



ROW

50th Anniversary



This year marks the 50th anniversary of the ROW Swim Club! Today, ROW is not just a swim club—it's a thriving, growing community full of spirit and resilience. We're celebrating all year long, and we can't wait to share the excitement with you! Stay tuned for more details about our anniversary gala!



In this issue:

- ✓ Terry Fox Run
- ✓ YMCA Camp
- ✓ New Parent Handbook
- ✓ Open Water Championships



50 ANNIVERSARY GALA
25 April, 2026



**SEPTEMBER 2025
MONTHLY
NEWSLETTER**

JOIN NOW

Vol 2: Issue 1



**Region of Waterloo
Swim Club**



YMCA Camp

Team Building Event

Club members had an absolute blast at the YMCA camp on Sunday, September 21! From racing through a wild scavenger hunt to testing their aim at archery and scaling the rock wall like pros, it was a day packed with laughter, teamwork, and maybe even a little friendly competition (yes, some of us did outrun the coaches).

As the sun set, we gathered around the campfire where our swimmers surprised everyone with their impressive singing chops — turns out, we've got talent in and out of the pool!

More than just a fun day, the camp was a perfect chance to build trust, strengthen friendships, and grow as a team. Huge shoutout to our amazing coaches for making it all happen — your support, energy, and leadership mean the world to us!



rock climbing



YOU ARE INVITED TO

50

Anniversary Gala

C e l e b r a t i o n

REGION OF WATERLOO
SWIM CLUB

APRIL

25

SATURDAY

Ticket sales details will be posted soon, please mark your calendars now! Questions? Please contact our Gala Coordinator at coachkaitlyn@rowswimming.ca.



The Walper Hotel in Kitchener



Dean Boles



Cathy Pardy



Paul Meronen



Russ Franklin

OUR HISTORY

REGION OF WATERLOO SWIM CLUB

In celebration of 50 years of ROW, we're excited to launch our **ROW Archives: 50 Years of History** series. Join us as we highlight key milestones, memorable moments, and the individuals who have shaped our club's legacy.

Founded in 1976, the Region of Waterloo Swim Club (ROW) has spent nearly five decades developing swimmers to reach their fullest potential. As we celebrate our 50th anniversary, we take this moment to reflect on our rich legacy of excellence in skill development, training, and competition, while fostering sportsmanship and teamwork. ROW is proud to have produced world-class athletes who have competed in prestigious events like the Olympics and World Championships. To mark this milestone, we're launching a history series in our newsletter, offering a deeper look into the club's journey through the years. Join us as we celebrate 50 years of growth, achievement, and inspiring the next generation of champions!

A Look Back at Our Coaches:

Paul Meronen was the first head coach of ROW, setting the foundation for the club's success. Dean Boles led ROW for an impressive 22 years, from 1987 to 2009. After his time with ROW, he became a prominent figure in Canadian swimming, serving as CEO and CTO for Swim Ontario. Following Dean, Nandi Kormendi was appointed head coach from 2009 to 2011, followed by Russ Franklin, who led the team from 2011 to 2014. Mike Thompson took over from 2014 to 2015, and then Matt Mains served as head coach from 2015 to 2018. Cathy Pardy led the team from 2018 to 2022 and also coached the swim team at Wilfrid Laurier University. In August 2020, she was named Head Coach for Team Ontario at the 2021 Canada Games. Our current head coach, Alex Johnson, has been leading the team since 2022, continuing ROW's long-standing tradition of excellence.



Nandi Kormendi



Mike Thompson



Matt Mains



Alex Johnson

ROW IN THE COMMUNITY

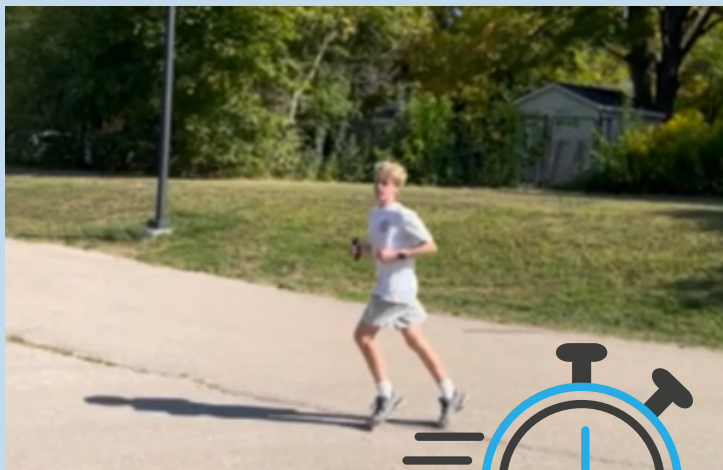
TERRY FOX RUN

ROW Checklist

- ✓ Team Spirit
- ✓ Endless Energy
- ✓ Inspiration
- ✓ Mission accomplished!

Sept 14, 2025

Waterloo Park



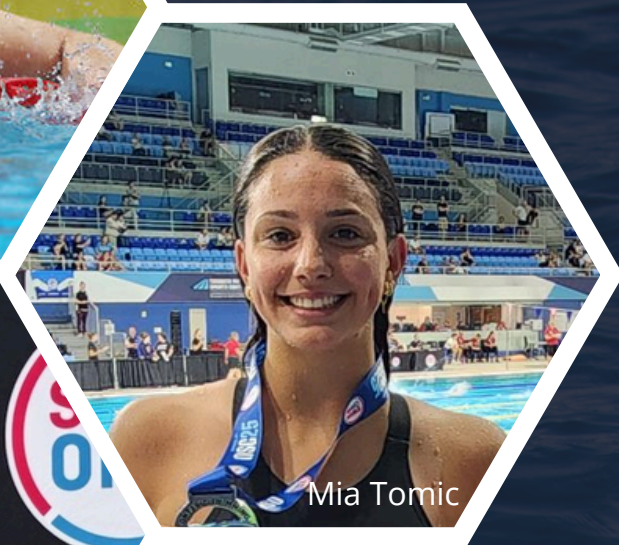
BREAKING NEWS



Alec Elliott



Sunny Xu



Mia Tomic



Olivia Snyder

Alec Elliott represented ROW at the Para World Championships in Singapore, earning 11th in the 100 fly, 10th in the 200 im, 7th in the 400 Free – amazing work!

Olivia Snyder named to Swimming Canada's 2025 National Development Program ID Team – a huge achievement!

Sunny Xu and Mia Tomic qualified for the Toronto World Cup after A-final performances at Summer Nationals – way to go!

Congratulations

OPEN WATER CHAMPIONSHIPS

JULY 26, 2025 AT GULL LAKE IN GRAVENHURST, ONTARIO



Our ROW swimmers delivered fantastic performances at the Gull Lake Rotary Park Open Water Championships! In the 4x500m Mixed Relay, Sunny X, Lucas LB, Sophie R, and Chris R captured bronze. In the 1 km swim, Sophie R (14:30, F13-14) earned bronze, Olivia G (14:39, F15-16) also took bronze, and Abigail C (16:55, F17+) claimed bronze. For the 3 km event, Lucas LB (36:24, M16-17) won silver, Sunny X (40:01, F16-17) struck gold, and Megan B (41:49, F16-17) took bronze.

Competing in open water not only challenges swimmers physically but also builds mental toughness, adaptability, and endurance. Unlike pool swimming, athletes must navigate changing conditions, varying temperatures, and natural elements, which strengthens their overall skill set and resilience. The Gull Lake experience was both a test and a triumph for our swimmers, giving them valuable exposure to a different style of racing while fostering confidence and team spirit.

PLAN AHEAD: OPEN WATER RACING AT GULL LAKE 2026

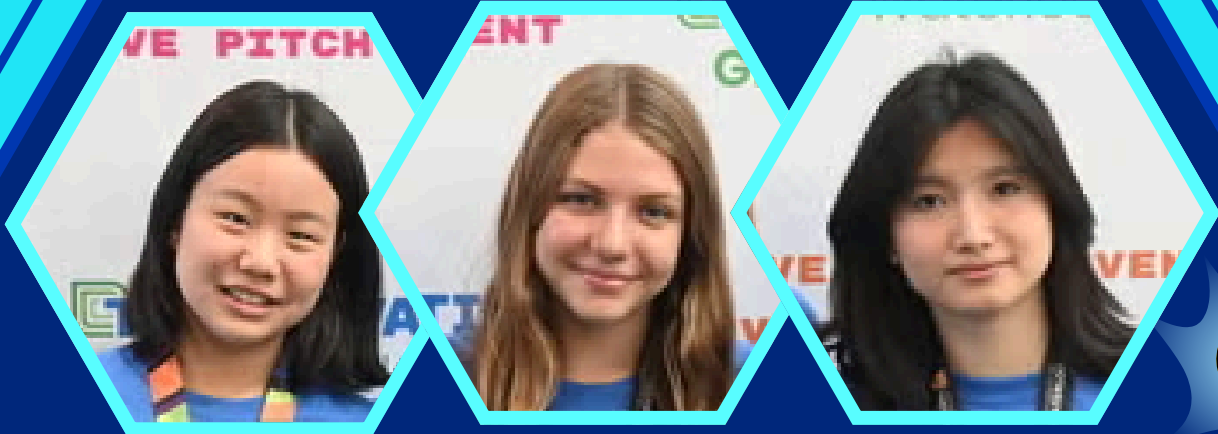
Mark your calendars! Join us next year on July 18-19 for another exciting Open Water Championship at the same stunning location — Gull Lake in Gravenhurst.



BOOST YOUR SKILLS WITH OPEN WATER TRAINING

In the lead-up to the race, our experienced coaches will offer additional training sessions, including in-lake practice, to help you prepare and perform your best on race day.

SWIMMER'S CORNER



Congratulations

We're proud to share that three of our very own ND swimmers — Sophie Rus, Le Anne Du, and Olivia Guo — have been named North American Regional Honourees in the Technovation Global semi-finals as members of Generation Linkers! Their award-winning app, LinkAge, connects young adults (ages 16–25) with seniors who share similar interests, helping to build meaningful intergenerational connections. This incredible achievement highlights the creativity, compassion, and leadership these girls bring not only to the pool but also to the wider community. Congratulations, Sophie, Le Anne, and Olivia — your swim family is so proud of you!

NEW PARENT'S HANDBOOK #1

We understand that joining a swim club for the first time can be overwhelming, and we're here to help every step of the way. In this new section of our newsletter, New Parent Corner, we'll provide a valuable resource for families who are new to the world of competitive swimming. This section will cover everything from important rules and regulations, to what to expect at swim meets, tips for supporting your swimmer at home, and how to prepare for the journey ahead. We know there's a lot to learn, but rest assured, we're here to guide you through the process and ensure your experience with ROW is as smooth and enjoyable as possible.



Program and Meet Schedule

Be sure to review our meet schedule and mark your calendars! If you don't decline an event, your swimmer will automatically be entered to ensure they can participate. This helps us make sure all swimmers have the opportunity to compete. ([See Meet Schedule](#))



Equipment list and your Coach

Ensure your swimmer has the right gear for their age and level. Always try on a racing suit before buying—if it takes under 5 minutes to put on, it's probably too big! Check with your coach for personalized recommendations on swim caps, goggles, training fins, and other gear to optimize performance. ([See Equipment List](#))



Volunteers and Family Participation Program

ROW is a volunteer-driven community, relying on parents to keep things running smoothly. From the Board of Directors to group parents, photographers, and officials, every volunteer is crucial. We've revamped our Family Participation Program (FPP) for better clarity. Contact your group parent for details or email communications@rowswimming.ca for assistance. ([See FPP program information](#))



How to check my FPP Points?

As per our new FPP policy, please contact your group parent to update and verify your FPP points. They are responsible for confirming your points.





Officiating ([See ROW Officials Registration](#))

Officiating at swim meets allows you to support your child up close while helping to create more competition opportunities in a positive, familiar environment. For new parents, participation in the Intro to Officiating Clinic and Marshalling is mandatory, and failure to register will result in a charge. Your involvement not only enhances the meet experience but also benefits all swimmers. Once your Sportlomo account is created or reactivated, you'll receive follow-up emails prompting you to log in. If you officiated last season, your email and password should still work, and the process for completing consents and waivers will be similar. Please note that each person in your household must register separately and complete the officiating form individually.

Confused about the Training Fee and Payment Schedule?

You should have received an email with the payment details and options. If you have any questions, feel free to contact office@rowswimming.ca or communications. ([See Fee Schedule](#))

How to find volunteering positions?

See our [FPP guide](#) for volunteer positions and point values. Email volunteer@rowswimming.ca to share your skills and interests, and you'll be contacted by our board members if positions become available.

Parent's Handbook

Check out our Parent's handbook for more details ([Click Here](#))

Who to contact if I have questions?

office@rowswimming.ca: Account and payments
volunteer@rowswimming.ca: Volunteer positions
assessment@rowswimming.ca: Assessment dates
and related queries
clothing@rowswimming.ca: Gear and equipments
communications@rowswimming.ca: All other inquiries

IMPORTANT UPDATES



NEW SIMPLIFIED SYSTEM FPP PROGRAM UPDATE

Our FPP (Family Participation Program) has undergone a significant overhaul to make it more transparent, efficient, and fair. The new point system—outlined below—has been simplified to four levels. Going forward, each group's designated parent will be responsible for tracking all members' FPP points. Please note that updating points may take some time, especially for meet-related activities that require confirmation. We appreciate your patience as points are verified and updated accordingly.

Group	FPP Points
TOPs 1-5, RSA Age Group	4.0
JD1, JD2, RSA Com, AGD, PD3	8.0
PD1, PD2, SENIOR DEVELOPMENT	10.0
NATIONAL DEVELOPMENT	12.0

SPECTATOR SEATING AT CAMERON HEIGHTS

The ROW Board has confirmed that parents are allowed to use the designated spectator area at Cameron Heights, following consultations with the City of Kitchener, legal and insurance representatives, and Swim Ontario. Access is through the right side of the facility, and parents must remain in the marked section while watching practices or events.

To maintain a focused and respectful training environment across all ROW facilities, parents are expected to stay only in designated areas, avoid disrupting athletes or coaches, keep noise to a minimum, and follow the club's Code of Conduct and Swim Ontario's photography policy. Coaches note that some swimmers perform better with less parental presence, so families are encouraged to limit their spectating to occasional visits or shorter periods. This balanced approach aims to support both swimmers' development and family involvement.

DON'T FORGET IMPORTANT DATES

- Sep 28: New Parent Orientation
- Oct 18: Fall First Try
- Nov 2nd Skills and Thrills
- Nov 7th- 9th BAC Fall Invitational
- Nov 14th- 16th NYAC Cup
- Nov 15th - 16th Aces Fall Invitational



NEW UNDERWATER CAMERAS

We have ordered a new underwater camera system to enrich our training experience. The cameras will arrive next month.



SWIM ONTARIO NEW TIME STANDARD

Not only has Swimming Canada recently updated its time standards, but Swim Ontario will also be updating our provincial time standards on October 1.



OFF THE BLOCK MEETING VIDEO

If you missed the off the block meeting earlier this month. A video is available on line. [Click here](#) to watch the video.



JOIN OUR SOCIAL MEDIA

Instagram



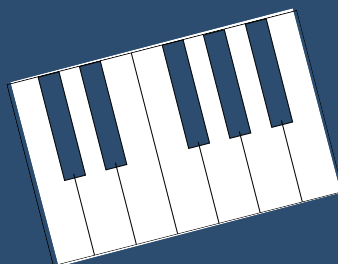
Facebook



IN LOVING MEMORY

TOM FUKE

1976-2025



It is with great sadness that we share the passing of Tom Fuke, a beloved member of our Region of Waterloo Swim Club community. Tom was not only a former national-level breaststroker with ROW and a Laurier varsity athlete and coach, but also someone who continued to stay closely connected to our club throughout his life.

Our coaching staff had the privilege of working alongside Tom in recent years, and every one of them spoke to the wonderful relationships they built with him. His warmth, encouragement, and genuine care for the swimmers and coaches alike left a lasting impact on our team.

In true reflection of his generous spirit, Tom even asked that donations be made to ROW in his memory—something that deeply touched us and demonstrated just how much this community meant to him. These contributions will support the ROW Training Bursary, continuing his legacy of inspiring and supporting young athletes.

We extend our heartfelt condolences to Tom's family and loved ones. He will be remembered not only for his strength and grace in and out of the pool, but also for the kindness and generosity he shared with our entire community.



SWIM MEET ETIQUETTE



Be respectful to others at all times:

Address questions or concerns to coaches; Avoid calling swimmers on deck from the viewing gallery



No eating or drinking on deck:

Drinking water only may be consumed on deck; food and sugary drinks must be in glass-free containers and consumed outside the pool deck area



**Deck Rules:
Authorized Access
Only – No Outdoor
Shoes Allowed**

Only swimmers, coaches, officials are permitted on deck; Walk on deck at all times; No outdoor shoes on deck

PRACTICE GUIDELINES

To ensure smooth and effective practices, we ask swimmers and parents to follow these guidelines:

- Swimmers must always follow their coach's instructions.
- Parents are not allowed on the pool deck during practices.
- Concerns about practice or coaching should be addressed respectfully outside practice hours through proper channels.

Parent Conduct

Parents are expected to model respectful behavior. Arguing with coaches or undermining their authority disrupts the positive environment we strive for. Please review the Member Code of Conduct on the ROW Swimming website for detailed expectations.

EXPECTATIONS FOR PARENTS (ALL ROW FACILITIES)



To protect the training environment for our swimmers while still allowing families the ability to spectate, the Board has set the following clear expectations. These apply to Cameron Heights and all other ROW training facilities:

- Spectator area only: Parents are permitted only in designated spectator sections. Parents are not allowed elsewhere on the pool deck.
- Changerooms (Cameron Heights only): At Cameron Heights, parents may access the deck solely for the purpose of escorting their child to and from the changerooms. Please do not wait on the pool deck.
- Respect the training environment: Training time belongs to the swimmers and coaches. Please avoid distractions, directions, or engagement with athletes while on deck.
- Noise and behavior: Keep conversation and noise to a minimum. Behaviors that disrupt athletes, coaches, or lifeguards will not be tolerated.
- Follow the ROW Code of Conduct: Parents, volunteers, and athletes are all bound by the club's Code of Conduct. You can review it here: [ROW Code of Conduct](#).
- Photography & Video: The Swim Ontario Video/Photography Policy applies in all facilities. No photos or videos may be taken without explicit permission. You can review the full policy here: [Swim Ontario Video/Photography Policy](#).
- Privilege, not entitlement: The ability to sit in designated spectator areas is a privilege granted by the facility. If behavior undermines the training environment, ROW reserves the right to restrict or revoke access.

CLOTHING AND EQUIPMENT

The 25/26 season is underway, and our swimmers are back in action! We hope everyone had a restful summer and a smooth return to routine. Over the summer, our clothing committee transitioned to GMP Sportswear for Spirit Wear, and we're excited to begin this new partnership. One major benefit is monthly ordering—shop anytime, and your order will be processed at the end of each month. The online store launches October 1st,. Be sure to check out our brand-new team t-shirt! ([ROW Webstore](#))

Our equipment provider remains [LY Sports](#), where you can still enjoy 20% off regular-priced items and an extra 2% off at checkout with code ROWSWIM. If your swimmer needs updated gear—like suits, fins, or parkas—this is a great time to stock up. The LY Sports link and the full ROW Equipment List (organized by team) can also be found on our website. Keep an eye out for an upcoming opportunity to order personalized caps. For any questions, feel free to contact clothing@rowswimming.ca.

KEEP OUR POOL HEALTHY!



Shower Before

Swimming: Remove sweat, oils, and other contaminants



Use the Bathroom:

Take breaks when needed



Better Air Quality = Better Swimming:

Sweat and urine create tri-chloramines that affect air quality at water's surface



HOW TO VIEW MEET ENTRIES

1. Log into your account on the ROW website.
2. Reload/Refresh the page.
3. Navigate to the Meets/Events tab.
4. "Meet Entries" is now shown as the second tab below the Meets/Events category.

OUR SPONSORS



WALTERFEDY



WLU POOL CLOSURE UPDATE

We want to thank all our families and swimmers for their incredible patience and flexibility during the recent WLU pool closure. Despite very limited pool availability, we made the most of the time offered at Cameron Heights and were proud to see our swimmers stay focused and resilient through the disruption.

The closure was due to a mechanical issue involving the air circulation system. Communication from the university has been limited and often provided on short notice. We understand how challenging this has been and want you to know that we're doing our best to keep families informed as soon as we receive updates. Your ongoing support makes a big difference, and we truly appreciate your understanding during this time.

FREE WORKSHOP: KEEP YOUR SHOULDERS STRONG & SWIM INJURY-FREE!

Shoulder injuries are a leading cause of lost training time for swimmers—but most are preventable. Join us for a completely FREE workshop with physiotherapist and former competitive swimmer Jasmine Raines, designed to help you protect your shoulders and perform at your best in the water.

 Saturday, October 4th | 11:00–12:00

 Defy Sports Performance and Physiotherapy

This hands-on session includes mobility and strength screening, injury prevention tips, and a chance to ask your questions directly to Jasmine. Whether you're a high-level athlete or just love to swim, don't miss this free opportunity to stay healthy and strong! [Click here for more details!](#)



CLOTHING DRIVE

Sunday, October 26th
11am - 2pm

527 Sandbrooke Court, Waterloo

What you can donate:

- All clothing (from the hat on your head to the socks on your feet!)
- Footwear & outerwear
- Belts, ties, purses & wallets
- Blankets, pillows, bedding, linens & towels
- Yarn, fabric & patterns
- Curtains, cushions & tablecloths
- Luggage, sleeping bags & backpacks



**Your donation will help us raise funds for our
Mexico training camp!**