

ON DECK
2020 Summer Edition

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A MESSAGE FROM THE CLUB PRESIDENT, ANDY MICHELL

As we approach the fall our thoughts begin to focus on a return to swimming.

This year will be both unique and challenging as COVID-19 has impacted all aspects of our programming. Our Fall Session will be shaped by regulations established by our venues, Swim Ontario, Public Health and the Province.

Our current plan is to return to “in pool” training on September 14. Details of the programming available should be available in the next few days and registration is expected to open on September 1.

Before returning to the water all swimming families will be contacted by the coaches and prior to the start of training, both swimmers and parents will be briefed on zoom about the details and regulations governing swimming this fall. The executive has worked diligently to provide programming that both meets the training needs of our swimmers well at the same time keeping our athletes, coaches and parents safe.

Once the details of our programming is released please feel free to contact me .Stay well and stay safe

Andy



COACH'S CORNER

FROM HEAD COACH, DAN STRATTON

Observations from the coaching kayak summer 2020

I have been coaching swimmers since 1988. During all of those coaching hours I never sat down for any training session. That changed the summer of 2020. Not only was I in a sitting position for many hours this July and August, I was seeking to control and navigate through the workout in a new way. A trauma like COVID-19, has altered our sport, our organization and our swimmers. It will continue to do so in the future as well.

We have collectively termed our initiation back to amateur sport as a return to training. Restoring our sport and rebuilding our organization perhaps are more apt descriptions. The expectations at all of our indoor venues will include many precautionary measures and our training sessions will be reliant on a moving target of community and provincial health regulations.

In addition, we will have requirements and recommendations from Swim Ontario and Swimming Canada. This will stretch our coaching, programming and volunteer resources for the immediate future. This may continue to extend well into the swimming calendar and impact each swimmer in multiple ways.

Despite all this, I remain very optimistic about the club, our swimmers and the resilience of our sport to adjust to the barriers encountered. It's been a great experience observing the full

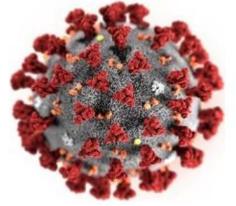
extent of our program get started on a modified program and training in an open water environment. The community of Lakefield in Selwyn township has been very encouraging. The coaches and lifeguard tandem have been a great fit. The athletes have demonstrated a tenacity for growth and development. The weather has been warm and inviting. We are all thankful that we are moving forward with the next cohort of local swimming talent and can support their aspirations. We anticipate ongoing communication and organizational challenges as we approach the fall programming. At the time of publication, there are still many unknowns about our competitive and recreational training. However, you can be assured that the coaching staff, the club board of directors and our volunteers will find the best mechanism to deliver meaningful, quality and safe programming for your child. We have a long history and tradition in the Peterborough area and remain committed for the next decade. Please continue to support your swimmer's dream and involvement. Together we will move forward and restore our sport by returning to the pool. We invite you all to be a part of that journey.



UPDATED March 25, 2020

Athlete Mental Health and Mental Illness in the era of COVID-19

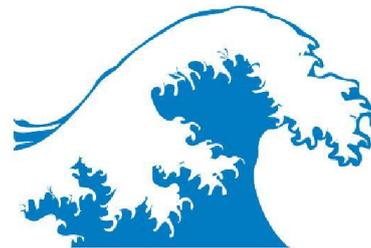
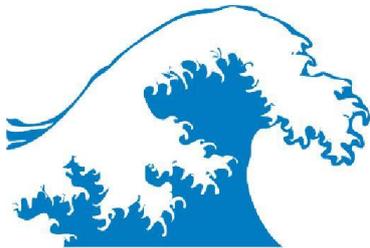
Shifting focus: A New Reality



The life we are living today is a loose approximation of how we were living just 2 weeks ago. Even 2 days ago. Within 48 hours the lives of current Canadian Olympians, Paralympians, and hopefuls have been upended and placed in a realm of uncertainty.

We are living through a serious pandemic, society seems to be shutting down, and we are told to stay home. What are we supposed to do with that? We have never experienced anything like this in our lifetime.

As some waves of uncertainty abate (ie there will be no Olympic/Paralympic Games in 2020!), others emerge (ie what will happen with Carding? Will people need to re-qualify if they have already qualified? When can we start training again? When exactly will the Olympics be held?)



The National Sport Organizations, Sport Canada, the Canadian Olympic Committee, the Canadian Paralympic Committee and others are working extremely hard behind the scenes to answer these questions as quickly as they can.

Despite the work that is being done “behind the scenes,” athletes still need to take care of day to day business and figure out where in the world they need to be and what they should be doing!

Major Games do not exist in a vacuum. Athletes have families, friends, school responsibilities, housing, significant others, jobs, sponsorships, and other things that either ground them or pull them in different directions.

The amount of cohesiveness that has been demonstrated among athletes from international communities has truly been remarkable. They are speaking with one voice, as if they are one team. Competitors in one sense; but teammates in another.

This cohesiveness, the “Olympic Buzz” that connects us all- will bring us through this (and hopefully into 2021). The strength that guides us in our homes on a daily basis comes from the innate qualities that make us “Olympic”- fierce National pride, tenacity to excel, and desire to achieve the pinnacle of our potential. Those elements are still there. For some they feel suppressed right now; but for others they are shining brightly.

We are Olympians. We are Canadians.

Remember who you are and what you have worked for. Timelines have shifted and some uncertainty persists, so turn to what you know. Your sport, your teammates, your family, your leisure activities, your safe spaces, your go-to people and your training. It won't all look the same, but if you look hard enough, you will find it.



Remember these points:

You may feel-

- Fear of falling behind in physical preparedness
- Competitive disadvantage
- Illness
- Social isolation from supports
- Disconnection from typical healthy outlets and support networks
- Learning that friends, family or teammates are ill
- Fear of illness
- Overthinking: about life direction: what to do if the Games are delayed or cancelled; whether to continue; about next steps in general.



Pre-existing mental illness or ill mental health may be worsened with the shifting sands in the world today. Be aware of *your health* and *your needs*.

- Isolation can fuel depression
- Worries and anxiety can fuel insomnia
- Poor sleep will make it more difficult to cope
- You may not want to “burden” your teammates because “they are struggling too.” Sometimes it is easier to think and talk about other peoples’ challenges - it can serve as a distraction and a way to support each other. **YOU ARE NOT ALONE.**
- The basic building blocks will get you through: eat, sleep, self-care, staying connected, having a purpose, forward-thinking
- Work with your National Sport Organization to develop appropriate training regimens as the sands continue to shift



Remember:

Sport Equips Us with Special Powers

Concepts like “Mental Toughness,” “Resilience,” and “Adversity Tolerance” are often spoken about in the sports world. They are applied in terms of persistence in competition, maintenance of intensity, and task completion to the end goal. Athletes and those embedded in the sports world are equipped with gifts and talents beyond the competition or training venue; and it is those qualities that make them not only tenacious competitors, but leaders in life as well. Illustrations of this strength and leadership are evident throughout social media and the internet as athletes, coaches, and IST staff have posted inspirational messages, extended support to complete strangers, and provided examples of creative workouts while in isolation. In today’s age of technology, isolation doesn’t have to mean “alone.” Even if group training is prohibited, there are creative ways to make it concurrent and connected.



Special powers do not diminish our humanity. We can feel for our friends whose businesses are shuttered and finances are in peril. In these times we will experience a myriad of emotions ranging from guilt (for even thinking about sport at this time), to sadness, fear, or comfort. Friends try to find ways to bring laughter as an oasis in this storm. Allow it.

BUT MAKE NO MISTAKE ABOUT IT, BEING A YOUNG, HEALTHY ATHLETE DOES NOT MAKE YOU IMMUNE TO COVID-19

A TASTE OF MINDFULNESS



Research shows that we make more than 200 food decisions each day and are unaware of ~90% of them. Many factors can interfere with your ability to accurately listen to your body's hunger cues. Mindful eating is one way you can step away from your routine eating habits, pay attention to WHY and HOW you are eating, and begin to make informed eating decisions. Consider the steps below to increase your eating awareness and execution skills.

Shift out of autopilot. Before you eat, ask yourself why are you eating?

1

- Hungry? – see hunger scale.
- Bored/restless/eating for entertainment?
- Others are eating or to be social?
- Proximity? – food just happens to be there.
- Managing emotion (anxiety, stress, excitement, grief, etc...)?
- Conditioned eating? – used to eating a lot and often to support high volume training or learned to clean your plate as a child.
- Food cravings?

Tune into your hunger and fullness cues.

2

- When you pay attention to your hunger and fullness cues and eat until satisfied, over time your body will give clear signals. Meal planning and regular meals will help you find a rhythm allowing you to manage your hunger. If you find yourself waiting too long to eat you may become too hungry and overeat. On the other hand, if you are constantly grazing you may under eat or be less satisfied and eat more than needed over a day. Both situations can lead to a cyclical pattern of under or overeating.
- Check out the hunger scale below and aim to eat in the green zone. If you find that you are unable to eat only when in the green zones, be patient with yourself as it has taken years for you to develop your current patterns of eating.

Hunger and Fullness Scale

5	Starving	Rip the fridge door off hungry – may feel nauseated, fatigued, shaky, lightheaded.
4	Very Hungry	Thinking about food non-stop – everything looks tasty. Feel lightheaded, irritable, hangry.
2-3	Hungry	Thinking about food. Stomach is growling and you have hunger pangs – time to eat a meal.
1	A Little Hungry	Just starting to think about food – time to eat a snack.
0	Fully Satisfied	Have eaten the right amount. Neither hungry nor full. No longer thinking about food. If looking for food, ask yourself why?
-1	Full	Don't need/want food anything else to eat. No longer thinking about food.
-2	Very Full	Ate a few bites too many.
-3	Extremely Full	Did not need the second helping.
-4	Stuffed	Uncomfortable, bloated.
-5	Painfully Full	Feel sick.



Eat with awareness and savor your food.

3

- Strengthen your relationship with food by preparing meals or trying a new recipe.
- We eat with all of our senses so try to make your food look as good as possible by adding colour and textural variety.
- Celebrate food – use nice dishes rather than eating out of packages.
- Sit down while eating.
- Slow down and savour the flavour of each bite. Pause by putting cutlery down between bites and chew your food thoroughly.
- When you are eating, eat. Try not to multitask. Turn off technology unless it is to share a virtual meal with a friend.
- Resign from the clean plate club – push away from the table when you are aware that you are satisfied, even if there is food on your plate. Choosing a smaller plate may help. You can always have more if you are still hungry.

Pay attention to “messy moments”.

4

- It's easy to think about your eating when you are on-track or “eating clean”. However, the times when you find yourself eating mindlessly or when not hungry are the most informative. Be curious. Journal what you were thinking and feeling before, during, and after messy moment eating.
- Pay attention to what happens and to your feelings around eating transitions (end of meal/empty plate). Is there a sense of anxiety, tension, loss, or grief? Do you rush into dessert or distract yourself completely with social media?
- Notice when rigid rules or guilt pop into your mind. If self-critical thoughts creep into your mind, remember, a thought is not a fact.

Paying attention and gaining awareness is how you can begin to understand the WHY'S of non-hunger eating and start to set small goals for more mindful eating and a healthy relationship with food.

Strategies and support to manage reasons underlying non-hunger eating.

5

- Set up an action plan – make a list of things to do instead of eating. Try three things on the list to get you out of the kitchen before you decide if you are really hungry. If you are hungry or still really want to eat – sit down to a pre-planned snack and try to eat with awareness.
- Connect with trusted friends and family.
- Seek help from trained professionals. Talk to your Canadian Olympic and Paralympic Sport Institute network provider, your Canadian Sport Centre provider, or local professionals you have engaged with at your university or home program. If you do not have a professional you can contact, reach out to your Performance Link coach who can help direct you to the appropriate support personnel.

MENU PLANNING 101



Simple food strategies to save time, money, and trips to the grocery store.



MENU PLANNING

- Write out a flexible week long plan to include favourite foods, the items you have on hand, and versatile ingredients that you need to purchase.
- Plan to incorporate foods that keep well such as yogurt, eggs, tetra pack soymilk, canned fish/beans, oats, rice quinoa, potato, yams, dried/fresh/frozen fruits and vegetables, nuts, seeds, meats, spice mixes, and jarred or bottles of sauces and salsas.
- Consider batch cooking and freezing a few additional meals to have on-hand.
- Make a list of ingredients you need, doubling amounts for a 2-week menu.
- Head to the store and avoid peak times.
- Wash your hands when you get home and before storing your groceries or any meal prep.



MEAL IDEAS

- Pasta, quinoa or rice with pre-cooked chicken or leftover chicken/beef. Add tomato sauce and spinach.
- Canned or homemade soup or stew with meat or legumes and vegetables (re: chili, lentil or beef & barley) with whole grain bread/buns and cheese.
- Pan-fried ground turkey/beef mixed with kale, white kidney beans, favorite spices. Add tomato and fresh or frozen veggies as desired.
- Fried eggs with sautéed kale, tomatoes, feta, balsamic, basic or cheddar and hot peppers.
- Whole grain wrap with hummus/avocado, seeds, sliced meat, cheese, greens, and balsamic.
- Pita pizza: top as desired.
- Fruit smoothie made with Greek yogurt. Add whole grain toast with nut butter and banana.
- Overnight oats: oats, milk, yogurt, fruit, and your favorite flavors.



SNACK IDEAS

- Smoothies.
- PBJ or honey sandwich and milk or milk alternative.
- Muesli and milk or yogurt.
- Cottage cheese with salsa and veggies.
- Greek yogurt with granola and fruit or peanut butter – use to dip apple slices.
- Hard cooked egg, cheese, sliced meat, bread/crackers and fruit.
- Edamame.
- Canned fish of choice on whole grain crackers with cut up veggies.
- Homemade trail mix.

Forward Focus

Whose job is it to promote calm throughout this uncertainty? There is no algorithm to dictate who weathers through a global pandemic better than others. Some athletes are managing through this uncertainty and disruption with calm reserve and optimism; while some coaches and administrators are having more difficulty maintaining composed focus. We are all in this together, we must pick each other up, and find a way to help each other through this the best way we can.

Role of the Internet and Social Media

Many athletes have removed themselves from social media platforms because of the constant, pervasive bombardment of apocalyptic catastrophization. Others have taken advantage of the global reach of social media platforms to serve as ambassadors of reason to major sporting bodies about the need to prioritize the health and safety of athletes above political and financial motives. The bottom line is, athletes and sport personnel need to choose what works for them at this time.

Which path will YOU take?



One path follows forward-thinking: continuing to train and maintain goals, while utilizing supports and trusting that your opportunity will still come.

Another path follows uncertainty, with swirling insecurity about a future that has a vague outline of school, housing, family and finances.

Yet others follow declining trails of desolation, negativity, sadness, frustration, and feeling of loss.

The most important things you can do right now are to do whatever it takes to keep moving *forward*.

1. **Know where to go.** The type of struggles you are having may dictate what level of support you need.
 - a. If you are worried about how these interruptions will affect your maintenance of fitness and mental strategies for performance and anxiety, then **Mental Performance Consultants** can support that.
 - b. **Psychologists and counsellors** can assist in the delivery of psychotherapy to discuss mood changes, anxiety and sleep strategies (as well as other things).
 - c. For more severe symptoms such as severe anxiety, or low (or high) mood that lasts for a week or more and interferes with function and self-care, a **Sports Psychiatrist** would be the best service to access. If anxiety, disordered eating, mood or OCD symptoms (obsessions and compulsions) are more difficult to manage, or if insomnia or panic attacks are become

- more regular, a Sports Psychiatrist should be involved in your care. If hopelessness, self-harm and suicidal thoughts are occurring, referral to a sports psychiatrist is a must.
- d. One of the biggest differences between the types of providers include the fact that Psychiatrists are medical doctors who can make diagnoses, order medical tests (if necessary), provide prescriptions (if necessary), and their fees are covered by provincial health insurance.
 - e. All of these providers can work together to provide comprehensive and complementary care for the athlete. Many National Sport organizations have access to Sports Psychiatry services that can be delivered across the country. For those who do not have a formal relationship with a Sports Psychiatrist, support can be easily accessed.

Available resources:

Specialized mental health support is available. Some National Sport Organizations have a full mental health and performance team- ensure you access those supports whenever you need! Contact your regional Game Plan advisor (<https://www.mygameplan.ca/>), Director, Health and Performance Services at your COPSIN centre or institute, Sport Psychiatry Services (www.synergysportmentalhealth.ca) or CCHMS (<https://www.ccmhs-ccsms.ca/>) for assistance with a mental health referral. Other supports include:

1. Game Plan - @gameplandematch- Morneau-Shepell Support line 1-844-240-2990; <https://mygameplan.ca/resources/health>
2. Director, Health and Performance Services at your COPSIN Center or Institute
3. Sport Psychiatry - Central contact for services across the country, direct athlete care: Dr. Carla Edwards - cedwards@synergysportmentalhealth.ca
www.synergysportmentalhealth.ca
4. Assistance for general service referral - CCMHS- (<https://www.ccmhs-ccsms.ca/>)

Canadians are STRONG and RESILIENT.

#37millionstrong
Postpone today, conquer tomorrow

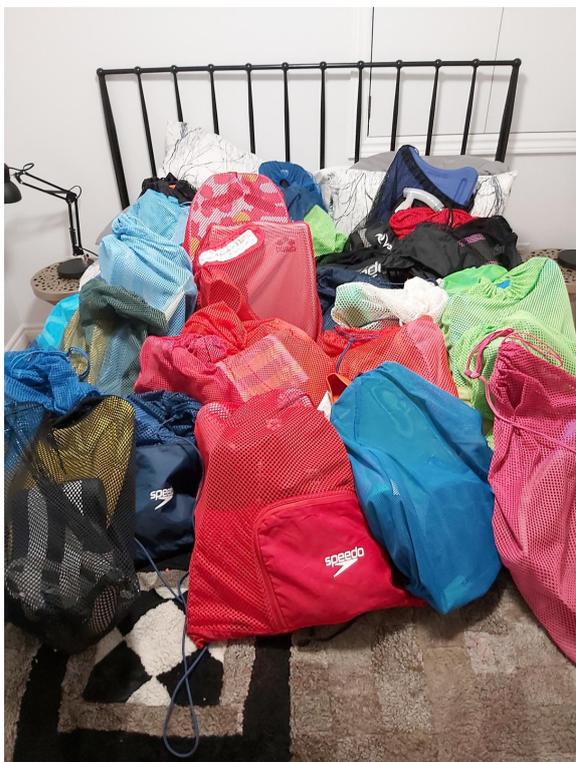
Dr. Carla Edwards, MD
cedwards@synergysportmentalhealth.ca
www.synergysportmentalhealth.ca

MESH SWIM BAGS... COME AND GET THEM!

In July we were given access to Trent University's pool to retrieve swimmer's mesh swim bags from the pool deck, and provided a time for swim families to collect the bags. Weather was not in our favour for long, and we were forced to pack up after just a couple of hours.

If your swimmer has not collected their mesh bag, contact Brandi, at TeamManager@trentswimming.com to arrange for pick up. Please include colour of swim bag and describe contents of the swim bag (including item and colour) as many bags do not have names written on them.

All bags were collected from the deck, as they were found (meaning nothing was removed or added to the mesh bags during retrieval). If you have picked up your mesh bag and are missing an item /equipment, or have found something that doesn't belong to you, please contact Brandi.



Training, are we talking about Training???

Thank you to all of our AG swimmers and families for following all of our Covid-19 protocols. We fully understand that completing our daily health survey, wearing masks and maintaining physical distancing during dryland and during open water swimming was a little inconvenient and at times challenging. So thank you for being Covid-19 protocol friendly.

Our summer training program was very positive for all involved. The effort of those involved was wonderful to see. What was really great to see was how well the AGs were performing the dryland exercises!! Everyone continued to demonstrate that they were continuing their drive to becoming stronger and better swimmers and athletes. What was truly amazing was how resilient and tough our AG swimmers were in taking on the challenge of the HUMIDEX! With temperatures ranging between 32 degrees and 38 degrees celsius. Of course the very humid weather helped to ensure the water in the Otonabee River was warm which also led to our AG swimmers wanting to get in the water; even if the weeds were a bit challenging.

The open water training in Lakefield was very fun and often eventful leading me to believe that we need to make open water training a summer option going forward! How was our open water training eventful you ask??? Well we had a pet turtle, Linus, join us for practices, Canadian Geese swooping n on our practices from time to time and we had many, many HUGE fish visit us to truly

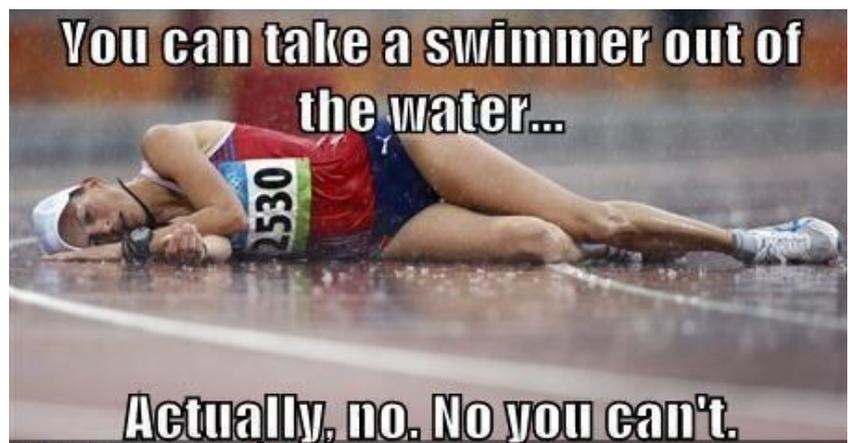


FROM HEAD AG COACH, KENT CROCKOWER

teach us how to swim! As a coach I was a little saddened when for many of the swimmers the best part of the summer open water program was jumping off the end of a dock into the water to start our last practice! Regardless, if some of our AG swimmers thought that jumping off docks was fun, what I found fun and exciting was watching everyone improve their swim technique! Our AG swimmers made excellent progress over the 5 weeks open water summer swim program. What made the improvement truly impressive was that our AGs had not been in the water since Wednesday, March 11th!!! I was also very impressed at how the AGs

took on the challenge of learning new drills. The swimmers effectively learned Asymmetrical Breaststroke, Periscope Backstroke, and other drills which paid dividends. The AGs definitely improved their stroke technique over the five week program.

As I mentioned before the focused dryland training since March has helped our swimmers improve their strength and power development. A well, the success of the open water training program this summer, easily supports the importance of just such a program returning next summer when we turn our eye to the 2021 Summer Olympics in Tokyo!





COACH'S CORNER

“

The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.

Bobby Knight

COACH KENT'S - GOOD READ PICKS

What Parents Can Expect from Our Swimmers This Year.

The Association of Applied Sports Psychologist (AASP) also posted a very good article on their blog page. The AASP reminded us to remember that swimming/sports will be an emotional rollercoaster this year. The AASP also stressed the need to talk out concerns, worries, and the positives in swimming/sport at this time, remember your “WHY” you love swimming/sport, think about and talk about how you want to continue in swimming/sports, focus on the physical and mental aspects of swimming/sports, and be thoughtfully engaged in swimming/sport through the week by establishing a daily routine. To read the full article, [click here](#).

Helping Youth Athletes

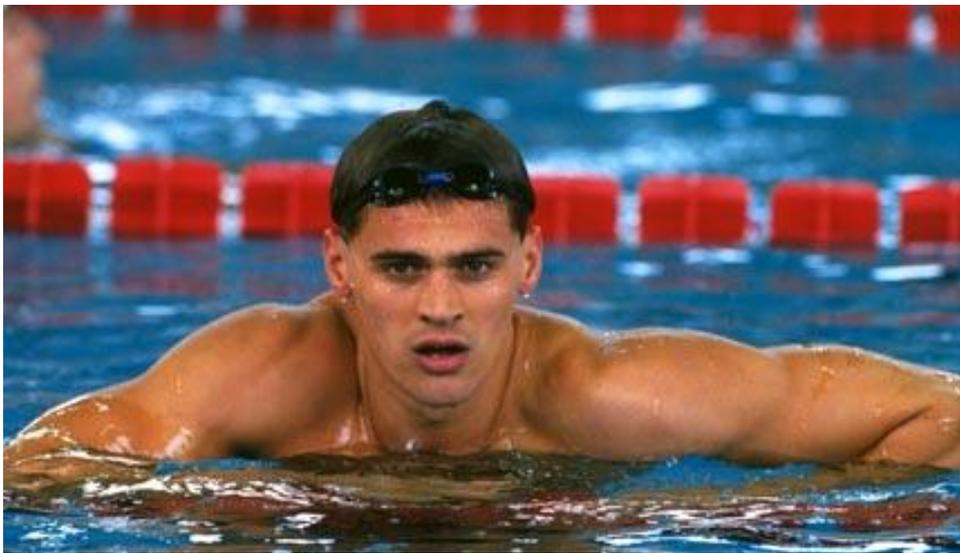
Helping Youth Athletes Cope with Shutdown from COVID-19 Dr, Andrea Corn, Psy.D wrote a short but insightful article on supporting young athletes during Covid-19. You may wish to share or read the article your swimmers. Dr. Corn focused on watching how your swimmers may emotionally respond to events or situations. She also provided a number of helpful tips, like scrapbooking about their swimming and swimming in general (ok she referred to sports in general, but hey we are swimmers after all). [Click here for the full article](#).

THANK YOU SWIM FAMILIES

Your participation and response to club surveys provided valuable information in order to help keep our swimmers in the water this summer, and now in preparation for the fall!

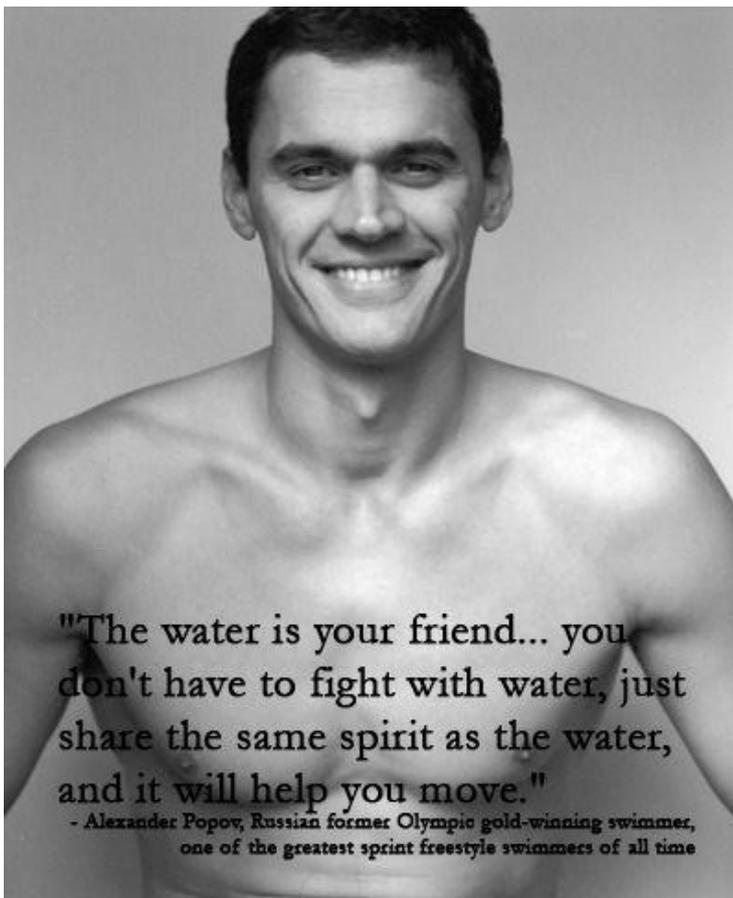
We value your time and input!





ALEXANDER POPOV

Alexander Popov was a great Russian 50 and 100 Freestyle specialist, who retired at 31 after a brilliant 50m Fr. He smashed the 50m Fr world record in just 31 strokes, going 21.64! Popov was known for his relentless pursuit of the perfect technique and racing at 100% in each practice. Alexander's drive for technical excellence allowed him to consistently swim at a world record level in practice. Alexander Popov trained the way he raced and raced the way he trained! All swimmers need to remember these 5 things: Strive to use the technique you want to race with in practice. Attack the wall in practice the way you want to the wall in a race. Streamlining in practice like you are in a race. Focus in practice with the same attention to effort and technique that you want to have in a race. The link below is the full article on Swim Swam <https://swimswam.com/alex-popov/>



"The water is your friend... you don't have to fight with water, just share the same spirit as the water, and it will help you move."

- Alexander Popov, Russian former Olympic gold-winning swimmer, one of the greatest sprint freestyle swimmers of all time

SWIMMERS, AND TURTLES AND GEESE, OH MY!

In July our swimmers hit the water, at Lakefiled Beach for open water training during our summer program, and we've had some special guests join us!



In August, our Masters Swimmers hit the open water to kick off their swim program. It was great to see familiar faces again!





FOUR YEARS AGO... PENNY OLEKSIK MADE CANADIAN HISTORY

Penelope Oleksiak (born June 13, 2000) is a Canadian competitive swimmer who specializes in the freestyle and butterfly events. During the 2016 Summer Olympics, she became the first Canadian to win four medals in the same Summer Games and the country's youngest Olympic champion, with a gold in the 100 m freestyle, a silver in the 100 m butterfly, and two bronzes in the women's freestyle relays (4×100 m and 4×200 m).



Penny Oleksiak:

Born: June 13, 2000

Birthplace: Scarborough

Hometown: Toronto, Ontario

Q: Who did you look up to growing up?

A: Growing up I really looked up to my parents because of everything they did day in and out. However, the few years before the Olympics I was constantly inspired by the girls I trained with leading up to the Olympics. They taught me most of the things I know about swimming.

Q: Who is your biggest cheerleader?

A: My biggest supporters were my mum and my dad. My mum would always be at every single meet and cheering louder than anyone and filming all my races. It was so much fun. My dad would drive me to every practice, wait for my practices to be done, then drive me to school and back to practice every day.

Q: What is your most memorable accomplishment?

A: My most memorable accomplishment was turning around after the 100 freestyle in Rio. I was expecting to be dead last but when I was scanning the ranking, I realized I actually came first!

Q: What does being Canadian mean to you?

A: Being Canadian means having one big family. I feel so honoured to be able to represent Canada all the time because I know I'll constantly have the support of my Canadian family.

TEAM NEWS

B.I.N.G.O!

As we enter Phase 3 of the "Re-Opening" of our community, Delta Bingo is now open - so if you want to try your luck, they would love to see you!



WELCOME BACK!!

Tap 'n Play will be opening this Friday, July 17th at 10:00am

**Hours: Monday, Tuesday, Wednesday 10:00am until 12:30am
Thursday, Friday, Saturday and Sunday 10:00am until 2:00am**

Must be 18 years or older
Government ID may be required

10 BENEFITS OF SWIMMING



Everyone wants to be an Olympic swimmer. Luckily, you don't have to be an Olympic swimmer to benefit from the sport. People of all ages, from all backgrounds, and with various levels of experience can benefit from swimming. Swimming is one of the few sports you can do from a young age and all the way up into your 90s and beyond.

It's not too late to gain from the hidden benefits of swimming, to learn more, [click here](#).

**THOSE WHO SAY
SWIMMING IS A
LONELY SPORT HAVE
NEVER SWAM
WITH FRIENDS OR
TEAMMATES.**



SPREAD THE WORD!

Help us build presence in our communities and increase team awareness by sharing our social media posts with your friends and family! There really is power in numbers!

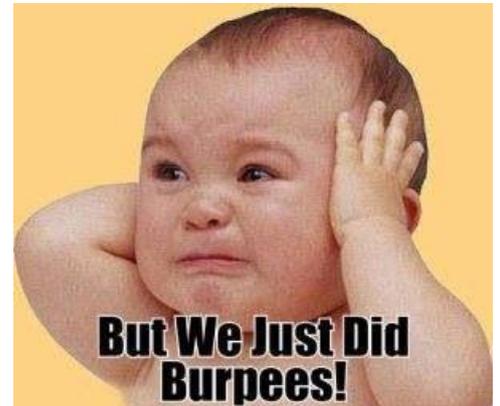
 Like us on Facebook @TrentSwimClub

 Follow us on Twitter @ClubTrent

 Instagram at trenttorpedoeswimclub

SHARE YOUR PHOTOS WITH US!

Send your photos to communications@trentswimming.com



MEET YOUR 2020/2021 SEASON BOARD OF DIRECTORS

Please welcome this years 2020-2021 Board Of Directors

- President.....Andy Mitchell
- Vice President.....Bridget Moore
- Treasurer.....Sophie Simard
- Secretary.....Michelle Davis
- Team Manager.....Brandi Williamson- Meletiou
- Membership/Bingo.....Dana Sayer
- Communications.....Amanda Devlin
- Meet Manager.....Brian Turner/Elissa Hopkins
- Officials Chair.....Christine Mitchell
- Members-at-Large(4)Carrie Showers
 -Chris Furgal
 -Anne Matamoros
 -Erin Bell
- Head Coach.....Dan Statton
- Age Group.....Kent Crockower

TRENT SWIM CLUB - THROW BACK!

