		
200 Medley	02:40.17	02:41.65	00:01.48
400 Medley	05:40.86	05:51.12	00:10.26



Looking for an easy way to stay on top of your swimmer's progress? GeekSwimmer is here to help! This powerful app makes it simple to track performance, compare best times, and see how your swimmer stacks up against official time standards — including regional, provincial, and national levels.

The Benchmark feature lets you choose from multiple time standards and instantly compare your swimmer's best times. Once you've entered their results, the app automatically benchmarks all performances against your selected standard — simple, clear, and convenient!

Even better, GeekSwimmer was developed by one of our very own ROW Communications Team members, Hildeberto Mendonça. Thank you, Berto, for creating such a useful tool for our swim community! ([Link to App](#))